This is an update shared by Dan Kessler, Executive Director, Disability Rights & Resources in Birmingham, Alabama.

Disability Rights & Resources continues to actively monitor the information from health officials about the coronavirus (COVID-19). We are working to maintain a safe work environment and protect the health and well-being of our consumers, staff, and community. Disability Rights & Resources has canceled all drop-ins, group events, and in-person outreach scheduled through March 31, 2020. Our staff are still available to help meet consumers’ needs via email or telephone. Follow us on [Facebook](https://www.facebook.com/disabilityrightsandresources/?ref=br_rs) and [Twitter](https://twitter.com/disabilityrtsre) for up-to-date information about us.

We are encouraging readers to take a look at [this document](https://docs.google.com/document/d/1vkyHL3xLzjv4DwNroyPhisxfnfoUesiN_GtOweic3ZQ/edit) and add to it as you see fit; it is editable by anyone you choose to share it with because we want to encourage the sharing of information with all our communities during this time. The elderly, many people with disabilities, and people with chronic illness are more vulnerable to COVID-19. We are asking people to do everything they can to follow [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/index.html) and self-isolate where they are able. The National Council of Independent Living (NCIL) has continually updating resources and information relevant to people with disabilities and the broader community, and you can view that [here](https://ncil.org/covid-19/).

The staff at Disability Rights & Resources have created a [Coronavirus Resource Center](https://drradvocates.org/coronavirus/) to help you navigate options available to you during this crisis:

**Coronavirus (COVID-19) Disability Resources**

**Mental Health Resources**

[Social Distancing Resources, Entertainment, Mental Health, and much more](https://docs.google.com/spreadsheets/d/1coUZCOhL9e00eyuDHdt7YgQvXUgS4pYkTE4qa2Fxnyw/edit#gid=0) – credit to Shreya Pokhrel

[Managing stress and anxiety: CDC resources](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)

[Managing stress and anxiety: NPR resources](https://www.npr.org/2020/03/14/815778378/coping-with-anxiety-over-covid-19)

[Central Alabama Wellness: a state mental health resource](https://centralalabamawellness.org/)

[Resilience](https://resilienceguide.org/): the parents’ guide to resilience and what it means

**Southern Region and National Sources**

[Social Security Administration](https://www.ssa.gov/coronavirus/): all local offices closed, find updates here on how to get what you need during the crisis

[Southern Economic Advancement Project](https://twitter.com/The_SEAP): information on various southern state actions and programs

[Administration for Community Living](https://acl.gov/COVID-19): resources and updates from government, policy impact, and more

[Families First Coronavirus Response Act](https://www.thirdshiftblog.com/entry/families-first-coronavirus-response-act-is-now-law): information on the new law

[Southeast ADA Center Resources](http://www.adasoutheast.org/publications/coronavirus-resources.php): a resources list from the Southeast ADA Center

[National call to action](https://mailchi.mp/disasterstrategies/covid19-national-call-to-action-org-support150): call to action for assistance and awareness of needs

[National Council of Independent Living](https://ncil.org/): continually updating resources from the NCIL on legislation and information relevant to people with disabilities and the community at large.

Disability Rights & Resources  
1418 6th Ave N.   
Birmingham, AL 35203  
1.205.251.2223   
Website: <https://drradvocates.org/>   
Facebook: <http://drradvocates.org/facebook/>