



Public Service Announcements: Coronavirus Disease 2019 (COVID-19) and Mental Health

April 10, 2020

Dear Behavioral Health Providers and Partners,

We are releasing a series of public service announcements on coping with stress and anxiety and maintaining mental health during the COVID-19 outbreak. We created these materials as resources for you and your communities.

Below please find **videos and audio spots on coping with mental health** for five audiences:

- Health professionals
- Parents of young children
- Young adults/adolescents
- Adults with disabilities
- Adults and older adults

For additional resources specific to older adults and caregivers, watch the [Maryland Department of Aging's COVID-19 related videos](#). Another resource is the Senior Call Check program, which provides a daily call to Marylanders over 65. Visit aging.maryland.gov or call 1-866-50-CHECK.

For more mental health resources, find our **Maintaining Mental Health FAQs**:

- [Direct link to Mental Health FAQs updated April 9](#)
- Under FAQs on Maryland's main COVID-19 website: coronavirus.maryland.gov/#FAQ
- Under Community on the BHA COVID-19 webpage: bha.health.maryland.gov/Pages/bha-covid-19.aspx

You can find these and other PSAs on the [State of Maryland COVID-19 YouTube page](#).

Health professionals/first responders 15 sec.: <https://www.youtube.com/watch?v=NGsdaRPxN3I>

Health professionals 30 sec.: https://www.youtube.com/watch?v=k_ixi3i_4yg

Health professionals 45 sec.: <https://www.youtube.com/watch?v=e3jXYicop74>

Parents of young children 15 sec.: https://www.youtube.com/watch?v=r_ad_uqj0GU

Parents of young children 30 sec.: <https://www.youtube.com/watch?v=l2x1xCJbn7w>

Parents of young children 45 sec.: <https://www.youtube.com/watch?v=sc-X8sO12FU>

Young adults/adolescents 15 sec.: <https://www.youtube.com/watch?v=nZOecI9ro60>

Young adults/adolescents 30 sec.: <https://www.youtube.com/watch?v=xqGu7oF8-JU>

Young adults/adolescents 45 sec.: <https://www.youtube.com/watch?v=QHuaKppBQq0>

Adults with disabilities 15 sec.: <https://www.youtube.com/watch?v=ZgebfCNeVk8>

Adults with disabilities 30 sec.: <https://www.youtube.com/watch?v=llf8zKj6nWU>
Adults with disabilities 45 sec.: <https://www.youtube.com/watch?v=R6xoO30-OpA>
Adults and older adults 15 sec.: https://www.youtube.com/watch?v=JCd0tM_OvSc
Adults and older adults 30 sec.: <https://www.youtube.com/watch?v=GegiMum803o>
Adults and older adults 45 sec.: <https://www.youtube.com/watch?v=MJERIFe71pl>

Here are the links to the **audio files**:

Health professionals: <https://www.youtube.com/watch?v=CnspGbfDVxg>
Parents of young children: <https://www.youtube.com/watch?v=LivIbM4BIDY>
Young adults/adolescents: <https://www.youtube.com/watch?v=2PJe1ZmS4vM>
Adults with disabilities: <https://www.youtube.com/watch?v=Ma9GXoWnsYs>
Adults and older adults: <https://www.youtube.com/watch?v=MDN0n32wXsU>

For the latest information, please visit coronavirus.maryland.gov.