

## **Mental Health and Suicide Prevention Resources**

[Emotional Wellbeing During the COVID-19 Outbreak](#): Information, tips, and resources provided by the National Suicide Prevention Lifeline.

[Find Support](#): From the American Foundation for Suicide Prevention (AFSP); information and resources for individuals who are having thoughts of suicide, have survived a suicide attempt, are worried about a loved one, or have lost a loved one to suicide.

[Free Virtual Support Groups Through MHA OK](#): Mental Health Association Oklahoma has started hosting their Oklahoma City and Tulsa support groups virtually. There are a number of virtual support groups available (varies by location) including: Depression Management, Survivors of Suicide, Anxiety Management, Parents Supporting Parents, and PTSD Support. You can call 918-585-1213 or 405-943-3700 for more information.

[How to Help Someone with Anxiety or Depression During COVID-19](#): Guidance provided by Mental Health First Aid to help individuals care for friends and family.

[Mental Health and COVID-19](#): Created by the American Foundation for Suicide Prevention (AFSP), this guide is a compilation of resources, tips, articles, social media graphics, and tools that inform and help readers spread positive messages of hope, compassion, mental health care and suicide prevention

[Mental Health Guide to COVID-19](#): Comprehensive guide created by the ODMHSAS that includes tips for supporting your mental health during this time, information for parents, and information for treatment providers.

[My3 App](#): My3 is a free app that allows users to create a safety plan, list their supports they can reach out to, explore resources, and access the National Suicide Prevention Lifeline.

[Now Matters Now](#): Research-based skills and support for coping with suicidal thoughts and promoting wellbeing. Also offers free online training for healthcare and peer support providers.

[Online Recovery Support Services](#): Recognizing that regular fellowship is an important part of one's recovery journey, the ODMHSAS has created a resource listing of recovery support services including virtual meetings, online classes and support groups, and web chat services.

[Protecting Your Mental Health During the Coronavirus Outbreak](#): Tips from the American Foundation for Suicide Prevention.

[Supporting Older Adults' Mental Health During COVID-19](#): Information and strategies provided by the American Foundation for Suicide Prevention to help friends, family, and care providers support older adults' mental health.

[Counseling on Access to Lethal Means \(CALM\)](#): Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This course covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access. CALM is designed for use by mental health professionals, healthcare providers, and social service professionals- or anyone who works with individuals at risk for suicide.

## Self-Care and Coping Resources

[Free guided meditations, soundscapes, calming music, and relaxing body movement](#) provided by the Calm app.

[Safe Space](#): Online page for evidence-based self-help tools, resources, and education provided by Vibrant Emotional Health.

[Stress and Coping During COVID-19](#): Information and tips from the CDC for parents, caregivers, healthcare providers, and individuals.