

Social distancing can be especially challenging and stressful for people living with, or in recovery from, mental health and substance use disorders, as well as their friends and family members.

The West Virginia Department of Health and Human Resources, (DHHR) Bureau for Behavioral Health (BBH) continues to develop coordinated prevention and response strategies for COVID-19. This information and West Virginia's response to COVID-19 can be found on the state's COVID-19 website, www.coronavirus.wv.gov.

The following resources provide ways to make connections as well as learn about and cope with COVID-19 related stress.

Live Support

These are real-time (not recorded) support groups that may be led by peers or clinicians. Some can be accessed by telephone and others are "virtual," available through the internet or a smartphone application. Virtual support groups often include the option to see and hear other individuals participating in the group by smartphone or computer.

Telephone Support

- **HELP4WV** - Call or text 844-HELP4WV (844-435-7498) or visit <https://www.help4wv.com/>. HELP4WV offers a 24/7 call, chat and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue.
- **Optum**, part of UnitedHealth Group, offers its 24/7 Emotional-Support Help Line: 866-342-6892. Professionally trained mental health staff are available to provide support for fear or stress created by COVID-19. The service is free of charge and open to all PEIA members.
- **West Virginia 211** - Call **2-1-1** or text your zip code to 898-211. West Virginia 211 keeps an accurate and comprehensive database to help residents find health and human services for financial, domestic, health or disaster related needs. <http://www.wv211.org/>

Phone Meetings

- **Alcoholics Anonymous (AA)**: <http://aaphonemeetings.org/>
- **Narcotics Anonymous (NA)**: <http://www.nabyphone.com/>

National Phone Lines

- **Connections App** – a free smartphone app developed by Addiction Policy Forum and CHES Health to help support individuals in recovery from substance use disorders: <https://www.addictionpolicy.org/connections-app>. With the Connections App individuals can: • Track their sobriety • Access e-therapy to learn new recovery skills • Connect with trained counselors and peers through messaging • Connect with clinical support 7 days a week, 9 a.m.–10 p.m. EST • Track treatment plans and set reminders • Journal daily • View videos, testimonials and more through the resource library
- **Disaster Distress Hotline** – provided by the Substance Abuse and Mental Health Services Administration (SAMHSA), this 24/7/365 hotline provides crisis counseling and support to people experiencing emotional distress related to disasters (including infectious disease outbreak). Offers crisis counseling, information on recognizing distress, tips for healthy coping, and referrals for local care. For English speakers, call 1-800-846-8517 or text TalkWithUs to 66746. For Spanish speakers, call 1-800-985-5990 and press "2."

- **National Domestic Violence Hotline** is open 24/7, confidential and free: 1-800-799-7233. Chat online at <https://www.thehotline.org/help/>. To find local licensed domestic violence programs, visit the **WV Coalition Against Domestic Violence** website: <http://wvcadv.org/>.
- **National Parent Helpline** - operated by Parents Anonymous, this helpline offers emotional support and advocacy for parents Monday-Friday, 1:00-10:00 p.m. EDT: 1-855-427-2736 and at <http://www.nationalparenthelpline.org/>
- **National Sexual Assault Hotline** - 24/7, confidential and free: 800-656-HOPE (4673) and offers live chat at <https://www.rainn.org/>. Callers are routed to a local Rape, Abuse & Incest National Network (RAINN) affiliate organization based on the first six digits of their phone number. Cell phone callers have the option to enter the zip code of their current location to more accurately locate the nearest RAINN affiliate.
- **StrongHearts Native Helpline** provides a culturally appropriate domestic violence and dating violence helpline for Native Americans, 8:00 a.m.-12:00 a.m. EST: 1-844-762-8483.
- **National Suicide Prevention Lifeline** is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7: (800) 273-8255 or chat online at <https://suicidepreventionlifeline.org/>.
- **National Teen Dating Violence Hotline** - free and confidential phone, live chat and texting services available 24/7/365: 1-866-331-9474, via text to 'loveis' to 22522 or via chat at www.loveisrespect.org. Highly trained advocates offer support, information and advocacy to young people who have questions or concerns about dating relationships and provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement.
- **Trans LifeLine** is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis. Peer support is available 10:00 a.m.-4:00 a.m. EST: 1-877-565-8860 or <https://www.translifeline.org/>.
- **The Trevor Project** is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth: (866) 488-7386 or www.thetrevorproject.
- **Veteran's Crisis Line** is a U.S. Department of Veteran's Affairs (VA) hotline to connect veterans who are in crisis (and their families/friends) with qualified, caring VA responders, most of which are veterans themselves. This is a confidential, toll-free hotline (800-273-8255, press 1) and can also be accessed through an online chat platform (https://www.mentalhealth.va.gov/suicide_prevention/veterans-crisis-line.asp) or via text message (838255).

