

COVID-19 Emotional and Spiritual Care Resources

From National VOAD Emotional and Spiritual Care Committee Member Representatives

Recommendations are listed in alphabetical order by National VOAD member organization or ESCC Subject Matter Experts.

Recommended by: Valerie Cole, American Red Cross

Updated: March 24, 2020

Here's the link to the public page of the Red Cross: [redcross.org/coronavirus](https://www.redcross.org/coronavirus)

Recommended by: George Everly, Subject Matter Expert

Updated: March 22, 2020

Note: The info below was provided in the context of a hospital setting.

I advocate a four-tier approach:

1. Guiding top leadership (community, organizational, etc.) in how to follow the empirically derived 4 principles of Resilient Leadership. Also guiding adherence to the empirically derived structure for effective crisis messaging. See [ResilientXP.com](https://www.resilientxp.com) online leadership training.
2. Training frontline supervisors to create an organizational culture of resilience for those they supervise by fostering empowerment and cohesion.
3. Creating a staff peer support team trained in evidenced-based psychological first aid (PFA) At Hopkins we have our RISE Team. Research shows it to be cost effective. The book *The Johns Hopkins Guide to Psychological First Aid* (JH Press) may be of value. Also there is a Coursera online tutorial on using PFA that I recommend people watch (Johns Hopkins, Everly, RAPID-PFA) Of course training from the International Critical Incident Stress Foundation (ICISF) is recommended (www.icisf.org).
4. Training individuals in how to foster personal resilience.

I am attaching links and other resources you may find of value. The papers on PFA can certainly be viewed in the context of application to healthcare facilities, communities, and houses of worship.

Psychology of Viral Pandemic: What We Need to Know and Do | Psychology Today <https://www.psychologytoday.com/blog/when-disaster-strikes-inside-disaster-psychology/202003/psychology-viral-pandemic-what-we-need>

Wellness: Promoting Optimum Health Through the Workplace | Psychology
Today <https://www.psychologytoday.com/blog/when-disaster-strikes-inside-disaster-psychology/201907/wellness-promoting-optimum-health>

Psychological First Aid | Psychology
Today <https://www.psychologytoday.com/blog/when-disaster-strikes-inside-disaster-psychology/201810/psychological-first-aid>

Recommended by: Imam Rafiq Mahdi, ICNA Relief

Updated: March 26, 2020

ICNA Relief has established a helpline as a resource. The ICNA Relief Helpline is a free, nationwide peer-support service providing information and resource referrals to people facing difficulty due to the Covid-19 crisis. Helpline staff are experienced, well-trained and able to provide guidance. We also accommodate callers who speak the following languages: English, Urdu/Hindi, Bengali, Spanish, and Arabic.

During this time, we will be answering voicemails and emails within 24 - 48 business hours of receipt.

To contact the ICNA Relief Helpline, please call +1-(844)-412-9809, Monday through Friday from 9 a.m. to 9 p.m., ET, or send an email to helpline@icnarelief.org.

Recommended by: Rabbi Fred Klein, Jewish Federations of North America

Updated: March 25, 2020

The Seder Night and our Lives

<https://jewishmiami.org/about/departments/chaplaincy/sedernight.pdf>

Recommended by: Mary Gaudreau Hughes, Oklahoma VOAD

Updated: March 25, 2020

10 guidelines for pastoral care during the coronavirus outbreak:

<https://www.christiancentury.org/blog-post/guest-post/10-guidelines-pastoral-care-during-coronavirus-outbreak>

Nine First Things to Know About Emotional and Spiritual Care Following Disasters (2018 post)

<https://disasterphilanthropy.org/blog/recovery/nine-first-things-to-know-about-emotional-and-spiritual-care-following-disasters/>

From Rabbi Vered Harris, Temple B'nai Israel, Oklahoma City:

Israeli Poems to Get Us Through Times of Fear and Isolation

<http://view.email.rj.org/?qs=3366f242f0074b59f3153d219ff4ec1af438007cc0fc32c99be883e0485ac4b041785787b7ae4e8ff69d0ea38277478bb523aa4e26d278aac03f98c9637dde07af9e38e821afb6bea233409519944de93a31bf985ffcdb6>

https://urj.org/covid-19-resources-congregations?utm_source=COVID19Resources&utm_medium=email&utm_campaign=CrisisResponse&utm_content=20200313

[“How Reform Congregations are Coping with COVID-19 \(and Tools to Help\).”](#)

Here's a top-level overview of some of the content included there:

