

COVID 19 Resources for Older Adults & Community Agencies

Hope4NC Helpline 1-855-587-3463 24/7

Hope4Healers Helpline 919-226-2002 24/7

- <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/hope4nc-and-hope4healers>

LME/MCO Finder

- <https://www.ncdhhs.gov/providers/lme-mco-directory>

NC Geriatric Adult Mental Health Specialty Teams/GAST

- www.mygastteam.com
- FREE mental health, cognitive health and behavioral intervention trainings provided by GAST staff. Continuing education is provided with certificates of attendance.

Substance Use Disorder Resources

- <https://www.crna.org/>. Carolina Regional Narcotics Anonymous
- <https://www.weconnectrecovery.com/free-online-support-meetings>
- <https://www.smartrecovery.org/community/>
- <https://www.intherooms.com/home/>
- <https://www.findtreatment.gov>

Anxiety & Depression Resources

- <https://manhattanpsychologygroup.com/dialectical-behavior-therapy-dbt-distress-tolerance-skills-tipp-skills/> This explains several distress tolerance skills.
- https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720
- <https://mhanational.org/covid19> This has many links to resources related to various mental health needs. Also screening tools.
- <https://www.helpguide.org/articles/depression/helping-someone-with-depression.htm>

Dementia Resources

- **Dementia Alliance of North Carolina**
- www.dementianc.org
- **NC Dementia Resources**
- http://www.dementiacarestrategies.com/Dementia_Resources_North_Carolina.pdf

Ideas for Activities

- www.Timeslips.org