MGH Senior Health Virtual COVID-19 Town Hall
Co-sponsored with OLLI
September 17, 2020

Resource links from Dr. Ritchie to get help for depression, anxiety, stress, sleep:

https://howrightnow.org/inspiration
https://www.healthinaging.org/blog/12-ways-to-ease-isolation-while-youre-practicing-social-distancing/

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline:
Phone: 1-800-985-5990
Text: text TalkWithUs to 66746.
TTY: 1-800-846-8517
https://www.mindful.org/how-to-meditate/
https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
https://aa-intergroup.org/
https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/
https://adaa.org/adaa-online-support-group
https://livingroomconversations.org/
https://seniorplanet.org/
http://agingwomenblog.com/

Other ideas shared:
https://www.mindful.org/how-to-meditate/
https://www.headspace.com/meditation/one-minute-meditation
https://www.calm.com/
https://www.tenpercent.com/