Virtual Meetings

- SAMHSA - Virtual Recovery Resources <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
- ShatterProof - Virtual Recovery <http://view.email.shatterproof.org/?qs=ff3b306626ad495a2e93efa4deeb001084ec46afbde9b9be19055984f49adef1177002226b9e9f27bfc911a1f75307403a5bedcd1ac49f80490db9e125b5ba3f593e189f3d9307d2f6707ee98cfa142>
- WV Drug Intervention Institute - Recovery Resources <https://www.wvdii.org/covid-resources>
- DHHR's Office of Drug Control Policy - List of Free Online Meetings and Virtual Platforms <https://dhr.wv.gov/office-of-drug-control-policy/Documents/online-meetings-and-virtual-platforms.pdf>

12-Step Meetings

- Alcoholics Anonymous - <https://www.onlinegroupaa.org/>
- AI-Anon - Electronic Meetings <https://al-anon.org/al-anon-meetings/electronic-meetings/>
 - Celebrate Recovery - Official Open Share Meetings: <https://www.celebraterecovery.com/crcr>

- Depression and Bipolar Support Alliance - Online Support Groups
<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- Gambler’s Anonymous - <https://www.1800gambler.net/>
- In the Rooms - Global Recovery Community <https://www.intherooms.com/home/>
- LifeRing Secular Recovery - <https://www.lifering.org/online-meetings>
- Narcotics Anonymous - <https://virtual-na.org/meetings/>
- Refuge Recovery - <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
- Smart Recovery - <https://www.smartrecovery.org/community/>
- WEconnect Recovery - <https://www.weconnectrecovery.com/free-online-support-meetings>
- 12-Step Recovery Yoga Online meetings:
 - Tuesday: 5:30-7:00 pm <https://zoom.us/j/210822932>
 - Thursday: 5:30-7:00 pm <https://zoom.us/j/238480178>

Phone Applications (Apps)

Use your iPhone (using the App Store) or Android Smartphone (using Google Play Store) to help your mind and body wellness for a healthier, happier life and get the most out of your day.

- AA Big Book Free (for Alcoholics Anonymous)
- Breathe2Relax - Mindshift CBT
- Calm
- Headspace
- PTSD Coach - Quarantine Chat
- Shine
- Sober Grid
- Sober Recovery
- Stop, Breathe, and Think
- Woebot

Podcasts

Podcasts can be accessed through apps like Apple Podcast, Stitcher, Spotify, and Google Podcasts. Online searches for “recovery podcasts” or “mental health podcasts” can provide options. **Example:** Apple Podcasts: Addiction Unlimited; Battling Opioids; Recovery Rocks.

YouTube Channels

Search for recovery and/or mental health recovery videos to provide support and information during COVID-19. Daily videos are available on YouTube.

