

Thank you for taking part in and completing our study!

Below we have added some resources, should you or anyone you know need them.

Stay safe and stay healthy. We are all in this together!

GLOBAL:

[UCLA COVID-19 Frequently Asked Questions](#)

[UCLA Coping with anxiety and COVID-19](#)

[World Health Organization \(WHO, International\)](#)

[NYU COVID-19 Mental Health Resources for Families 2020](#)

USA:

[Centers for Disease Control and Prevention \(CDC, National\)](#)

National Suicide Prevention Lifeline: (800) 273-8255

The National Suicide Prevention Lifeline connects you with a crisis center closest to your location. Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.

Disaster Distress Helpline: (800) 985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Trevor Project Lifeline: (800) 788-7386

The TrevorLifeline provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.

Substance Abuse Service Helpline: (844) 804-7500

Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.

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

For any victims and survivors who need support, the National Domestic Violence Hotline is available 24/7. Call 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto [theonlinehotline.org](https://theonlinehotline.org) or text LOVEIS to 22522.

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

The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24/7 with professional crisis counselors who- through interpreters- provide assistance in over 170 languages.