8/17/20 COVID Webinar

Mental Health Resources

**Coping with COVID-19 Stress and Anxiety**

<https://www.baycounty-mi.gov/Docs/COVID19/Coping%20with%20COVID-19.pdf>

**Headspace** <https://www.headspace.com/mi?fbclid=IwAR0eGa4xgeNIo67u14M9qs5RJqHtx_q9Lt_7cqyakGx69osRHRD00ILBs1A>

**Centers for Disease Control:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

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

[**Mount Sinai**](https://www.mountsinai.org/files/MSHealth/Assets/HS/About/Coronavirus/mh-guide.pdf)

<https://www.mountsinai.org/files/MSHealth/Assets/HS/About/Coronavirus/mh-guide.pdf>

**Workplace Incentive**

<https://workplaceinitiative.org/managing-coronavirus-anxiety-tools-tips>

<https://workplaceinitiative.org/pandemic-stress-employee-support>

**Sample Stress Policy**

<https://www.hse.gov.uk/stress/assets/docs/examplepolicy.pdf>