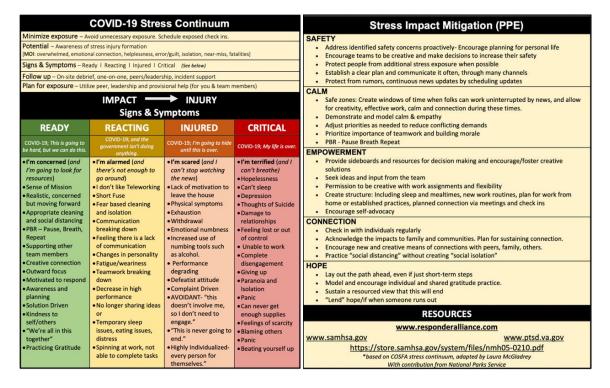
## **Mental Health Resources for SMART Members**

- National Suicide Prevention Hotline 800-273-8255 https://suicidepreventionlifeline.org
- SMOHIT Hotline- Daria Todor- 877-884-6227
- SMART MAP- Chris Carlough 202-262-3722/Ben Cort 303-868-4020
- Local Union Employee Assistance Programs-Contact your local EAP
- Empathia- https://www.empathia.com/promos/COVID19.php
- Psychology Today-Find a Therapist- https://www.psychologytoday.com/us
- Online AA- https://www.nyintergroup.org/remote-meetings/list/
- Online Al-Anon- https://al-anon.org/al-anon-meetings/electronic-meetings/
- Ace Connection- https://www.acesconnection.com
- Meditation- Headspace https://www.headspace.com/health-covid-19
- Meditation- Insight Timer https://insighttimer.com/
- Fitness- Obé offers 100 live classes per week, plus more than 4,000 on-demand classes: yoga, pilates, dance cardio, barre www.obefitness.com
- Fitness- Peloton offering free 90-day subscriptions then \$12.99 / month. Live and recorded video and audio workouts for yoga, strength-training, guided runs, meditation and cycling. (you definitely don't need a bike!)
  https://www.onepeloton.com/digital/checkout/digital-90d
- Journaling: https://ggia.berkeley.edu/practice/expressive\_writing
- Gratitude Journal: https://ggia.berkeley.edu/practice/gratitude\_journal



The "Covid Stress Continuum," which was adapted from a model developed by the U.S. Marine Corps and Navy, is a tool that helps to assess how impacted an individual is by the stresses of the current upheaval. Exhibiting reactions in the "ready" stage, for example, would indicate a psychologically healthy response; behaviors in the "critical" stage might indicate what McGladrey calls a stress injury, requiring professional support.