

# Resources for Wellness and Mental Well Being during COVID-19

4/10/2020

## Real-Time Individual Support

**Westchester County's Department of Community Mental Health information, support, and referral line:**  
**(914) 995-1900 or text 914-461-7281, 8 am – 8 pm, Monday through Friday**

Voicemail or texts left after hours and on the weekends will be followed up usually within 24 hours.  
See the end of this document for more Community Mental Health and COVID-19 Health information.

NAMI Westchester, Inc. (914) 592-5458 Help Line, Monday – Friday, 9 am – 2 pm

[www.namiwestchester.org](http://www.namiwestchester.org) <https://www.facebook.com/NAMIWestchester.org>

Trained staff answer calls and provide up-to-date resources and information on NAMI's ongoing mental health programs and services around the county. Our national office has updates and tips on their website [www.nami.org](http://www.nami.org). NAMI = National Alliance on Mental Illness

**Now more than ever we need to communicate and check on each other to maintain our mental health. Respect physical distance, but do not forget to be social – call, text, email, video call.**

New York State Office of Mental Health COVID-19 Emotional Support Line (844) 863-9314

<https://omh.ny.gov/>

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

New York State Domestic Violence Hotline: 1-800-942-6906

Crisis Text Line: Text "Got5" to 741-741

The Mental Health Empowerment Center/RISE Center- extended hours for MHEP Peer Support line and 24/7 warmline, online peer support meetings <https://mhepinc.org/about/>  
[www.facebook.com/MentalHealthEmpowermentProject/](https://www.facebook.com/MentalHealthEmpowermentProject/)

## Resources and Tips for Coping

**Mental Health Association of Westchester COVID 19 Resources and Tips**

<https://www.mhawestchester.org/news/covid-19-resources-and-tips>

This webpage has links to resources for “mental health, wellness and staying connected,” as well as resources around food, employment insurance, info for parents, COVID 19 health information. The site also has important crisis hotlines and text lines.

**NYS Office of Mental Health Tips for Mental Wellness**

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

**National Association of School Psychologists– Helping Children Cope with Changes from COVID-19**

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

## **Live Interactive Wellness Groups**

**The Garrison Institute**

Weekday Noontime Meditation Group, M-F at noon

Weekly Meditation Circle, Weds, 8:30 AM

<https://www.garrisoninstitute.org/programs-retreats/community-programs/>

**Exhale to Inhale** – a Space to Breathe, online community

**Twice daily free yoga classes through 4/24/2020.** Explore: anchoring, connection, restoration, body awareness, empowerment and resilience. No prior yoga experience (or mat) required.

The same class is offered two times a day at **7:15 AM and 6:15 PM, Monday through Friday.**

Register at <https://www.exhaletoinhale.org/aspacetobreathe>

**NY Association of Psychiatric Rehabilitation Services (NYAPRS)** Start your workday mindfully with a 15 minute meditation geared for mental health providers but open to everyone.

**Mon -Fri, 8AM** #MindfullyNYAPRS <https://www.nyaprs.org/> past recordings:

<https://static1.squarespace.com/static/58739f64e6f2e14a3527a002/t/5e905f1a6d242e47294531ef/1586519834295/Start+Your+Workday+Library+for+Posting.pdf>

## Interactive Online Peer Support Groups

**Westchester Independent Living Center** - online gatherings for mutual peer support and discussion

[www.wilc.org/events/](http://www.wilc.org/events/)

**National Alliance on Mental Illness (NAMI) of NYC-Metro** - online peer support groups

[www.naminycmetro.org](http://www.naminycmetro.org)

**Academy of Peer Services Virtual Learning Community** – online support for peer support providers; other educational and peer networking groups and webinars

<https://aps-community.org/>

**Western Massachusetts Recovery Learning Community** - online Alternatives to Suicide, Hearing Voices and other support and discussion groups

[www.westernmassrlc.org](http://www.westernmassrlc.org) | [www.westernmassrlc.org](http://www.westernmassrlc.org)

**The RISE Center**– Online Peer Support Group for individuals living with mental health challenges or social isolation. Social isolation does not mean you are alone. Anyone and everyone can join this online peer support group. A Mental Health Empowerment project <https://mhempinc.org/about/>

For Zoom link and password, please call the local office at 914-664-3444 or email one of the facilitators, [Victor vclark@mhempinc.org](mailto:Victor.vclark@mhempinc.org), Hussein [HRazi-Bey@mhempinc.org](mailto:HRazi-Bey@mhempinc.org) or [John jlyn@mhempinc.org](mailto:John.jlyn@mhempinc.org)

