

Behavioral Health Resources for Building Resilience during COVID-19

Please enjoy these external resources to help you manage stress, anxiety, and communication during these uncertain and challenging times.

If you need help now, please visit: <https://www.inova.org/our-services/inova-behavioral-health-services> or call:

- **Adult Inpatient & Outpatient and Adolescent Inpatient Admissions: 703-289-7560**
 - **Child and Adolescent Outpatient Admissions: 703-218-8500**

Managing Stress and Wellbeing

- [Tips and Tools for Stress and Coping](#)
- [Coping with Stress during Infectious Disease Outbreaks](#)
- [Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

Reducing Stigma and Coping Skills/Tools

- [Reducing Stigma](#)
- [Mindfulness Audio/Guided Audio Recordings](#)
- [Squared/Box Breathing](#)
- [How to: Progressive Muscle Relaxation](#)
- [Progressive Muscle Relaxation Script](#)

Talking to Children about COVID-19

- [Talking with Children: Tips for Caregivers, Parents and Teachers during Infectious Disease Outbreaks](#)
- [Play it Safe: What Kids Should Know About the Coronavirus Outbreak](#)

Students

- [Supporting Vulnerable Students in Stressful Times: Tips for Parents](#)

Pregnant and Nursing Moms

- [Pregnancy & Breastfeeding Information - CDC](#)

How can you support Inova?

- Visit inova.gives/HowCanIHelp for different ways to support Inova during the COVID-19 crisis.
- For more information on how you can support Inova Behavioral Health services, please contact Katie Coyle at Katie.Coyle@inova.org.