MINNESOTA
HEALTH PROFESSIONALS
SERVICES PROGRAM

RESOURCES

March 31, 2020

COVID-19 RESOURCES:

- Minnesota Department of Health: https://www.health.state.mn.us/#coronavirus
- Centers for Disease Control: https://www.cdc.gov/coronavirus/2019-nCoV/index.html

ONLINE RECOVERY RESOURCES:

- AA Online Meetings: http://aa-intergroup.org/directory.php
- NA Online Meetings: https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance
- Smart Recovery: https://www.smartrecovery.org/coronavirus/
- The Daily Pledge: https://thedailypledge.org/
- Recovery Dharma Online: https://recoverydharma.online/
- In the Rooms: https://meetings.intherooms.com/
- Sober Tool: https://www.sobertool.com/
- Recovery Tools and Online Meeting for Healthcare Professionals: https://www.hazeldenbettyford.org/recovery/tools
- IDAA: https://www.idaa.org/
- AA Online: http://12stepforums.net/alcoholics_anonymous_online_meeting.html
- NA Online: http://12stepforums.net/narcotics_anonymous_online_meeting.html
- Al-Anon Family Online: http://12stepforums.net/alanon_family_group_online_meeting.h

ONLINE MENTAL HEALTH, STRESS AND BURNOUT RESOURCES:

- Doctor Your Spirit: https://www.ismanet.org/doctoryourspirit/
- SAMHSA - *Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK:* https://store.samhsa.gov/system/files/sma14-4894.pdf
- SAMHSA - *Tips for Health Care Practitioners and Responders: HELPING SURVIVORS COPE WITH GRIEF AFTER A DISASTER OR TRAUMATIC EVENT:* https://store.samhsa.gov/system/files/sma17-5036.pdf
- NAMI: https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus
- Verywellmind: https://www.verywellmind.com/
- Mayo Clinic: https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495
- AMA – Caring for our caregivers during COVID-19: https://www.ama-assn.org/delivering-care/public-health/caring-our-caregivers-during-covid-19
- University of MN- Tips for Managing Stressful Times related to COVID-19: https://www.csh.umn.edu/sites/csh.umn.edu/files/managing_fear_and_anxiety.pdf

MORE: Check out the *Resources* tab on the HPSP website: https://mn.gov/boards/hpsp/resources/