



A Message from the DPA

COVID-19 RESPONSE

The past few weeks and next few months are likely to be a time of uncertainty and anxiety unlike anything most of us has encountered before. Given the rapid shift in our daily lives and abundance of information, it is normal to experience a complicated mixture of emotions including anxiety, anger, grief, sadness, and gratitude, among others. Changing roles and taking on additional roles such as homeschooling and childcare, remote working, and additional household responsibilities can bring additional stress in a time when some of our usual coping strategies might be limited by social distancing or shelter in place orders. Furthermore, individuals with COVID-19 and the Asian community may feel further isolated, victimized, and ostracized by others' reactions to them and the virus more generally.

During this challenging time, the professionals of the Delaware Psychological Association want you to know that we are here for you. Many psychotherapy practices are continuing appointments with existing patients via telehealth and others are accepting new patients.

Governor Carney's emergency declarations have provided additional flexibility in the way that telehealth sessions can be administered, so even if your therapist is out of state, or you are currently out of state, you may be able to receive services from a Delaware-licensed psychologist or mental health provider. Emergency mental health services and safety net programs remain open and available to anyone who might need them.

We have compiled a working database of mental health providers who are currently offering telehealth services and will update this information as we receive additional information from our members. Additionally, we have compiled a list of resources by topic which may be useful to you or a loved one (please see below).

Please take care, reach out for help when needed, and be well.

Malina Spirito, Psy.D., M.Ed.
Executive Council - President

Hillary Howrey, Ph.D.
Executive Council - Chair of Public Education

The Delaware Psychological Association

Crisis and Mental Health Resources

- [NAMI Delaware Website](#) and Helpline (888-427-2643, select 1 for Helpline)
- [Delaware Crisis Intervention and Mobile Crisis Hotlines](#)
- [Suicide Prevention Lifeline](#) (800-273-8255)

Coping with COVID-19

- [Psychology Tools](#)
- [Psychology Tools: Guide to Living with Worry and Anxiety Amidst Global Uncertainty](#)
- [American Psychological Association: Five Ways to View Coverage of the Coronavirus](#)
- [Dr. Shelley Mackaman/Washington Psychological Association: Survival Tips from Ground Zero](#)
- [American Psychological Association Help Center](#)
- [International OCD Foundation: Obsessive-Compulsive Disorder and COVID-19](#)

Discrimination and Stigma

- [Washington State Department of Health](#)
- [CDC: Reducing Stigma](#)
- [Unicef Voices of Youth: COVID-19: Your Voices Against Stigma and Discrimination](#)
- [US Equal Employment Opportunity Commission: What You Should Know About the ADA, the Rehabilitation Act, and COVID-19](#)

Talking to Children and Adolescents about COVID-19

- [Nemours: Coronavirus: How to Talk to Kids](#)
- [American Psychological Association: How to Talk to Children about Difficult News](#)
- [National Child Traumatic Stress Network Guides \(English, Spanish, and Chinese\)](#)
- [NPR: A Comic Exploring the New Coronavirus](#)
- [New York Times: Quaranteenagers: Strategies for Parenting in Close Quarters](#)