



NAR COVID-19 TOOLKIT

National Resources:

Centers for Disease Control and Prevention - <https://www.cdc.gov/>

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> and 800-273-8255, confidential crisis intervention and free emotional support are available during a time of emotional distress for you or a loved one. The helpline is open 24/7, and a live online chat is also available.

Mental Health America Hotline: <https://www.mhanational.org/get-involved/contact-us> or Text MHA to 74141. This nationwide organization provides information and guidance through a crisis.

Contract Tracing Training and Certification – [Training through Coursera offered by John Hopkins University](#)

Financial Resources: <https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/>

Coronavirus State Information Links:

[Connecticut](#)

[New Hampshire](#)

[District of Columbia](#)

[New Jersey](#)

[Delaware](#)

[New York](#)

[Maryland](#)

[Rhode Island](#)

[Maine](#)

[Vermont](#)

Mental Health Resources:

- Therapy for Black Girls: <https://therapyforblackgirls.com/>



NAR COVID-19 TOOLKIT

- Calm App: <https://www.calm.com/>
- Destress Monday: <https://www.destressmonday.org/>
- Moodnotes: <http://www.thriveport.com/>
- SilverCloud: Free access to the [SilverCloud](#) platform for all full-time students and learners over the age of 18. SilverCloud is a self-directed online learning module that teaches cognitive behavioral therapy skills, which can help to relieve mild-to-moderate anxiety and depression

Wellness Resources:

- YogaWorks (free): <https://www.yogaworks.com/classes/live/>
- Baltimore Yoga Village: <https://www.baltimoreyogavillage.com/online-streaming-for-yoga-classes/>
- M-Power Yoga: <http://mpoweryogastudio.com/>
- 5-minute office chair yoga:
<https://www.youtube.com/watch?v=6fnLKyRJrs>
- Yoga Journal: <https://www.yogajournal.com/video>
- Coach Melody, Health & Wellness Coach (Owned by a member of Alpha Kappa Alpha, Inc.) <https://www.unwrapyou.com/>

FITNESS RESOURCES:

- Fitness Blender (free workout videos): <https://www.fitnessblender.com/>
- Healthy Recipes from Johns Hopkins Medicine:
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/food-and-nutrition>



NAR COVID-19 TOOLKIT

- Workout videos for kids - <https://vimeo.com/showcase/6880106>

Good Sources of Support and Tips:

Psychology Today:

<https://www.psychologytoday.com/us/blog/insight-therapy/202003/lessons-coronavirus-we-are-more-resilient-we-feel>

American Foundation for Suicide Prevention (AFSP):

<https://afsp.org/campaigns/covid-19/>

National Alliance on Mental Illness (NAMI):

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Greatergood.berkeley.edu: [**Six daily questions to ask yourself in quarantine**](#)

[**Guide to well-being during to coronavirus**](#)

Anxiety and the News: Sheppardpratt.org/news-views:

<https://www.sheppardpratt.org/news-views/story/is-the-news-causing-anxiety-try-these-tips/>

Insurance Resources:

(info from NASW, www.socialworkers.org):

One of the most important interventions at this time is to confirm that individuals have health insurance coverage. Health insurance coverage enables people to receive preventive medical care to identify underlying risk factors that could make them vulnerable to infectious diseases. It also enables individuals to access timely, appropriate care when they are sick. Individuals and families that qualify for the



NAR COVID-19 TOOLKIT

Children's Health Insurance Program (CHIP) or Medicaid can enroll at any time of the year, and there are enrollment options online, by phone, by mail or in person.

For more information, visit insurekidsnow.gov and healthcare.gov.

The Centers for Medicare and Medicaid Services has provided the following fact sheets on payment for medically necessary medical services related to COVID-19:

[Coverage and Payment Related to COVID-19: Medicare](#)

[Individual and Small Group Market Insurance Coverage](#)

[COVID-19 Government Action and Resources:](#)

<https://www.usa.gov/coronavirus>

[Music, Arts and Education:](#)

Concerts: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Amazon: www.amazon.com now provides free streaming access to more than 40 children's educational programming by signing in with a free Amazon account.

Peabody concerts: (<https://peabody.jhu.edu/live/>) music performance videos, Fridays at 7:30pm streaming previously recorded performances from the Peabody archives.

Baltimore Symphony Orchestra: <https://www.bsomusic.org/OffStage> - view videos and podcasts.

Livestreaming concerts on their Facebook page:

<https://www.facebook.com/BSOmusic/>



NAR COVID-19 TOOLKIT

Baltimore Choral Arts Society: baltimorechoralarts.org offers free new digital concert mini-series - Music with the Maestro - Thursdays at 5pm

LiveArts Maryland: "QuaranTiny Concerts" -
<https://bachplusmd.org/index.php/schedule/quarantiny-concerts>

Concerts, Plays, Museums and Other Culture:
<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Free Art Classes - <https://artstudio.berkeley.edu/news/art-with-zoom/?fbclid=IwAR1d5m4bNR9EFWbmMH3s4UwTQx1Tbk23jKD1W5t-IkZkXnpmE3nfCsWxqbA>

Comedy/For a Laugh:

"Hop at Home" – a Hopkins-themed activity kid to keep kids engaged and entertained <https://hub.jhu.edu/2020/03/27/hop-at-home-activity-book/>

SpongeBob's guide to washing hands:
<https://www.campaignlive.com/article/spongebob-practices-mature-behavior-combat-coronavirus/1677572>

How to Keep a Tight Quarantine schedule:
<https://www.newyorker.com/humor/daily-shouts/daily-coronavirus-quarantine-schedule>

Virtual Travel:

Aquarium live cam:

<https://www.aqua.org/Experience/live>



NAR COVID-19 TOOLKIT

<https://www.montereybayaquarium.org/animals/live-cams/>

Smithsonian live zoo-cams:

<https://nationalzoo.si.edu/webcams> 4 animals' cameras (naked mole-rat, lion, giant panda, and elephant)

Animals and atmospheres web cams:

<https://explore.org/livecams/>

Google Earth Cam: <https://www.earthcam.com>

Virtual Tours National Parks: <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR39KtmtYoXDYdIt4LxtlFHIUptkOfNo8m3K32WYhDDOAE2EnnJzFfclhdQ>

Museums, Historic Sites, Zoos:

<https://virtualschoolactivities.com/>

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

10 of the world's best virtual museum and art gallery tours:

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

Cluster Chapter Information

Cluster III – Epsilon Pi Omega Chapter has added information COVID-19 and resources information specific to NY: www.akaepsilonpiomega.org

