

Mental and Social Wellbeing Resource Guide
Compiled by the Healthy Communities Coalition of Lewis and Clark County
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If you're looking primarily for resources for children and youth, see Shodair's list of great online resources for fun activities: <https://shodair.org/wp-content/uploads/2020/04/Shodair's-COVID-19-Resource-Guide.pdf>

Montana Specific Help Lines

The following crisis resources are available for all Montanans.

Montana Suicide Prevention Lifeline: If you or someone you love is at risk of harm to self, call 800-273-8255 (TALK) or <https://suicidepreventionlifeline.org/>

Montana Crisis Text Line, text MT to 741741 or go to <https://www.crisistextline.org/>

Montana Warmline: A call-in non-crisis support line for people dealing with mental health challenges. Designed to reach people in rural areas where there are no mental health services available. Other services include Open Chat sessions, FYI sessions one night per week, and a call-in support group. Available Monday – Friday 8 a.m. – 9 p.m.; 12 – 9 p.m.Sat/Sun 1-877-688-3377 or see <http://montanawarmline.org/>

Montana THRIVE: If you are working to manage anxiety and depression during this time, Montana Thrive provides computerized cognitive behavior therapy) at <https://thriveformontana.com/>

Montana 2-1-1: information and connects people to resources for non-emergency needs, via an easy-to-remember phone number (2-1-1) and a website <https://montana211.org/>.

National Help Lines

The Trevor Project: LGBTQ Crisis Hotline. Call 1-866-488-7386 or see <https://www.thetrevorproject.org/>

Trans Lifeline: Call 877-565-8860 or see <https://www.translifeline.org/>

Veterans Crisis Line: Call 1-800-273-8255 and Press 1 or see <https://www.veteranscrisisline.net/>

How to Stay Healthy and Happy During the Pandemic

(from Montana Department of Public Health and Human Services)

- **Understand the risk** - Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Stay up to date on what is happening, while limiting your media exposure.
- **Be your own advocate** - Speaking out about your needs is particularly important if you are in quarantine, since you may not be in a hospital or other facility where your basic needs are met.
- **Educate yourself** - Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.
- **Work with your employer to reduce financial stress** – Be clear with your employer if your unable to work and contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.

- **Connect with others** - Reaching out to people you trust (telephone, email, text messaging, and social media) is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

- **Talk to your doctor** - If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you're worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider.

- **Use practical ways to cope and relax** - Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy. Pace yourself between stressful activities. Talk about your experiences and feelings to loved ones and friends. Maintain a sense of hope and positive thinking.

- **Exercise** – Exercising releases endorphins and reduces stress. Exercise doesn't have to be complicated. Go for a walk, do some calisthenics, stretch.

- **Emphasize Social Vitamin C** - Courtesy, Consideration, Caring, Community, and Compassion. In the words of Dr. Benjamin Cheyette, "this is one time when you really don't want to 'be first', so make an effort to be especially courteous to your fellow human beings when you are at the grocery store, out in other public spaces, or driving on the road. Have consideration for others when using a public or private facility – even if you're not symptomatic and don't think you're infected, do your best to keep the area clean and hygienic for those who come after you. If you do encounter someone who may be infected, be courteous, considerate, caring, and compassionate."

Mental Wellbeing Resources

Meditation and Mindfulness

For anyone in the Helena area, the **Awareness Network** is reimbursing people for a month subscription to any mental health app recommended by the Anxiety and Depression Association of America (ADAA). <https://www.awarenessnetwork.org/covid19>

Calm App: <https://blog.calm.com/take-a-deep-breath>

The Headspace App: is offering free service through its Covid collection "Weathering the Storm," <https://www.headspace.com/covid-19>

Mental and Emotional Health Resources

American Psychological Association Resources for Pandemics:

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

Care for Your Coronavirus Anxiety: Resources for anxiety and your mental health <https://www.virusanxiety.com/>

The Chopra Center: “Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.” <https://chopra.com/articles/anxious-about-the-coronavirus-here-are-eight-practical-tips-on-how-to-stay-calm-and-support>

Combatting Loneliness:

<https://www.scientificamerican.com/article/how-to-prevent-loneliness-in-a-time-of-social-distancing/?fbclid=IwAR3nkNIHKYR-gF6GZLP4JTYc-CNYCL5GfSLKASeruKq5nyR5ywMKQgauZFo>

Coronavirus Anxiety Workbook: <https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf?fbclid=IwARONyWVOMQSQCCSsJPBkL1jMGI7RLejTDBWxOE2k6MoQ-6WXLrkuhNf1JPO>

Managing Stress and Coping From the CDC:

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

May is Mental Health Month Toolkit: Tools 2 Thrive: Practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. There is bonus material in the toolkit specifically focused on the coronavirus, and how we can all work together to support our mental health in the face of uncertainty. www.mhanational.org/may.

