

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 \(Alanis Morissette\)](#)