

## MENTAL HEALTH AND HEALTH CARE RESOURCES

### North Dallas Chamber Middle Market Executive Forum Virtual Meeting

#### Mental Health, Anxiety, Grit, and Resilience Amidst the COVID-19 Pandemic: Advice from UT Southwestern Experts

April 6, 2020

UT Southwestern Peter O'Donnell Jr. Brain Institute clinicians and mental health experts [Ahmad Raza, M.D., Ph.D.](#) and [Jenny Hughes, Ph.D., M.Ph.](#) addressed mental health issues and the COVID-19 pandemic during a virtual meeting hosted by the North Dallas Chamber on Monday, April 6, 2020. Chamber leaders moderated a conversation with Drs. Raza and Hughes about strategies for grit, resilience and anxiety management during this unprecedented time.

- [Managing your mental health in a pandemic](#), by Ahmad Raza, M.D., Ph.D.
- [Resilience: Growth Through Struggle](#), by Jennifer Hughes, Ph.D., M.P.H. at TEDxKids@SMU 2018

#### UT Southwestern Resources about COVID-19 and Health Care

- General Resources: [utswmed.org/covid-19/](https://utswmed.org/covid-19/) and [utsouthwestern.edu/covid-19/](https://utsouthwestern.edu/covid-19/)
- Peter O'Donnell Jr. Brain Institute: [utsouthwestern.edu/departments/odonnell/](https://utsouthwestern.edu/departments/odonnell/)
- UT Southwestern MedBlog stories and videos: [UTSWMed.org/medblog](https://UTSWMed.org/medblog)
- [6 ways to support seniors during the COVID-19 pandemic](#), by Craig Rubin, M.D.
- [Why we touch our faces so much – and how to break the habit](#), by Nyaz Didehbani, Ph.D.
- [COVID-19 and pregnancy: Answers to 10 key patient questions](#), by Robyn Horsager-Boehrer, M.D.
- [Life cycle of a coronavirus: How respiratory illnesses harm the body](#), by Sonja Bartolome, M.D.
- [8 essential health screenings for chronic and seasonal conditions](#), by Julie Trivedi, M.D.
- [COVID-19: What you need to know and how to reduce the risk of infection](#), by Trish Perl, M.D.

#### Community Mental Health Resources

- Meadows Mental Health Policy Institute [texasstateofmind.org/](https://texasstateofmind.org/)
- The Center (formerly Pastoral Counseling and Education Center) [thecentercounseling.org/](https://thecentercounseling.org/)
- Jewish Family Services [jfsdallas.org/jfs-covid-19-updates/](https://jfsdallas.org/jfs-covid-19-updates/)
- Metrocare [metrocareservices.org/en/covid-19-health-wellness-resources-dallas](https://metrocareservices.org/en/covid-19-health-wellness-resources-dallas)
- Mental Health of America Greater Dallas [mhadallas.org/mental-health-resources-for-covid-19/](https://mhadallas.org/mental-health-resources-for-covid-19/)
- NAMI | National Alliance on Mental Illness [naminorthtexas.org/coronavirus-resources.html](https://naminorthtexas.org/coronavirus-resources.html)