



Mental Health Resources

Centers for Disease Control & Prevention

[Mental Health and Coping During COVID-19](#)

Substance Abuse and Mental Health Services

[Tips For Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

National Alliance on Mental Illness

Click [HERE](#) and/or call 407-253-1900.

Scientific American: COVID-19

[Dealing with Social Distancing](#)

Peer Support Space

Click [HERE](#)

Mental Health Association

Click [HERE](#)

APA Coronavirus Resources

Click [HERE](#)