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

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**
- **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.