



SRI SIVA VISHNU TEMPLE

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https://www.youtube.com/channel/UCSeIAw9_DCLIM4TY8yAwAew



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

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Testing Facilitates 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

https://phpa.health.maryland.gov/Documents/FAQ_covid19_Maintaining_Mental_Health.pdf

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

<https://news.maryland.gov/dnr/2020/03/31/frequently-asked-questions-about-governor-hogans-stay-at-home-order/>

What is considered an essential business

<https://governor.maryland.gov/wp-content/uploads/2020/03/OLC-Interpretive-Guidance-COVID19-04.pdf>

Mental Health Resources:

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

<https://www.nimh.nih.gov/news/science-news/2020/supporting-mental-health-during-the-covid-19-pandemic.shtml>

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

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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?

<https://www.sheppardpratt.org/news-views/story/how-to-keep-kids-occupied-and-happy-during-the-coronavirus-outbreak/>

Working from Home? Tips for mental health

<https://www.sheppardpratt.org/news-views/story/wfh-because-of-coronavirus-tips-for-our-mental-health/>

Does your child have questions about COVID-19?