

If you are experiencing an emergency, please call 911.

Mental Health Resources for Health Care Professionals

- Free online services for health care providers: <https://www.headspace.com/health-covid-19>
- Supporting caregivers and health care providers: <https://www.ama-assn.org/delivering-care/public-health/caring-our-caregivers-during-covid-19>

General Mental Health Resources

- Immediate phone access: <https://www.mentalhealth.gov/get-help/immediate-help>
- Free or lower-cost options: <https://greatist.com/grow/resources-when-you-can-not-afford-therapy>
- Self care: <https://www.psychologytoday.com/us/blog/deviced/202003/self-care-and-covid-19-getting-ready-the-marathon>

The resources provided are for informational purposes only, and being part of this list does not constitute an endorsement from Mount Rogers Health District, the Virginia Department of Health, or the Commonwealth of Virginia.

