


Coronavirus (COVID-19) Resource Center







This guide provides valuable resources for both, Healthcare Professionals (physicians, nurses and practitioners) and Health Consumers about the COVID-19 outbreak and recent research related to this topic.

- Home
- For Health Care Professionals
- For Health Consumers
- For Faculty, Staff & Students
- Lebanon
- AUB Resources & Initiatives
- AUBMC
- Economy
- Experts' Pick Articles
- Mental Health**
- Videos
- Open Educational Resources
- Vaccine
- TeleHealth 

The below sources provide reliable information on how to manage your mental health during the outbreak of coronavirus.



Sources:

From AUB/AUBMC:

- CANVAS-AUBFM  
- Counseling Center at the Office of Student Affairs
- Health and Wellness Program    
- Mental Health Academy (Brochure)

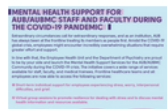


Other Sources:

- American Psychological Association
- American Psychiatric Association
- AUB: Mental Health Support and Tips During the COVID-19 Pandemic
- Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks
- Coronavirus Resources
- Lebanese Psychiatric Society  
- Lebanese Psychological Association 
- Mental Health Guide for High School Students
- Mental Health and Coping during COVID-19 Outbreak
- Mental Health and Psychosocial Considerations during the COVID-19 Outbreak
- Workplace Mental Health

Images:

AUB/AUBMC



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