MHA Screening: Rapid Response to Rising Anxiety: Through MHA’s online screening program, we offer free, confidential, and anonymous mental health screens for nine conditions including anxiety. After completing their screening, individuals receive immediate results, education, resources, and linkage to affiliates. Take a mental health screen at <https://screening.mhanational.org/screening-tools>.

Mental Health America: COVID-19 webpage at www.mhanational.org/covid19

NAMI HelpLine Coronavirus Information and Resources Guide: Information about the pandemic or are looking for support, warm lines, etc. <https://www.nami.org/covid-19-guide>

NAMI Covid-19 Resource and Information Guide: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Supporting your Mental Health While Navigating Change: <https://afsp.org/supporting-your-mental-health-while-navigating-change/?fbclid=IwAR3jTTsNIMdWhHx4-b3ROGTdf08bGTdnFSrhU0VOKROsTsC-s1Iznr03pcl>

Taking Care of Your Emotional Health: <https://emergency.cdc.gov/coping/selfcare.asp>

What Works for You? Video about paying attention to activities and practices that support our emotional well-being is key as we navigate this challenging and stressful time <https://www.facebook.com/weareprevents/videos/1350996288435062/UzpfSTY2MDgzNTgwNDMxNjc2MDoxMDQ1NjQyNzQyNTAyNzI5/>

Addiction Recovery

Virtual Recovery Meetings

How to Find a Virtual Recovery Meeting: <https://www.shatterproof.org/blog/how-find-virtual-recovery-meeting>

List of Virtual Recovery Resources: Support meetings, including 12-step fellowships, SMART Recovery, Recovery Dharma and many others on In the Rooms, AA Online Meetings, NA Online Meetings. <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

Unity Recovery online meetings: Unity Recovery + WEconnect + Alano Club have recovery meetings daily at multiple times throughout the day available on a Zoom platform. <https://unityrecovery.org/digital-recovery-meetings>

How to Support Your Recovery

Hazelden Betty Ford (HBF): “Tips for Staying Connected and Safeguarding Your Addiction Recovery” contains online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions. HBF has The Daily Pledge, an online support community with chat rooms and places to hang out virtually with friends in recovery. <https://www.hazeldenbettyford.org/about-us/news-media/coronavirus-disease-response/free-recovery-resources>

Montana Tobacco Quitline: Call 1-800-QUIT-NOW or go to <https://montana.quitlogix.org/>

Shatterproof: “How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery” provides helpful suggestions of what to do (exercising, reaching out, praying, meditating, focusing on my breathing, listening to music, doing projects you’ve been putting off) and NOT to do (spend too much time on social media, negative self-talk, eat too much unhealthy food, watch the news 24/7). <https://www.shatterproof.org/blog/how-im-coping-covid-19-and-physical-distancing-person-long-term-recovery>

Parenting Resources

Kids Activities: <https://www.livescience.com/coronavirus-kids-activities.html>

Love and Logic Parenting Online: Free during April. <https://www.loveandlogic.com/products/love-and-logic-parenting-online>

Managing Reactions to Coronavirus (and talking to kids about it): https://www.mindwise.org/wp-content/uploads/2020/03/Managing_Reactions_to_the_Coronavirus.pdf

UNICEF- 6 Ways Parents Can Support Their Kids: https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19?fbclid=IwAR24LYoobfRKD7iKHs2TfsDnR_hY9J-Axt9DXuJ5nCq3898L_8bgf6XbaFM

Additional Online Resources

How to Set Up Online Meetings: Simple steps for 12 step groups using various virtual platforms for meetings – Great quick start information on Zoom, Google Hangouts, and FreeConferenceCall.