COVID-19 Condition-Specific Behavioral Health Resources

- Stress, Depression and Anxiety Resources: Anxiety and Depression Association of America Resource List:
<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- How to Help Someone with Depression or Anxiety during COVID-19 Pandemic:
<https://www.mentalhealthfirstaid.org/2020/03/how-to-help-someone-with-anxiety-or-depression-during-covid-19/>
- Substance Use Disorder Potential COVID-19 Implications for Substance Use Disorder:
<https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>
- Harm Reduction Resources for People who use Drugs: <https://harmreduction.org/miscellaneous/covid19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

- Obsessive-Compulsive Disorder Resources: Tip Sheet for Coping with COVID-19 (OCD specific): <https://www.shalanicely.com/wp-content/uploads/2020/03/Tip-Sheet-OCD-Coronavirus-Concerns.pdf>
- Resources from the International OCD Foundation: <https://iocdf.org/covid19/>
- Dr. Jon Grayson on coping with COVID-19 with OCD: <https://theocdstories.com/podcast/dr-jon-graysoncoronavirus-covid-19-ocd/>

Domestic Violence Resources

- Staying Safe During COVID-19 for Survivors of Domestic Violence (National Domestic Violence Hotline): <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>
- Mantenerse segurx durante COVID-19– La Línea Nacional Contra la Violencia Doméstica: <https://espanol.thehotline.org/2020/03/18/mantenerse-segurx-durante-covid-19/>
- Critical Information for Domestic Violence Victims during the COVID-19 Crisis (Legal Aid of West Virginia): <https://www.lawv.net/Resources/Self-Help-Library/Coronavirus/Critical-Information-for-Domestic-Violence-Victims-during-the-COVID-19-Crisis>

Families with Children

- Child Mind Institute: Supporting Families During COVID-19: <https://childmind.org/coping-duringcovid-19-resources-for-parents/>
- Helping Homebound Children During the COVID-19 Outbreak Center for the Study of Traumatic Stress (CSTS): https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
- Managing Anxiety and Stress Over COVID-19: Parent/Caregiver Guide to Helping Families Cope With COVID-19 (Centers for Disease Control and Prevention): https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- The National Child Traumatic Stress Network: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- NPR: Just for Kids: A Comic Exploring The New Coronavirus PBS: How to Talk to Your Kids about COVID-19 (tips, videos & resources): <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comicexploring-the-new-coronavirus>
- Resource Guide for Families: Quality Matters Resource Guide - COVID-19 National Association of School Psychologists: Talking to Children About COVID-19: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19(coronavirus)-a-parent-resource)
- Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks (SAMHSA): https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006?referer=from_search_result
- WHO: Helping Children Cope with Stress During the COVID-19 Outbreak: https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stressprint.pdf?sfvrsn=f3a063ff_2

Foundations and Charitable Organizations

- Philanthropy WV: <http://www.philanthropywv.org/covid-19-relief-funds/>

Housing Resources

- Legal Aid of West Virginia may be able to assist with cases such as landlord disputes and evictions, subsidized and public housing, mortgage foreclosures, hazardous conditions and utilities. <https://www.lawv.net/Resources/Self-Help-Library/Coronavirus>

