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

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=nZOecl9ro60
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=lf8zKj6nWU
Adults with disabilities 45 sec.: https://www.youtube.com/watch?v=R6xO3O-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=MJERlFe71pl

Here are the links to the audio files:

Health professionals: https://www.youtube.com/watch?v=CnspGbDVxg
Parents of young children: https://www.youtube.com/watch?v=LivIbM4BDY
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.