## Webinars and Videos and Articles

**Resilience Skills in a time of Coronavirus Crisis.** Tuesday 3/31 4-5 PM.

Dr. Chris Johnstone, Author of “Seven Ways to Build Resilience”

<http://collegeofwellbeing.com/resilience-skills-in-a-time-of-coronavirus-crisis/>

**Elisha Simpson** Brief Mindfulness Video -[https://www.youtube.com/watch?v=ZAPovhO\\_6pA&t=27s](https://www.youtube.com/watch?v=ZAPovhO_6pA&t=27s)

### Head Space

Free guided meditations for various moods and purposes. Free access to additional supports for healthcare providers <https://www.headspace.com/ny?fbclid=IwAR0zzDqN48Pgg0M5kunJEyykHJlIcXjRVgBUHHynwkVlifULr8xHEqflw>

**Trauma Informed in the Age of Corona Virus: Working from Home During COVID-19: Best Tips for Behavioral Health Providers and the People they Serve – Curated Just for You!**

<https://casatondemand.org/2020/03/18/working-from-home-during-covid-10-coronavirus-best-tips-for-behavioral-health-providers-and-the-people-they-serve-curated-just-for-you/>

**The Impending Necessity of Trauma-Informed Care in Behavioral Health Services due to COVID-19**  
<https://casatondemand.org/2020/04/09/the-impending-necessity-of-trauma-informed-care-in-behavioral-health-services-due-to-covid-19-coronavirus/>

**Orange County Resilience Project--** Tapping Into Resilience <https://resilienceoc.org/>

**KPJR films: @KPJRFilms**

Free online screenings of KPJR films: “**Resilience**” and “**Paper Tigers**,” April 4-7.

Twitter Town Hall on the films featuring leading trauma-informed experts: April 7 at 8 pm.

Amazing films about the effects of trauma and how to cope with them. Google them to see if any upcoming local screenings are happening.

**Paper Tigers:** captures the pain, danger and hopes of struggling teens—and the teachers armed with new science who are changing their lives for the better.

**Resilience:** examines the emerging science around Toxic Stress and how it negatively alters the brains and bodies of children if left untreated.

## **Coronavirus information and how the Westchester County Department of Community Mental Health can help**

The Department of Community Mental Health recognizes that this can be a stressful time for many people. The thought of having had family members exposed or being exposed to a virus yourself can create feelings of uncertainty, fear or anxiety. Our office is here to help. If you have specific health-related questions there are people you can contact.

**If you are experiencing anxiety or stress that has begun to affect your daily life and you feel you need support, call our office at (914) 995-1900 between 8 a.m. and 8 p.m Monday – Friday. You can also send a text message to: #914-461-7281. We can provide supportive counseling and refer you to longer term services if you need it. Voicemail or texts after hours and on the weekends will be followed up usually within 24 hours.**

### **In the event of a psychiatric emergency, you can call:**

- **Crisis Prevention and Response Team at (914) 925-5959 Telephone Coverage: 24 hours/7 days per week, Mobile Response Monday - Saturday**
- **National Suicide Hotline (800) 273-TALK or (800) 273-8255**
- **Or, you can always call 911 in any emergency**

**The Department of Community Mental Health has an online directory of Community Agencies and Programs.** The Services Map tab is the recommended way to search on the site: enter an address or city or town and see what resources are in that location – you can filter the search by mental health category as well. Or use the Directory Search tab and search by category of Mental Health (Mental Health, Substance Abuse, Intellectual and Developmental Disabilities, Veterans, etc.) and Location that way.

<https://dcmhservices.westchestergov.com/DCMHservices/index.jsp>

DCMH provides access to a [wide array of person-centered, recovery-oriented services](#) for Adult Mental Health Services including case management, Assertive Community and Assisted Outpatient Treatment, housing and forensics.

[Autism Spectrum Disorders](#) is the largest growing developmental disability in the nation with 0.2 percent to 0.6 percent of the population being diagnosed with Autism Spectrum Disorders each year.

Drug and alcohol addiction is treatable. [Chemical dependency prevention and treatment programs](#) are available throughout Westchester.

[Additional DCMH information and updates.](#)

**Updates from Westchester County:**

<https://www.westchestergov.com/home/all-press-releases>

[Health Department on COVID-19.](#)

**People under self-quarantine, or exposure to a known case, with questions should call (866) 588-0195.**

**The NYS Department of Health COVID-19 Hotline is (888) 364-3065.**

**For Westchester County residents who are looking for COVID-19 Information, dial 211 on their phones, where contact specialists can provide assistance.**