BEHAVIORAL HEALTH INFORMATION AND RESOURCES FOR THE PANDEMIC

BLUE CROSS RESOURCES
• Coronavirus Resource Center
• Provider Central COVID-19 News Alert (March 24)

Telehealth is available to all members with a Blue Cross Blue Shield of Massachusetts health plan. To access the service, members can:
• Use Well Connection
• Contact their doctor directly to talk about available options
To learn more about Well Connection, visit myblue.bluecrossma.com/telehealth.

COVID-19 ANXIETY
• Anxiety.org, “Tips for Surviving Social Isolation During the COVID-19 Pandemic”
• American Psychiatric Association’s Center for Workplace Mental Health, “Working Remotely During COVID-19: Your Mental Health & Well-Being”
• American Psychological Association, “Five Ways to View Coverage for the Coronavirus”

Apps and Resources for Personal Purchase:
• Headspace
• Calm
• Cognitive Behavioral Therapy for Insomnia

CHILDREN AND FAMILIES
• The New York Times, “Talking to Teens and Tweens About Coronavirus”
• Nemours KidsHealth kidshealth.org, “How to Talk to Kids About the Coronavirus”
• WBUR, “The Kids May Not Be All Right. And That’s OK”
• The Atlantic, “How Are Parents Supposed to Deal With Joint Custody Right Now?”
• American Psychological Association, “How COVID-19 may increase domestic violence and child abuse”

The National Domestic Violence Hotline: 1-800-799-7233
The Crisis Text Line: Text HOME to 741741

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.
BEHAVIORAL HEALTH ISSUES
• The New York Times, “For Those With O.C.D., a Threat That Is Both Heightened and Familiar”
• International OCD Foundation, “How to Find the Right Therapist”
• National Alliance on Mental Illness, “COVID-19 Resource and Information Guide”
• National Center for PTSD, “COVID-19: Resources for Managing Stress”

International OCD Foundation: Weekly Live Online OCD/Coronavirus Town Hall
National Suicide Prevention Lifeline: 1-800-273-8255

SUBSTANCE USE DISORDERS
• Alcoholics Anonymous, “Meeting Guide”
• Alcoholics Anonymous, “Updates on Coronavirus (COVID-19)”
• Al-Anon Family Groups, “Al-Anon Meetings”
• Al-Anon Family Groups, “News from the WSO”
• Grayken Center for Addiction, “COVID-19 Recovery Resources”
• Substance Abuse and Mental Health Services Administration, “Virtual Recovery Resources”
• Substance Abuse and Mental Health Services Administration, “Coronavirus (COVID-19)”
• Bureau of Substance Addiction Services

Massachusetts Substance Use Helpline: 1-800-327-5050
• “COVID-19 Resources for MA”
• What Is Naloxone and How to Use It
• “Social Distancing and Implications for Active Recovery from Addiction”

GRIEF AND LOSS
• Johns Hopkins Medicine, “Grief and Loss”
• Healthline, “How ’Anticipatory Grief’ May Show Up During the COVID-19 Outbreak”
• Grief.com

HEALTH CARE WORKERS
• American Psychiatric Association, “Coronavirus / COVID-19 Information Hub”
• Physician Support Line: 1-888-409-0141

QUESTIONS?
If you have specific HR-related questions, please reach out directly to your Human Resources Department.