

# Resources During COVID-19

## First and Foremost, Take Good Care of Yourself

<https://www.apa.org/news/apa/2020/03/psychologists-self-care>

<http://www.gradpsychblog.org/no-one-prepared-us-for-graduate-school-during-a-pandemic-quick-tips-for-graduate-students/#.Xo-nTshKi00>



### Dealing with Financial Hardship

[http://www.gradpsychblog.org/disability-resources-for-students-paid-trainees-faculty-and-supervisors-during-covid-19/?fbclid=IwAR3RMHh9HCUvxT\\_rivNAQdv2wbJfpO7SC5aLqC6uoVd\\_WWdagR4rauYzUjs#.Xo-mZshKi02](http://www.gradpsychblog.org/disability-resources-for-students-paid-trainees-faculty-and-supervisors-during-covid-19/?fbclid=IwAR3RMHh9HCUvxT_rivNAQdv2wbJfpO7SC5aLqC6uoVd_WWdagR4rauYzUjs#.Xo-mZshKi02)

<http://www.gradpsychblog.org/public-service-loan-forgiveness-success/#.Xo-nRchKi00>

### Managing Our Own and Patients' Anxiety

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety-part-2>

<https://player.fm/series/speaking-of-psychology/managing-your-mental-health-during-covid-19-with-lynn-bufka-phd>

[https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?\\_ga=2.261841293.1289853037.1586472552-944122173.1572571500](https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?_ga=2.261841293.1289853037.1586472552-944122173.1572571500)

### Caring for Patients via Telehealth

[https://www.apaservices.org/practice/news/psychology-training-covid19?\\_ga=2.264323343.1289853037.1586472552-944122173.1572571500](https://www.apaservices.org/practice/news/psychology-training-covid19?_ga=2.264323343.1289853037.1586472552-944122173.1572571500)

[https://www.dropbox.com/s/x9eovstrtwbf4s7/DistributionVersion.UNT\\_Telehealth\\_Manual\\_2020.docx?dl=0](https://www.dropbox.com/s/x9eovstrtwbf4s7/DistributionVersion.UNT_Telehealth_Manual_2020.docx?dl=0)

**The Future Might Be Uncertain  
You Are Doing The Best You Can**

## APPIC Statement

<https://www.appic.org/News-Articles/ArtMID/1931/ArticleID/4/COVID-19-Information-APPIC-FAQs>

## Resources Consolidated by APA

[https://www.apa.org/practice/programs/dmhi/research-information/pandemics?\\_ga=2.230771231.1289853037.1586472552-944122173.1572571500](https://www.apa.org/practice/programs/dmhi/research-information/pandemics?_ga=2.230771231.1289853037.1586472552-944122173.1572571500)

Please don't hesitate to provide any feedback or suggestions to us  
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