Information from Other Sources

- Addiction Policy Forum: Free App to support people in recovery during COVID-19:
<https://www.addictionpolicy.org/connections-app>
- WVDHHR COVID19 Website:
<https://dhr.wv/COVID-19/>
- “Tips for Staying Connected and Safeguarding Your Addiction Recovery” by Hazelden Betty Ford (HBF) contains online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions. HBF also has The Daily Pledge, an online support community with chat rooms and virtual hang outs for those in recovery. <https://hazeldenbettyford.org>
- Medicare & Coronavirus: https://www.medicare.gov/medicare-coronavirus?utm_campaign=20200318_gmd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery
- Mental Health America: <https://mhanational.org/living-mental-illness-during-covid-19outbreak-preparing-your-wellness>
- Mental Health First Aid: <https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>
- National Alliance on Mental Illness Support: The NAMI HelpLine Coronavirus Information and Resources Guide may be a helpful resource for those with mental health conditions. This resource provides information about the pandemic, resources for support, warm line phone numbers, etc.
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- SAMHSA’s COVID-19 Guidance and Resources:
<https://www.samhsa.gov/coronavirus>
- SAMHSA: Coping with Stress During Infectious Disease Outbreaks: <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-DiseaseOutbreaks/sma14-4885>
- SAMHSA: Taking Care of Your Behavioral Health: Social Distancing: <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-InfectiousDisease-Outbreak/sma14-4894>
- U.S. Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- U.S. Centers for Disease Control Prevention: Mental Health & Coping During COVID-19:
<https://www.cdc.gov/coronavirus/2019ncov/prepare/managing-stress-anxiety.html>
- U.S. Centers for Disease Control: Stigma and Resilience During COVID-19:
<https://www.cdc.gov/coronavirus/2019ncov/symptoms-testing/reducing-stigma.html>
- World Health Organization’s Mental Health Considerations During COVID-19 Outbreak:
<https://www.faams.org/wp-content/uploads/2020/03/Mental-Health-Considerations-During-the-COVID-19-Outbreak-3-6-2020.pdf>

Internet and Phone Resources

Internet Access

- Your Guide to Internet Service During New Coronavirus (COVID-19) Outbreak:
<https://www.highspeedinternet.com/resources/internet-guide-during-coronavirus-outbreak>
- Mobile Carrier Response to COVID-19: <https://www.ctia.org/news/blog-keeping-us-connected-through-covid-19>
SafeLink/TracFone and other mainstream carriers are pledging more data, no phone cut-offs and longer payment times to ensure connectivity. The online application for accessing free phones for low-income individuals can be found at this link:
https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome?utm_source=dmecl&utm_medium=ST_Referral&utm_content=click_to_apply&utm_campaign=COVID

LGBTQ Resources

- Alcoholics Anonymous Online LGBT Support Groups:
http://aa-intergroup.org/directory_glbtp.php
- The Gay & Lesbian Medical Association's (GLMA) Directory of LGBTQ-friendly medical providers:
<http://www.glma.org/index.cfm?fuseaction=Page.ViewPage&PageID=939>

Long Term Care Resources

- The West Virginia Aging & Disability Resource Network (ADRN) and its partner agencies are a bridge to available resources to assist with questions about long-term care services and supports that may allow you or your loved one to remain at home and active in the community for as long as possible: 1-866-981-2372
<https://www.wvnavigate.org/SitePages/Home.aspx#/>

Peer Support Summary (Digital)

Organization	Service Available	Access	Service area(s)
First Steps Recovery & Wellness Center	Individual Telephone Peer Support Group support meetings Digital access to peer supporters via "Zoom Room" Monday thru Friday, 8:30 a.m. to 10:30 a.m. and 1:00 p.m. to 3:00 p.m. staff members will be there for peer support, recovery coaching, and other topics.	Join Zoom Meeting from your computer or phone https://us04web.zoom.us/j/9998353229 Meeting ID: 999 835 3229 Telephone Peer Support available Monday through Friday 8:00am to 10:00pm: Terry Collison 304-962-2281 Wes Alexander 681-378-2062 Tekoa Terry 304-962-2056 Cory Kirby 681-238-1485 Online Group meetings: From 11:30 to 12:30 each day Monday – SMART Recovery Tuesday – AA Meeting Wednesday – SMART Recovery Thursday – CoDA Friday – Celebrate Recovery Big Book Study	Greater Huntington Area
Organization	Service Available	Access	Service area(s)
Prestera	Individual Telephone	304-525-7851 1-877-399-7776 Or contact on the web:	Boone, Cabell, Clay,