<https://www.nyintergroup.org/remote-meeting-listing/help-setting-up-online-meetings/#zoom>

Physical Activity Resources

Lewis and Clark County

Helena, MT Trails: <https://www.helenamt.com/hiking-helena-montana-trails/>

Prickly Pear Land Trust Trails: <https://pricklypearlt.org/trails/>

Helena Family YMCA: has a variety of online classes and activities for all ages <http://helenaymca.org/>

And, check the website or Facebook page for local fitness studios and gyms – many have online classes!

Virtual

100 Mile Club - 26 Day Challenge! Let's Keep Moving - With schools closed across much of the country, we want to bring a little bit of "summer" fun to students this spring with a spin on our classic Club 262 summer challenge. Keep your kids and family healthy and active with smart, safe exercise at home, in a park, or in your neighborhood. For 26 days (or until school resumes, whichever comes first), track your progress and aim for 1 mile per day. The 26 Day Challenge is FREE for all to sign up and download our mile tracking sheet. [More Info](#)

Active Schools Partner Videos to Get Kids Moving at Home:

<https://www.activeschoolsus.org/news-and-resources/2019-11-22-resources-for-home/>

ActiveKids.com: Soccer, basketball, football, tennis, dance, field hockey, swimming, lacrosse, gymnastics—the world of sports is wide open for kids. To help keep your kid in shape for any season, full-body exercises are the way to go. These conditioning moves help build endurance, balance, agility and coordination while strengthening the whole body. Whether your kid is into sports or just being a kid, these full-body conditioning exercises will have them ready for the game or the playground. All these exercises can be done anywhere, anytime with zero equipment.

<https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids>

American Heart Association: Many people continue to have questions around the coronavirus and how it impacts our daily life. As employees and families spend more time at home, the American Heart Association has gathered this collection of resources to help those wishing to continue to live healthy, active lives. For updated information on the coronavirus and what heart disease and stroke patients should do, click [here](#).

[25 Ways to Get Moving at Home](#) infographic

[Create a Circuit Workout](#) infographic

[How to Move More Anytime Anywhere](#)

[How to get Energy When You're Too Tired to Workout](#) infographic

[Balance exercises](#)

[Physical Activity Around the House](#)

The Body Coach (for kids): The YouTube channel for The Body Coach offers a variety of exercise videos for both adults and kids. Videos for adults are about 20 minutes in length. Many of the videos feature kids working out alongside The Body Coach, which is highly entertaining for kids and can help keep them engaged. Starting Monday 23rd March, The Body Coach will be hosting a free daily PE workout aimed at kids LIVE his YouTube channel. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

BOKS Kids: Please join us and a number of our wonderful Trainers at www.facebook.com/boks today and each weekday for a fun dose of physical activity for you and your kids. If you can't join our events in real-time, don't worry, the workouts will live on our Facebook page and can be watched at your convenience. Check out this link to see their at-home resources <https://www.bokskids.org/boks-at-home/>

CATCH Health at Home: CATCH is trying to keep our kids healthy and active during Coronavirus-related school closures. To help families, we've set up a Google Classroom to provide you with free and easy access to several of CATCH's evidence-based health, nutrition, and physical education materials. These activities require limited space and supervision, and are organized into three sections: Physical Activities, Activity Breaks and Family Health and Nutrition. <https://www.catch.org/pages/health-at-home>

CorePower Yoga: CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. <https://www.corepoweryogaondemand.com/keep-up-your-practice?fbclid=IwAR3-T4eGvS1B7S2RKGv6tLoglWAobw3n6S4mYxPAq750ppu32BPxlzAZfuA>

Crunch Fitness: is offering a [free 45-day membership to Crunch Live](#), their online live-streaming fitness program. You don't need to submit credit card info to sign up, and there are a great variety of classes offered!

Daily Burn: Daily Burn is offering 30-day free trial. Daily Burn is an online program that creates a personalized fitness program that you can complete remotely. When you sign up, you will create a Daily Burn profile and Daily Burn will pick workouts for you each day to help you improve your fitness. If you don't like the workouts selected for you, you can opt out of them for the day and choose your own. Daily Burn workouts include cardio, strength training, Pilates, barre and more. <https://dailyburn.com/landing>

Down Dog App Group: Down Dog maintains several fitness and yoga apps that offer yoga practices or at-home workouts. These apps — HIIT, Yoga, Yoga For Beginners, 7 Minute, and Barre— will be free until April 1. Students and K-12 teachers have free access until July 1. <https://www.downdogapp.com/>

