

Coping with Corona

Community Resource:

Call 211 www.211Texas.org – most up to date basic needs resource

United Way - <http://connectatx.org/> Comprehensive list of resources in Travis County, including basic needs, COVID-19 information, and mental health among other areas.

Integral Care - <https://integralcare.org/en/247-crisis-helpline/>
<https://integralcare.org/en/covid-19-update/>

***Crisis Hotline 512-472-HELP (4357)** Available 24 hrs. 7days/wk.

COVID-19 Crisis by text – 24/7 <https://www.crisistextline.org/>

MHA Resource Page (huge number of resources) <https://mhanational.org/covid19>

City of Pflugerville: <https://www.pflugervilletx.gov/for-residents/coronavirus>

Mental Health Information:

- **Texas Department of State Health Services** effective 3/31/2020 launched a State-wide Mental Health Support Line <https://dshs.texas.gov/coronavirus/>
- CDC Tips for Stress/Anxiety - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- General apps to help with mental health: <https://www.common sense media.org/lists/apps-to-help-with-mental-health>
- Support for management of anxiety: <https://www.virusanxiety.com>
- HoggFoundation--<https://hogg.utexas.edu/mental-health-and-covid-19-information-and-resources-from-mha>
- Coping skills website to help Kiddos-- <https://copingskillsforkids.com/>

Caring for Self and Others:

- Self-Care during Traumatic Event or Disaster-- <https://emergency.cdc.gov/coping/selfcare.asp>
- **Español:** Como sobrellevar los desastres o eventos traumáticos -- <https://emergency.cdc.gov/es/coping/selfcare.asp>