	Peer Support	https://www.prestera.org/contact-us/ Open Monday-Friday, 8am-4pm	Kanawha, Lincoln, Mason, Putnam, Wayne
Berkeley County Recovery Resource Center	Individual Telephone Peer Support for individuals with a substance use disorder	304-350-3080 Monday-Friday, 8am-6pm	Berkeley County
Partnership for African American Churches (PAAC)	Individual Telephone Peer Support Digital access to peer supporters via "Zoom" Monday thru Friday, 8:30 a.m. to 4:30 a.m.	Call 304-768-7688 and request a recovery coach Monday through Friday, 8:30 a.m. to 4:30 a.m. Staff members will be available to connect electronically for peer support, recovery coaching, and other topics.	Statewide
Organization	Service Available	Access	Service area(s)
Help4WV Call Center	Individual Telephone Peer Support Digital access to peer supporters in a secure video chat available 24/7	Phone: 1-844-HELP4WV Text: 1-844-435-7498 Chat Online: https://m2.icarol.com/ConsumerRegistration.aspx?org=72331&pid=136&cc=en-US Available 24/7	Statewide
Seneca	Individual Telephone Peer Support	Greenbrier County: (304) 497-0500 Nicholas County: (304) 872- 2659 Pocahontas County: (304) 799-6865 Webster County: (304) 847-5425	Greenbrier Nicholas Pocahontas and

	Digital access to peer supporters in a secure video chat available		Webster Counties
Organization	Service Available	Access	Service area(s)
Ascension /WV Peers	Individual Telephone Peer Support Digital access to peer supporters in a secure video chat available	Accessible Monday through Friday, 9am to 5pm Online video chat: doxy.me/peerrecoverymonco by phone at 304.602.3305 - Monongalia County 304.602.3304 - Kanawha County	Monongalia County Kanawha County
NAMI Greater Wheeling	Digital access to family member led support groups in a secure video chat available	https://namiwheeling.org/meetings-schedules/meetings-2/	Statewide
NAMI Greater Wheeling	Support group for Healthcare and Front Line Essential Workers	Monday, April 20 and 27; May 4, 11, 18 and 25 at 1:00pm http://zoom.us/j/685633442 Call in Phone # 929 436 2866 Meeting ID 685 633 442 Tuesday, April 21 and 28; May 2, 12, 19, and 26 at 6:00pm https://zoom.us/j/922159423 Call in Phone # 929 436 2866 Meeting ID 922 159 423	Statewide

Self-Help and Self-Care Resources

- DHHR Guidance on Stress and Coping:
<https://dhr.wv.gov/COVID-19/Documents/COVID-19-Guidance-on-Stress-and-Coping.pdf>
- 'FACE COVID' - How to respond effectively to the COVID-19 crisis, by Dr. Russ Harris, author of The Happiness Trap. 'FACE COVID' is a set of practical steps for responding effectively to the COVID-19 crisis using the principles of acceptance and commitment therapy:
https://drive.google.com/file/d/1Q5WQbw1q7qM9ZU3slUeYx1_3uITGtxn/view

- Keep Your Mind Grounded - Mental Health America: <https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf>
- 5 Minute Mindfulness Meditation - Diana Winston: <https://www.uclahealth.org/marc/mindful-meditations>
- Care for your Coronavirus Anxiety: <https://www.virusanxiety.com/>; see also <https://www.virusanxiety.com/take-care>
- Social Support—Getting and Staying Connected: <https://mhanational.org/stay-connected>
- Self-Care Kit—Creating Your Special Place: <http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/creatingyour-special-place.pdf>

Trauma/Post Traumatic Stress Disorder (PTSD) Resources

- Coping with COVID-19 in the Context of PTSD: https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

Veteran Resources

- If you are a Veteran in crisis, or you're concerned about one, free, confidential support is available 24/7. Call the Veterans Crisis Line: 1-800-273-8255 and press 1; send a text message to 838255, or chat online. U.S. Department of Veteran's Affairs: <https://www.publichealth.va.gov/n-coronavirus/>
<https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>