- Streaming Services Online: [“How to Stream Services \(Or Anything Else\): A Guide for Jewish Communities”](#) for step-by-step directions, a technological checklist, and more. [Learn more »](#)
- Asking the Right Questions: [a list of questions your congregation should consider](#) on topics like suspension of services, event refunds, facility considerations, and more. [Other helpful info »](#)
- Leading Our Communities: Relevant prayers, poems, and other liturgical resources that may be of help, including the CCAR's [“Liturgical Resources for Responding to the Coronavirus.”](#) [Additional pastoral resources »](#)
- Helping Congregants “Do Jewish” at Home: You can guide your members in engaging with their Judaism from home by sharing helpful, timely, and interesting Jewish content on your social media channels and/or email communications. [Find relevant content »](#)
- Connecting with Other Synagogue Leaders: For discussions about community communication, program cancellations, community mitigation strategies, and more, join the [Safety and Security group](#) and follow topics tags #Covid19 and #Coronavirus. [More ways to connect »](#)

For additional information and resources on all of these topics, bookmark [“How Reform Congregations are Coping with COVID-19 \(and Tools to Help\)”](#) and check back frequently for updates.

United Methodist Resources:

Helping children during the COVID-19 crisis

<https://www.umnews.org/en/news/helping-children-during-the-covid-19-crisis>

Pandemic Response Worship Resourcing

[https://docs.google.com/document/d/1-](https://docs.google.com/document/d/1-nspjcYxv3VK3qVAoCARwh_EDs1sSpTcg5_A8AThmKA/edit)

[nspjcYxv3VK3qVAoCARwh_EDs1sSpTcg5_A8AThmKA/edit](https://docs.google.com/document/d/1-nspjcYxv3VK3qVAoCARwh_EDs1sSpTcg5_A8AThmKA/edit)

Recommended by: Dan Moore, Operation Blessing

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After being on today's ESCC call, below are some links that are available resources. The first link is access to stories and lessons from the Bible for kids. It is an animated

series called, Superbook and can be shared to all. The next two links are helpful information on Coronavirus along with a scripture that can be shared and printed.

Celebrate Easter where you are this year. Easter may be different this year than we had planned but we still can share the Good News that He is Risen to children in our homes! We have unlocked our new Easter Lessons for you to share with your families and friends who are staying home. Access Free Easter Lessons by clicking the below link.
<https://superbookacademy.com/easter-2020/>

Coronavirus: What you need to know (Including Ps. 91 Scripture):
<https://www.ob.org/wp-content/uploads/2020/03/coronavirus-need-to-know.pdf>

Combating Coronavirus: Building a Strong Immune System (Including 3John 1:2 Scripture):
<https://www.ob.org/wp-content/uploads/2020/03/combating-coronavirus.pdf>

Recommended by: Jim Kirk, Presbyterian Disaster Assistance

Updated: March 24, 2020

<https://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/spiritual-resources-during-covid-19-pandemic>

<http://www.brethren.org/news/2020/childrens-disaster-services-shares-resources.html?fromRSS=true>

Recommended by: Kathy Riley, Presbyterian Disaster Assistance

Updated: March 24, 2020

Here are some links- PDA.PCUSA.org

Also, from the PCUSA Mental Health Ministry:

COVID 19 Mental Health Resources

Categories include resources for: Everyone, Children, Congregations, Clergy & Mid-Councils, People with Pre-existing Mental Health Concerns

- Direct link: <https://www.presbyterianmission.org/ministries/compassion-peace-justice/mental-health-ministry/covid-19-mental-health-resources/>
- Easier to remember: www.pcusa.org/mentalhealth . Click on 'COVID 19 Mental Health Resources' in upper right menu sidebar.

Recommended by: Naomi Paget, Southern Baptist Convention Disaster Relief

Updated March 26, 2020

COVID-19 Prayer Hotlines in the following states:

California: 1-888 C19-PRAY or 1 (888) 219-7729 8am-8pm PDT
Texas SBTC: 1-800-921-3287 8am-8pm CDT
Louisiana 1-800-410-3492 8am – 8pm CDT
Florida: 1-888.829.5004 8am-8pm EDT

Spiritual Care Association, “Prayers and meditation from many faith traditions and no faith” <https://www.atimeforcompassion.org/resources/prayers-meditations.html>

Rocky Mountain Rabbinical Council, “Funeral Guidelines,”
<https://crisisplumbline.files.wordpress.com/2020/03/rocky-mountain-rabbinical-council.docx>

Recommended by: Christian Burgess, Vibrant Emotional Health

Updated: March 24, 2020

Vibrant Emotional Health Supporting Your Emotional Well-being During the COVID19 Outbreak
<https://www.vibrant.org/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

National Child Traumatic Stress Network (<https://www.nctsn.org/>)
Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019
(also available for download in Spanish & Chinese)
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>