This week’s recommended Health and Wellness Activity:

Be Strong: Rainbow Power

The following articles may be of interest to you:

- How to host a get-together as safely — and graciously — as possible
- How To Protect Your Mental Health Even While Watching The News
- How do parents navigate the pandemic when one is more lax about social distancing?
- U.S. hits highest single day of new coronavirus cases with more than 45,500, breaking April record
COVID-19 Adds a New Snag to the 2020 Census Count of Native Americans

Essential Workers and COVID-19

'I Will Not Stand Silent': 10 Asian Americans Reflect on Racism During the Pandemic and the Need for Equality

Black Medicare Patients With COVID-19 Nearly 4 Times As Likely To End Up In Hospital

States engaged in 'gross negligence' in Covid-19 response in jails and prisons, new report finds

MFP/ANA Scholars Share Their COVID-19 Stories

Read More

STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

The Substance Abuse and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 resources to help individuals and communities in their efforts to mitigate COVID-19 and related misinformation. Information is posted for communities and states across the country. The website is updated daily.

Did you enjoy today’s e-Newsletter?
☐ Yes
☐ No

How likely are you to share one or more of the resources provided with a colleague?
☐ Likely
☐ Not Likely

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