

Where to go for help?

Care For Your Coronavirus

www.virusanxiety.com

National Hemophilia Foundation

www.hemophilia.org/Newsroom/COVID-19-Information

Hemophilia Federation of America

<https://www.hemophiliafed.org/news-stories/2020/04/coronavirus-covid-19-what-hfa-is-doing/>

Suicide Prevention Hotline

800-273-TALK

Crisis Textline

Text HOME to 741741

JED Foundation

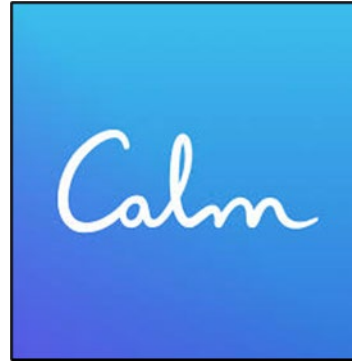
<https://www.jedfoundation.org/covid19-tips-and-resources/>

Mental Health Resources

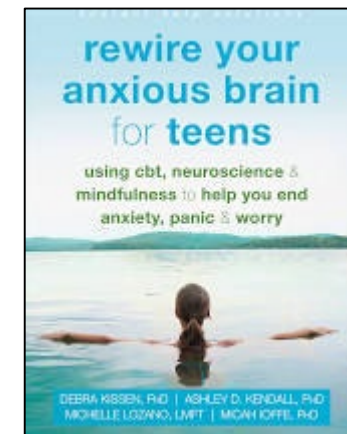
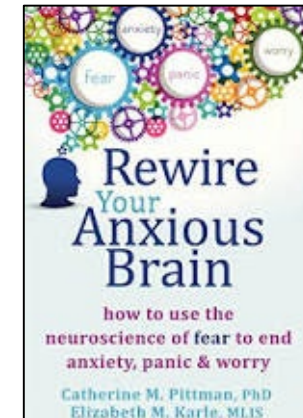
Online Counseling



Apps



Self-Help Workbooks



www.mentalhealthmatterstoo.com

Mental Health
Resource Guide
for the
Bleeding Disorders
Community

"Because mental health
is just as important as physical health."



www.MentalHealthMattersToo.com

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Specific CA Resources



California has compiled a broad range mental and behavioral health resources at one webpage under their www.covid19.ca.gov webpage. Click on the Healthcare button and then under “I am nervous or scared” there is a list of resources. You can also directly access this list at <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/#top>. Here you will find...

- Hotline numbers.
- How to access mental and behavioral health services. Those on Medi-Cal can access mental and behavior health services.
- And resources if you or someone you know is not safe.