**Mental Health Information For Disease Outbreaks**

[Living With Mental Illness During COVID-19 Outbreak– Preparing For Your Wellness](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3SXwMQdHJAhd700or1Heihsxwn3Xbx-5eAQ5vlbzmpjDqjtj1h4cVpZVJ6Fjbr80qjszMDXJqI80IHS1xCPhs-j4XkueojNuSvvG7fSLZxQ7fNizJFhZbxN0M4VUiHRfs_Fwhliy7xCEEYuveYTh1RWa5VbxtSb2rgqzRtYfLsJg%3D%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=FPJPhOSJog98vBrH9L9pDvKJPxbEkj16L6s%2Bahvai%2Fs%3D&reserved=0)

This webpage provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.

[Medication Access During COVID-19](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3KmCSRqUDSdlpBiH3SNYqGav7szkmLVjPWrOQi2u7eU6s7v5Lg5wF_4NKzkzguWPFgKUkY0fkDqZ5m04jeftm5PoXSmj-lzHD5lnaEJjpcL3_InLbicGBEy0Qcj0fnE0u%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=A1PGYHwtN0TpZFntDoCgKN1%2FcLvAWs8tFF2X8oWEwmY%3D&reserved=0)

Changes and uncertainty surrounding COVID-19 can make it difficult to know what to do to make sure you have access to needed medications. Here are some tips and pieces of information to help you prepare and care for yourself or your loved ones

[Managing Stress and Anxiety related to COVID-19](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3DnOIEYrwSbIO0nRyVXdNPfF07gW3N0pJWtwVyMR8WgzKbKbnbqXqJeSySpCJl5qDQSzfFNwmnjdpD4B0cVtKgoa0rzgulValX-JutJTrgv7xWSGqmikpK4zdfkcy5E-Hr_UFMq9B3zCDA7yjCa7LJSeEFUaM7-GBCtiDZGON6Jo-F_vdwWAV1RbTiLNYn6d-ddZ24QgccGRd9OkKmPNqdPIO9cr-fka6W1PRIygWTq2Q2q_qNWlgyDohbKJaXi_IgOt67Fscub4Ha6ZKwdp3VguYukMz-z7gkOVxKuSwrws%3D%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=pCSOEE327vXuYz0bqjQZISl6dCtGgA1oR5St5M8qLT0%3D&reserved=0)

[Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZWVhpX6u22hUMLl03k0HQWhhjhNpyuNFLrkL8I5yfr8lVKl0SVqSPeXwyF3-1Q7Ck0XLye7Uebn_G9AgE2SzAA5wOdVeHwd8XkWznPUu2S4kO8MJzFZzK0xgi_CzkxlTUMSBwEq0N51Uv2e8mIM7jwPimWQm1i7piiyA0PAmsy-Hd07heNsENCgYCvnbZqv7XTw44g9tWhQs%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=wxjhN%2FAHtywTyqo%2B%2FMwlVK%2FeUkaYLSp8miZ61I4P1%2FQ%3D&reserved=0)

[Outbreak](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZWVhpX6u22hUMLl03k0HQWhhjhNpyuNFLrkL8I5yfr8lVKl0SVqSPeXwyF3-1Q7Ck0XLye7Uebn_G9AgE2SzAA5wOdVeHwd8XkWznPUu2S4kO8MJzFZzK0xgi_CzkxlTUMSBwEq0N51Uv2e8mIM7jwPimWQm1i7piiyA0PAmsy-Hd07heNsENCgYCvnbZqv7XTw44g9tWhQs%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=wxjhN%2FAHtywTyqo%2B%2FMwlVK%2FeUkaYLSp8miZ61I4P1%2FQ%3D&reserved=0)

[COVID-19: Potential Implications for Individuals with Substance Use](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3sfekQG-_lzQnPHWXsyHzre7MCU817lx4hhp8tlbbSF51FvnxHFSNNh-XZxDlGPK2jSQKwb8YZKszqHphsh5r4KHQZI7hX-qv-aiWInLFkMyvqUthA_E26kSy05QTveoCD-SHYnWzbMu3BVNt9Cct_TwajIOHkOwhuc5EqjAhPyphkpoLIeQqHXJKuVMZ8AzdVcZi1i0JUYa5h3lMmGn27kZEFb2gtoQB%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=ayogwG2ylkC1NTOiVYelQTyY%2FNXs4NCBUwf1dtPj2VQ%3D&reserved=0)

[Disorders](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3sfekQG-_lzQnPHWXsyHzre7MCU817lx4hhp8tlbbSF51FvnxHFSNNh-XZxDlGPK2jSQKwb8YZKszqHphsh5r4KHQZI7hX-qv-aiWInLFkMyvqUthA_E26kSy05QTveoCD-SHYnWzbMu3BVNt9Cct_TwajIOHkOwhuc5EqjAhPyphkpoLIeQqHXJKuVMZ8AzdVcZi1i0JUYa5h3lMmGn27kZEFb2gtoQB%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=ayogwG2ylkC1NTOiVYelQTyY%2FNXs4NCBUwf1dtPj2VQ%3D&reserved=0)

[Coronavirus and Emerging Infectious Disease Outbreak Response](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3lpPaTVGoB_H76RrfMAehVeAa26prbx8teVaszetiS144aa57JMFaY-yp5nd6owtuYX1JBbbUSnmn-6LcSp_8E0nBb-6s4DLTGbzhYnuUWYbb9h15IhRI-XQbzsKcfIKjgqsZVzobUrWpqwZj6yOLXkMI2WTx7htMCdgwEzNkI6-i3wbqZewGtk5xM8io2-l5o7uxzBbevtrqaEUhREbRcw%3D%3D%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=v467HG7lCXLXb36cYUgB99F43IhdYobQY0sLAMPZqIg%3D&reserved=0)

These fact sheets provide information and recommendations for healthcare personnel, families, leaders, and businesses to address the psychological and behavioral health impacts of the novel Coronavirus (COVID-19) pandemic.

[Mental Health Considerations during COVID-19 Outbreak](https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001NUBaP27Z4fQKXJ8XYRB_Ur25xDlaUh1i2PmS1JSH5dPmLFQEu4B-ZaUktf3g7CX3aCns11Yi9sIuCnHQLR6ppBUPNVHjWFudW9DSOAQwsWtQDtts9izRXu9TMqlV7b2Wf3p_UF7031IF35sgUcJ0D71_jYWO8l7D22ZCApObk9C9vMBy7hW6jN-001I92Sou1Urm1VD8XY-8AMG1hbLolgYUvmA9faSC1SAJiFEkl-SxibxKXYMwIIGSbN50ncG37WPYVV7p4Vg%3D%26c%3Db9N6JFKg1f6lW1JLMxlSFX0s38yFNzSmBzblg54w4yx_UxxGcNjtFw%3D%3D%26ch%3DQjLbzLcG7GZN38yw8V5eVMx4lXwIgFYIWcMYSsek2u3DCOIXI6PQoA%3D%3D&data=01%7C01%7Cseckhart%40justicepoint.org%7C9fd12a7557344fefbbb808d7cf7fb506%7C85242b9802404bf4a66ff5a5f0df0779%7C0&sdata=e8mOIgCCSq5em1b08T1eJI4I32dnhHdy426K2NYIRZQ%3D&reserved=0)

These mental health considerations were developed by the WHO Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.