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.P.H. 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/ and utsouthwestern.edu/covid-19/
- Peter O’Donnell Jr. Brain Institute: utsouthwestern.edu/departments/odonnell/
- UT Southwestern MedBlog stories and videos: 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/
- The Center (formerly Pastoral Counseling and Education Center) thecentercounseling.org/
- Jewish Family Services jfsdallas.org/jfs-covid-19-updates/
- Metrocare metrocareservices.org/en/covid-19-health-wellness-resources-dallas
- Mental Health of America Greater Dallas mhadallas.org/mental-health-resources-for-covid-19/
- NAMI | National Alliance on Mental Illness naminorthtexas.org/coronavirus-resources.html