**RESOURCES**

**\*COVID-19: MENTAL HEALTH IMPACT**

* *Household Pulse Survey:*

<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

**\*SEEKING PROFESSIONAL ASSISTANCE:**

* *Psychology Today: Find a Therapist*

<https://www.psychologytoday.com/us/therapists>

* *988 Suicide & Crisis Lifeline*

<https://988lifeline.org/>

**\*GENERAL RESOURCES**

* *National Council on Aging: COVID-19 for Older Adults*

<https://www.ncoa.org/older-adults/health/physical-health/covid-19>

* *National Library of Medicine: Older Adult Mental Health*

<https://medlineplus.gov/olderadultmentalhealth.html>

* *National Institute on Aging: Lonelieness & Social Isolation – Tips for Staying Connected*

<https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>

**\*MINDFULNESS:**

* *National Center for PTSD: Mindfulness Coach (app)*

<https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp>

* *Headspace (app)*

<https://www.headspace.com/>

<https://www.headspace.com/netflix>

* *Calm (app)*

<https://www.calm.com/>

* *UC San Diego: Center for Mindfulness*

<https://cih.ucsd.edu/mindfulness/mindfulness-compassion-resources>

**\*GRATITUDE:**

* *Calm: Gratitude Resources*

<https://blog.calm.com/gratitude-resources>

* *Greater Good: Gratitude Journal*

<https://ggia.berkeley.edu/practice/gratitude_journal>

**\*OPTIMISM:**

* *National Insitute on Aging*

<https://www.nia.nih.gov/news/optimism-linked-longevity-and-well-being-two-recent-studies>

* *Mayo Clinic: Positive Thinking*

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

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