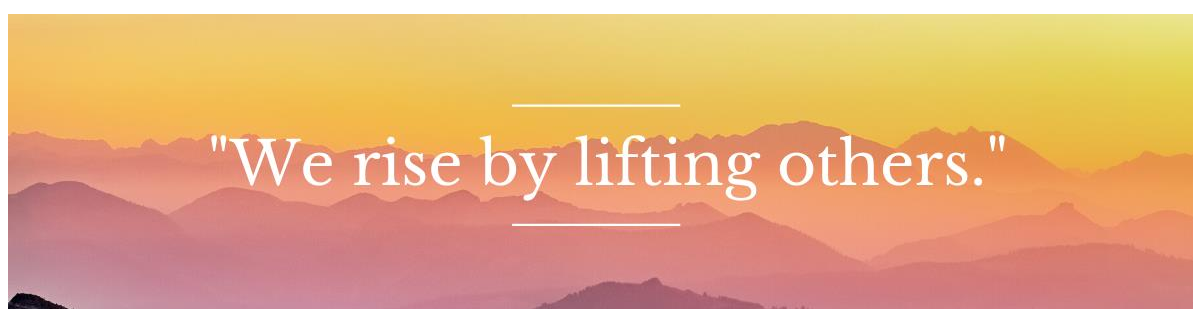


Health and Wellness Activity
COVID-19 Resources

June 12, 2020



This week's recommended Health and Wellness Activity:

5-Minute Meditation



The following articles may be of interest to you.

Here's How One Can Improve Mental Health Sitting at Home

[Read more](#)

20 Ways To Digitally Connect With Kids During The Covid-19 Pandemic

[Read more](#)

Second U.S. Virus Wave Emerges as Cases Top 2 Million

[Read more](#)

COVID-19 Ethnic Disparities:

Racism, Not Genetics, Explains Why Black Americans Are Dying of COVID-19

[Read more](#)

Meharry Proposes Consortium of HBCU Med Schools to Tackle COVID-19's Uneven Toll – Higher Education

[Read more](#)

COVID-19's assault on Black and Brown communities

[Read more](#)

COVID-19 has exposed mental health needs within Philadelphia's Latino communities

[Read more](#)



This week's suggested LGBTQ+ Resources:

Pride Month: Celebrate the LGBTQ community at these online events

[Read more](#)

Research Brief on the Vulnerabilities of the LGBTQ Community During the COVID-19 Crisis

[Read more](#)

STOP COVID-19 XENOPHOBIA

CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

What do you think of today's e-newsletter? We'd love to hear your thoughts, questions, and feedback: mfp@ana.org.

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