



Psychological Resources for COVID-19

Brought to you by the Medical Society of the State of New York

CDC Manage Anxiety & Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

WHO Mental Health Considerations During COVID-19 Outbreak

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

SAMHSA Tips for Social Distancing, Quarantine and Isolation During an Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Center for the Study of Traumatic Stress

www.cstsonline.org

Psychological First Aid

<https://mssm.zoom.us/rec/share/xZZHMbXeykNlaJHhyhmBa4gjFbXueaa80yMfq6clz0mRmdzuDwu46Xo-avo1bSDct>

American Psychiatric Association Coronavirus Resources

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>

MSSNY Psychosocial Dimensions of Infectious Outbreaks

- ◆ Webinar: <https://cme.mssny.org>
- ◆ Podcast: <https://www.buzzsprout.com/51522/3095743>

MSSNY Psychological Impact of Disaster and Terrorism Reference Card

<https://cme.mssny.org/webdocuments/resources/resource-psychological-impact-of-disaster-and-terrorism.pdf>