



CDRC COVID-19 Support Line

For information about COVID-19, mental health resources, or referrals in the DFW Metroplex, call and speak with one of our licensed clinicians.

- Monday-Friday from 8:00 a.m. – 6:00 p.m. CST
- Call [214-648-7355](tel:214-648-7355)

UT Southwestern Resources for COVID-19 and Health Care

- [UT Southwestern COVID-19 General Resources](#)
- [UT Southwestern COVID-19 Wellness Resources](#)
- [Peter O'Donnell Jr. Brain Institute](#)
- [UT Southwestern MedBlog stories and videos](#)
- [COVID-19 and substance abuse: How to HALT stress drinking, drug use](#)
by Adriane Dela Cruz, M.D.
- [6 ways to support seniors during the COVID-19 pandemic](#)
by Craig Rubin, M.D.
- [Why we touch our faces so much – and how to break the habit](#)
by Nyaz Didehbani, Ph.D.
- [COVID-19 and pregnancy: Answers to 10 key patient questions](#)
by Robyn Horsager-Boehrer, M.D.
- [Life cycle of a coronavirus: How respiratory illnesses harm the body](#)
by Sonja Bartolome, M.D.
- [8 essential health screenings for chronic and seasonal conditions](#)
by Julie Trivedi, M.D.
- [COVID-19: What you need to know and how to reduce the risk of infection](#)
by Trish Perl, M.D.

Mental Health and Health Care Education

- [Build Resilience and Manage Anxiety During the COVID-19 Pandemic: Advice from UT Southwestern Experts](#)
 - *UT Southwestern Peter O'Donnell Jr. Brain Institute clinicians and mental health experts Ahmad Raza, M.D., Ph.D. and Jenny Hughes, Ph.D., M.P.H. addressed mental health issues and the COVID-19 pandemic during a virtual meeting hosted by the North Dallas Chamber on Monday, April 6, 2020. Chamber leaders moderated a conversation with Drs. Raza and Hughes about strategies for grit, resilience and anxiety management during this unprecedented time.*
- [Ask the Expert: Grief and Coping During COVID-19](#) by Madhukar Trivedi, M.D.
- [Managing your mental health in a pandemic](#), by Ahmad Raza, M.D., Ph.D.
- [Resilience: Growth Through Struggle](#), by Jennifer Hughes, Ph.D., M.P.H. at TEDxKids@SMU 2018

Local Community Mental Health Resources

- [Alliance Child & Family Solutions](#)
- [Meadows Mental Health Policy Institute](#)
- [Mental Health of America Greater Dallas](#)
- [Metrocare](#)
 - Metrocare Coronavirus Support Line: [214-743-1215](tel:214-743-1215)
- [NAMI | National Alliance on Mental Illness](#)
- [Texas Psychological Association](#)

National COVID-19 Mental Health Resources

- [Centers for Disease Control and Prevention](#)
- [American Psychological Association](#)
- [Anxiety and Depression Association of America](#)
- [American Foundation for Suicide Prevention](#)
- [PsychHub COVID-19 Mental Health Resources](#)

Support for Children and Adolescents

- [American Psychological Association Division 53 Society for Clinical Child and Adolescent Psychology](#)
- [National Child Traumatic Stress Network](#)
- [American Academy of Child and Adolescent Psychiatry](#)

Support for Workplace Leaders

- [World Health Organization](#)
- [American Psychological Association COVID-19 Resources](#)
 - [APA Stress Reduction Tips for Leaders](#)
 - [APA Remote Working Tips](#)
- [American Psychiatric Association Foundation Center for Workplace Mental Health](#)
- [U.S. Department of Veteran Affairs](#)

Mental Health Hotlines

The National Suicide Prevention Lifeline

[1-800-273-8255](#)

- The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential support to people in suicidal crisis or emotional distress 24/7.

North Texas Behavioral Health Authority

[1-833-251-7544](#)

- NTBHA is providing a dedicated 24/7 COVID-19 Mental Health Support Line for those experiencing stress and anxiety related to the coronavirus.

SAMHSA Disaster Distress Helpline

[1-800-985-5990](#)

- The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. [Learn more here.](#)