

Mental Health Resources for People with Long COVID

Living with Long COVID can impact a person's mental health and emotional well-being. This resource can help people with Long COVID find mental health support and cope with these challenges. While it is not an exhaustive list, it includes crisis lines, peer support, and research.

RESOURCE	WHAT IT OFFERS	HOW TO ACCESS
IMMEDIATE SUPPORT		
988 Suicide & Crisis Lifeline Substance Abuse and Mental Health Services Administration	Free and confidential support if you are experiencing thoughts of self-harm, are in crisis, or are struggling emotionally. Available 24 hours a day, 7 days a week.	Call or text: 988 Or visit: 988lifeline.org
SAMHSA National Helpline Substance Abuse and Mental Health Services Administration	Free and confidential help for mental health, drug, or alcohol concerns, with referrals to treatment. Available 24 hours a day, 7 days a week, in English and Spanish.	Call: 1-800-662-4357 TTY (Text telephone): 1-800-487-4889 Text your ZIP code to: 435748 Or visit: findtreatment.gov
ONGOING SUPPORT & RESOURCES		
Warmlines Various state-level organizations	Phone lines staffed by people with lived experience of mental health challenges, not clinicians. Free, confidential, and focused on prevention, and available in 36 US states. This is not a crisis line.	Find a warmline in your state: warmline.org/directory
NAMI Helpline National Alliance on Mental Illness	Offers a helpline and guidance for coping with mental health symptoms, including those related to Long COVID, and can connect you with support and resources for your situation. Available Monday-Friday, 10am-10pm ET (7am- 7pm PT).	Call: 1-800-950-6264 Text: 62640 Or visit: bit.ly/nami-helpline
Support Groups Long COVID Justice	Offers online peer support groups, including affinity spaces for Black, Indigenous, and People of Color (BIPOC) and people living with both HIV and Long COVID.	Find a group: longcovidjustice.org/support-groups
Long COVID Resources Solve ME/CFS Initiative	Lists mental health and peer support resources across the Long COVID community, including discussion forums and support networks.	Explore resources: solvecfs.org/solve-long-covid
Support Groups and Online Communities Long COVID Voices	Curated list of online community groups and forums where people share experiences, stories, and support.	Browse groups: longcovidvoices.org/support-groups

RESOURCE	WHAT IT OFFERS	HOW TO ACCESS
Support Groups and Mental Health Resources Long COVID Alliance	A list of support groups and mental health resources for people with Long COVID or associated health conditions, including myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and postural orthostatic tachycardia syndrome (POTS). You can also click on the categories to the right side of the page and access additional resources.	Find a group: longcovidalliance.org/support-groups
Behavioral Health Recommendations for Managing Long COVID Symptoms Beth Israel Deaconess Medical Center	Offers guidance for managing the mental and behavioral health effects of living with Long COVID.	Read the guide (PDF, 12 pages): bit.ly/bidmc-guide
Overview of the Impacts of Long COVID on Behavioral Health Substance Abuse and Mental Health Services Administration	A report outlining mental health symptoms associated with Long COVID and an overview of what is currently known about them. Useful for healthcare providers and patients.	Read the report (PDF, 26 pages): bit.ly/samhsa-report
RECOVER RESEARCH & RESOURCES		
Clinical Spectrum of Long COVID: Focus on Mental Health RECOVER R3 Seminar Series	A video recording and audio transcript for a webinar on the effects COVID-19 can have on mental health, including brain changes.	Watch the webinar: recovercovid.org/r3-seminar-series/clinical-spectrum-pasc-focus-mental-health
Schizophrenia, Bipolar, or Major Depressive Disorder and Long COVID RECOVER Publication	A study exploring how serious mental health conditions such as schizophrenia, bipolar disorder, or major depressive disorder affect a person's risk of developing Long COVID.	Read the study: bit.ly/recover-study-mental-health
Community Listening Sessions RECOVER National Community Engagement Group	Key themes and recommendations from RECOVER Representatives on diagnosis, treatment, financial support, workplace support, and other challenges related to Long COVID in their communities, including mental health and social support.	Read the report (PDF, 3 pages): bit.ly/listening-sessions-report

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