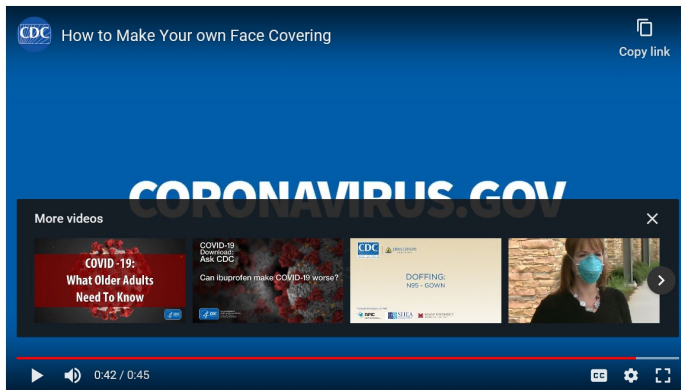


## QCentral Wellness

### Links and Reliable Resources:

- Visit with an MD Live doctor remotely
  - [https://members.mdlive.com/bcbstx/landing\\_home](https://members.mdlive.com/bcbstx/landing_home)
- How To Make Your Own Face Covering – CDC Video
  - <https://youtu.be/tPx1yqvJgf4>



- Ergonomics – Set Up Your Home Office for Success
  - [https://www.travelers.com/iw-images/business-insights/industries/small-business/large/home\\_office\\_ergonomics\\_custom\\_large.jpg](https://www.travelers.com/iw-images/business-insights/industries/small-business/large/home_office_ergonomics_custom_large.jpg)



- Centers for Disease Control and Prevention (CDC)
  - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Substance Abused and Mental Health Services Administration (SAMHSA)

- <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
  
- **Call Centers and Hotlines** If you are experiencing high levels of stress, anxiety or depression, reach out for support.
  - *Crisis Text Line: Text 741741*
  - *National Suicide Prevention Lifeline: 1-800-273-8255*