Wellness During the COVID-19 Outbreak

TOP 12 RESOURCES FOR HEALTH CARE PROVIDERS

Mental Health Support
BUMC Crisis Hotline: 520-622-6000
BUMC Warmline: 520-770-9909

Comprehensive Sites for Psychological Health
UA COM Physician Mental Health Resources
Osmosis Recommended Resources
Psych Hub

Quick Stress Relievers
Deep Breathing for Anxiety
Stretching to Destress
Laugh to Relax

Comprehensive Sources about COVID-19 in Tucson
Arizona Daily Star Guide to COVID-19
UA Site on COVID-19

Just for Fun
Humorous Literature

Heartfelt Appreciation
'Thank U Frontline' by Chris Mann (Alanis Morissette)