

# Special Resources for Patients - Stress & Wellbeing

For Anyone: **Managing Stress Associated with the COVID-19 Virus Outbreak**: Practical steps you can take to deal with stress reactions.

**CDC**: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Spanish and Other languages: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

**WHO**: <https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200311-sitrep-51-covid-19.pdf>

Advice for the public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>  
(with downloadable posters)

Spanish: <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public/q-a-coronaviruses>

**American Psychological Association**: <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

Centro de Apoyo (Spanish): <https://www.apa.org/centrodeapoyo/bienestar/>

<https://www.apa.org/news/apa/2020/03/psychologist-covid-19>

**SAMHSA**: Taking Care of your Behavioral Health - Social Distancing Isolation, and Quarantine:

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Spanish: <https://store.samhsa.gov/system/files/sma14-4894spanish.pdf>

