

**MENTAL HEALTH –COVID 19
NEW HORIZON CHURCH
RESOURCES**

LOCAL

Rosecrance – online seminars/Covid 19, Library of Videos.

- **Youth Substance Use Prevention during Covid 19,**
 - **Matthew Quinn, Community relations, Chicago.**
- **Marijuana and the Brain, Matthew Quinn**

**Contact < Rosecrance.org/video –Library>
Mollie Reid, community relations, 815-9857855**

Celebrate Recovery, New Horizon Church, <CRNHC>

Crisis numbers:

Rosecrance: Crisis: 217-359-4141

Counseling: 217-398-8080

NATIONAL

National Domestic Violence Hotline: 1-800-799-7233

National Parent Hotline: 1-855-427-2736

National Child Abuse Hotline: 1-800-422-4453

Mental Health Alliance: 1-800-950-6264

National Suicide Prevention Lifeline: 1-800-273-8255

ONLINE

University of California, San Francisco, Dept. Psychiatry

**1. Emotional Well-Being and Coping during Covid 19
<psychiatry.ucsf.coronavirus/copingcovid19>**

**2. Maintaining Wellness for Older Adults & Caregivers
<psychiatry.ucsf.coronavirus/olderadults>**

McLean Hospital ‘Covid 19Mental Health’ webinar

<mcleanhospital.org> 717-855-2000

PRINT

The Science of Addiction, Current Science, Supporting loved ones, Treatment.
TIME, SPECIAL EDITION, 2019. (AMAZON)
Most current information

APPS

Meditation instruction: HEADSPACE

Christian daily scripture/meditation : ABIDE

Relaxation: CALM

Wellness: MY FITNESS PAL