

Health and Wellness Activity COVID-19 Resources

September 4, 2020



This week's recommended Health and Wellness Activity:

5-min Clearing Morning Guided Meditation



Suggested meditation read:

Birds Fly in a V

by Madisyn Taylor

[Read more](#)

The following articles may be of interest to you:

6 Yoga Stretches to Help With That Awful Neck Pain

[Read more](#)

How to Cope With the “Start- Of-Workday” Blues

[Read more](#)

LGBTQ youth say cost, parental permission pose major barriers to mental health care

[Read more](#)

Fad or Future? Telehealth Expansion Eyed Beyond Pandemic

[Read more](#)

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH AND NATIONAL SUICIDE PREVENTION WEEK IS SEPTEMBER 6 -12, 2020. DURING THIS MONTH, INDIVIDUALS AND ORGANIZATIONS ALIKE IN THE UNITED STATES CAMPAIGN TO INFORM AND ENGAGE HEALTH PROFESSIONALS AND THE GENERAL PUBLIC ABOUT SUICIDE PREVENTION AND WARNING SIGNS OF SUICIDE.



IF YOU OR SOMEONE YOU KNOW IS IN AN EMERGENCY, CALL THE NATIONAL SUICIDE PREVENTION LIFELINE AT 800-273-TALK (8255) OR CALL 911 IMMEDIATELY.

VISIT [SUICIDEPREVENTIONLIFELINE.ORG](https://suicidpreventionlifeline.org) FOR MORE SPECIFIC RESOURCES.

COVID-19 Racial/Ethnic Disparities:

Conversations on COVID-19: Impacts on Communities of Color

[Read more](#)

Are There Health Disparities in COVID-19 Telehealth Access, Use?

[Read more](#)

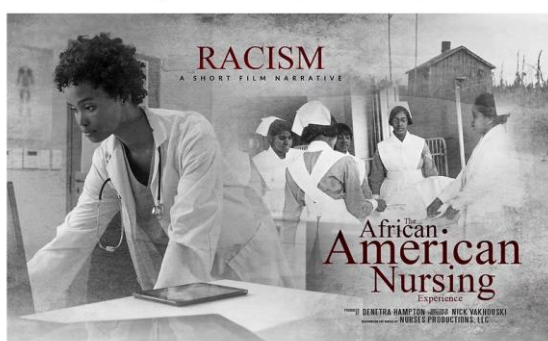
The recent rise in Asian American hate crimes could have impacts beyond the pandemic

[Read more](#)

The following film may be of interest to you:

Main Stage

Show Times | Fri August 21st | 8pm Eastern Time
Show Times | Sat August 22nd | 2pm Eastern Time



The following challenge may be of interest to you:

CA4Health Racial Equity and Social Justice Challenge

What is the 21-Day Challenge?
CA4Health challenges you to make daily time and space to build more effective social justice habits - particularly those dealing with issues of race, power, privilege and leadership - for 21 days.

Participants who have signed up for the challenge will receive daily tasks via email to help foster their understanding and awareness, including activities such as:

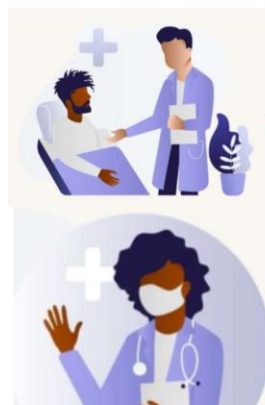
- Reading an article
- Watching a video
- Reflecting on personal experience.

Participation in an activity like our 21-Day Challenge helps us to discover how racial inequity and social injustice impact our community, to connect with one another and identify ways to dismantle racism and other forms of discrimination.

The challenge will begin September 14, 2020.

How do I know if I am up for the Challenge? This challenge was created to be for anyone interested in learning, analyzing, and reflecting more about racial equity and examining these issues in our own communities—whether you consider yourself an ally, advocate, or an interested community member. This challenge is for you.
NOTE: Most of the videos have a closed caption option, but we don't currently have the capacity to offer transcription or sign language service during the optional, live discussions groups. Please contact us with any questions.

What is racial equity?
It is both an **outcome and a process**. As a process, we apply racial equity to policies, systems, structures and institutions by analyzing data so we can identify, uncover and remove barriers that produce disparate (unfavorable) outcomes based on race. As an outcome, racial equity is the condition that would be achieved if one's racial identity no longer predicted, in a statistical sense, how one fares in society.



CALL FOR APPLICATIONS
INTERDISCIPLINARY MINORITY FELLOWSHIP PROGRAM

The Interdisciplinary Minority Fellowship Program (IMFP) is funded by a new grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This fellowship program is designed for master's and doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling whose training prepares them for careers in behavioral health services for ethnic and racial minorities who have a mental or cooccurring mental and substance use disorder.

Deadline to apply is September 27, 2020

[Click here to learn more and to apply.](#)



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

SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, 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

Submit

Stay connected! Follow us on social media.



Funding for the Inside MFP e-News newsletter was made possible (in part) by Grant Number 1H79SM080386-01 from SAMHSA. The views expressed in written training materials or publications and by speakers and moderators do not necessarily reflect the official policies of the department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.