Fitness Blender: Fitness Blender is a free online resource created by two personal trainers with hundreds of free workout videos ranging from 10-85 minutes long. These videos include apartment-friendly cardio, strength training, Pilates, stretching and more at levels appropriate for everyone from beginners to elite athletes. <https://www.fitnessblender.com/videos>

KiDZ Bop: Have a KIDZ BOP Dance Party in your living room to get the wiggles out! KIDZ BOP Dance Along videos are the best way to incorporate music + movement into your daily routine. Kids can sing, dance, and burn off extra energy to kid-friendly versions of popular songs following along with the dance moves of the KiDZ Bop kids. <https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0>

Les Mills: This workout class creator is offering free classes on their [streaming platform](#), LES MILLS on Demand until the coronavirus outbreak is over. The site has 95 video classes for Body Combat, Body Pump, Barre, cardio training, mindfulness and more.

Nike Training Club Premium is free: *We're evolving as the world is evolving and we want you to stay healthy and active. Enjoy on-demand class-style workouts, programs, and expert tips on nutrition*
<https://www.nike.com/ntc-app>

Orangetheory: Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. According to the fitness center, the workouts don't require any special equipment, but may feature everyday household items.
<https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/>

Peloton: Peloton is offering 90 day free use of app.
<https://www.theverge.com/2020/3/16/21182267/peloton-workout-app-trial-at-home-subscription>

POPSUGAR Fitness: a perfect place to find workouts of every kind—whether you're looking for cardio, dance, weight lifting, and anything and everything in between. Available via YouTube.

STRONG by Zumba: Using combinations synced to music to give you an all-around workout, this will give you a workout without needing much or any equipment. You can access plenty of free HIIT workouts on YouTube, choosing from 7-, 20-, and 30-minute on-demand classes. The videos also come in languages other than English. <https://www.youtube.com/channel/UCQkaczRlyBjI3UKBH59W3XQ/videos>

YMCA 360: YMCA wants to make sure people stuck at home due to the COVID-19 outbreak can still get the exercise they need. YMCA 360 is your Virtual YMCA. It's your favorite classes, our top instructors, and the Y community, now available at home, on the road, 24/7 and 360 degrees. Welcome to healthy living for all. Welcome to YMCA 360.
https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos

Assorted Online Cooking, Arts, and Other Activities Resources

Food and Cooking

Accessible Chef is a collection of resources to teach basic cooking skills to individuals with disabilities.
<https://accessiblechef.com/>

Easy and Healthy Recipes <https://www.joyfulhealthyeats.com/>

Healthy Recipes, Cookbooks, Menus <https://www.choosemyplate.gov/eathealthy/recipes-cookbooks-and-menus>

Online Cooking Skills <https://www.instructables.com/class/Cooking-Class/>

Recipes, Tips for Cooking during Shelter-in-Place, Search for Recipes <https://www.epicurious.com/>

YouTube: has a wide variety of cooking tips, just search!

Activities, Arts, and Entertainment

Arts and Crafts Online Learning: <https://mymodernmet.com/learn-during-coronavirus-lockdown/>

Here Are All the Livestreams & Virtual Concerts to Watch During Coronavirus Crisis:

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

List of Free Things That Weren't Free Before Coronavirus:

<https://www.npr.org/2020/03/20/818670715/getting-bored-heres-a-list-of-free-things-that-werent-free-before-coronavirus>

List of Live Virtual Concerts: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Ten Museums to Virtually Visit: <https://www.smithsonianmag.com/smart-news/ten-museums-you-can-virtually-visit-180974443/>

Language Learning Resources

BBC's Language Learning: <http://www.bbc.co.uk/languages/>

Duolingo: language-learning platform, designed to feel like a game and scientifically proven to be effective <https://www.duolingo.com/>

OpenLearn: courses are free to study, with nearly 1000 free courses across 8 different subject areas. Courses are available to start right away. <https://www.open.edu/openlearn/languages/free-courses>

DIY Wellness

24 Spa Treatments You Can Do at Home: <https://www.thepennyhoarder.com/save-money/diy-spa-day-for-cheap/>

4 Totally Doable DIY Aromatherapy Projects Using Essential Oils: <http://ecosalon.com/4-totally-doable-diy-aromatherapy-projects-using-essential-oils/>

Heal Yourself: 17 Tricks for a Soothing Self-Massage: <https://www.thehealthy.com/home-remedies/self-massage/>

