RESOURCES FOR DURING THE CORONAVIRUS-19 PANDEMIC

On March 24, 2020, Indiana Governor Eric J. Holcomb issued a Stay at home order related to the Coronavirus-19 Pandemic. These are unprecedented and uncertain times and the IPA Student Committee is here to provide continued service to our members, students, and Indiana residents. Below please find a small list of resources to help get you through the COVID-19 situation. We encourage you all to use these resources and guides, and to seek out resources of your own to get you through this mentally, financially, and physically challenging time.

Parents’ Guide to Homeschooling During COVID-19

School's Out - A parents’ guide for meeting the challenge. While children are staying at home, during the COVID-19 it will be helpful to consider your children’s needs for structure, education, exercise, social contact, appropriate leisure time, and calm, rational explanations about the situation. We have provided a link to New York State’s guide to address your and your child’s needs and other free resources. The link takes you to the child study center page and provides suggestions (Guía de Ayuda Para Padres) based upon a child’s needs and traumatic reactions to this stressful and changing COVID-19 situation. There are additional resources and information for families with children diagnosed with autism.

Resources to help with Stress, Anxiety, PTSD, Fear and more During COVID-19

While information about COVID-19 rapidly changes, our Indiana Governor, Indiana government, as well as the World Health Organization, CDC, NPR, NCAA, America's homeless population, Red Cross, and FEMA have provided our state and nation with the most information to address problems. Coping strategies for COVID-19 are available regarding senior mental health, emotional well-being, anxiety, stress, PTSD, fear, sleep, substance abuse and domestic violence. You can find information related to Indiana DV & family support groups. Indiana community resources are available, such as finding food, and food support as well as information on how to help the poor and homeless, both in Indianapolis and/or Chicago. Additionally, veterans in Indiana can find help and resources at Indiana Department of Veterans Affairs who have pledged to award veterans assistance during this covid-19-emergency.

Mindfulness, Exercise, Mental Health & Tips During COVID-19

Resources for mindfulness, exercise, and wellness practice include Ball State Wellness Initiative, The Honest Guys mediation videos, Calm, Stop, Breathe, Think, Yoga with Adriene, The Mindful Movement. Some resources for mental health include Mindful, The National Council, Psychiatric Times-Mental health of college students during COVID-19, Indiana State COVID-19 Guide for Mental Health Professionals, Mental Health America, everyday reading list, and Indiana's COVID-19 at home entertainment resources. Remote learning resources are available to children in Indiana. You might find some additional free resources to keep your children entertained during the COVID-19 shut down.

Visit our website www.indianapsychology.org for more information
To protect their academic communities, college and universities are closing their doors, sending undergraduate student’s home, and transitioning to online classes. Clinical students are seeing their practicums shutting down or transitioning to telehealth platforms. Nationwide as social distancing and other restrictions are put in place to prevent the spread of COVID-19, The Department of Education, CNN, NPR and your own campus have resources to help with these unsettling times. Here are a few additional resources from local and national universities to help cope with your current experience: Indiana University/IUPUI, Ball State, Notre Dame, University of Indianapolis, Indiana State University and Purdue University. Please review the CDC’s guide to social distancing at community colleges and universities. While we highly recommend you follow guidelines set by your state, academic institution and/or practicum site, you might be interested in the latest news on COVID-19 at other local and national institutions. For students concerned about clinical hours and how this might impact your internships/applications, APPIC has a live page that is regularly updated with information as it is determined.

SUICIDE PREVENTION
“Take actions to help support yourself and others”

Suicide prevention and supporting your emotional well-being during the COVID-19 outbreak is of the utmost importance. People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

If you feel you or someone you know may need emotional support, please visit the Lifeline’s website at suicidepreventionlifeline.org for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.

STATE of INDIANA
“Public Resources”

From what you need to know, flyers and visual aids, childcare, schools, universities, and community organizations, the State of Indiana is the place to go for detailed an up-to-date information and resources related to COVID-19.

STAY MENTALLY, EMOTIONALLY & PHYSICALLY HEALTHLY

Disclaimer: There are many other important developments that have occurred in psychology throughout the decade that we were not able to include. This special issue is intended to provide a very brief overview of resources and information. We encourage you to explore and learn about resources, changes, and information related to COVID-19 for yourself.