



PSYCHOLOGICAL SERVICES

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## COVID Mental Health Resources

- **Hope4Healers Helpline** (919-226-2002) provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.
- <https://mhanational.org/covid19?fbclid=IwAR20A8QMBCXNUg5tuEYU0gXfZegsjxU81183mOFyHxJlx9ABJB3qcJHtIZg>
- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- [http://www.prominfoools.com/Communications/ecard/Svcs/Wellness/COVID-19Toolkit\\_RFL-Web.pdf](http://www.prominfoools.com/Communications/ecard/Svcs/Wellness/COVID-19Toolkit_RFL-Web.pdf)
- <https://www.samhsa.gov/coronavirus>
- [https://www.mindful.org/six-daily-questions-to-ask-yourself-while-social-distancing/?mc\\_cid=0e6a4f6b3b&mc\\_eid=238e62b522](https://www.mindful.org/six-daily-questions-to-ask-yourself-while-social-distancing/?mc_cid=0e6a4f6b3b&mc_eid=238e62b522)
- <https://www.psychologytoday.com/us/blog/lifes-work/202003/51-simple-ways-de-stress-and-find-joy-home>