Sri Gurubhyo namaH
HariH OM

Community Health Resources for help during COVID-19 Pandemic

Sri Siva Vishnu Temple (SSVT) is collecting various community-based resources aimed to help the devotees during the COVID-19 Pandemic. SSVT is not directly associated with the resources provided, or the entities behind them. They are offered as Community resources that can help during this difficult time. If you have resources you would like to share, please contact Manju Shivacharan at manju.shivacharan@gmail.com.

Some useful links:

Centers For Disease Control and Prevention


Testing Facilities in Maryland

Please click on the link above

Corona Virus Resource Center (Johns Hopkins University - Interactive Map)

https://coronavirus.jhu.edu/map.html

Maryland Governor's office
Questions about the Governor's latest directives in response to COVID19
https://governor.maryland.gov/coronavirus/

Questions about COVID19

https://coronavirus.maryland.gov/

Questions on COVID19 Testing
https://phpa.health.maryland.gov/Documents/coronavirus_testing_FAQ.pdf

Questions about mental health

At home learning resources
http://www.marylandpublicschools.org/programs/Documents/ITSLM/ParentResources.pdf

How can I help my fellow Marylanders?
https://governor.maryland.gov/marylandunites/

Frequently Asked Questions about MD Stay at Home order

What is considered an essential business
Mental Health Resources:

National Institute of Mental Health (NIMH): Supporting Mental Health during the COVID-19 pandemic

Substance Abuse and Mental Health Services Administration (SAMHSA): Mental Health & COVID-19: Information and Resources
https://mhanational.org/covid19

Center for Diseases Control and Prevention (CDC): Stress and Coping

National Alliance on Mental: COVID-19 Resource and Information Guide
https://www.nami.org/covid-19-guide

American Psychiatric Association: Coronavirus Resources
https://www.psychiatry.org/psychiatrists/covid-19-coronavirus

National Suicide Prevention Hotline: https://suicidepreventionlifeline.org

Help prevent Suicide: https://www.samhsa.gov/suicide

SAMHSA: Get help to treat Substance Use https://findtreatment.gov

Resources for families coping with mental health and substance use: https://www.samhsa.gov/families

Other resources from Sheppard Pratt:
Is the news causing you anxiety?
https://www.sheppardpratt.org/news-views/story/is-the-news-causing-anxiety-try-these-tips/

Are you home with the kids?

Working from Home? Tips for mental health

Does your child have questions about COVID-19?