

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.healthinaging.org/blog/coping-with-covid-19-managing-stress-and-anxiety/>

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/>