

MENTAL HEALTH



The daily stress caused by COVID-19, social distancing and a deep financial crisis have had a big impact on our community. It is normal to experience feelings of isolation, anxiety and uncertainty in this abnormal situation. Prioritizing your mental health and staying connected is more important than ever.



General Mental Health Resources

[Social stigma associated with COVID-19 \(PDF\)](#)

[Tell me where to turn, NAMI Linn County \(PDF\)](#)

[Free AbbeHealth mental health coaching session flier \(PDF\)](#)

[Supporting faith communities during COVID-19 \(PDF\)](#)



Mental Health, Parents/Caregivers & Youth

[COVID-19 support groups for Parent | Pre-teen | Teen \(PDF\)](#)

[COVID-19 parenting resources in 70 languages \(Webpage\)](#)

[Caregivers, children and COVID-19 \(PDF\)](#)

[Talking with children during COVID-19 \(PDF\)](#)

["My Hero is You" storybook for children on COVID-19 \(PDF\)](#)



Mental Health & Older Adults

[Older adults and COVID-19 \(PDF\)](#)

[Staying safe at home during COVID-19 \(PDF\)](#)



Mental Health & Refugees

[Multi-lingual COVID-19 mental health and self-care resources for refugees \(Webpage\)](#)



Mental Health & Workforce

[Mental health during COVID-19 \(Podcast\)](#)

[Employees and COVID-19 \(PDF\)](#)

[Essential employees and COVID-19 | Trauma skills group for healthcare workers \(PDF\)](#)

[General frontline workforce \(non healthcare\) and COVID-19 \(PDF\)](#)

[School professionals and COVID-19 \(PDF\)](#)

[Make It OK posters to support your employees \(Webpage\)](#)



Counseling & Virtual Support Groups

[Quick access to counseling appointments \(PDF\)](#)

[COVID-19 survivors support group | bereavement group \(PDF\)](#)

[Parent | Pre-teen | Teen | Healthcare Workers \(PDF\)](#)