

MENTAL HEALTH RESOURCES

The impact of COVID-19 and the stay at home policies enacted across the United States has affected everyone's mental health. These organizations provide mental health supports and/or mental health information on how to cope with COVID-19.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately or visit the nearest emergency room.

SEEKING HELP THROUGH YOUR UNION OR HEALTH CARE PROVIDER

Primary Care Provider: Your primary care practitioner can be an important resource, providing initial mental health screenings and referrals to mental health specialists. If you have an appointment with your primary care provider, consider [bringing up your mental health concerns and asking for help](#). *(Please note that depending on your health insurance company, there might be a copay.)*

Your Union's Employee or Member Assistance Program: Your union can also be a useful resource in connecting you to the union's programs and services for members, which often include mental health supports, or in making referral that can be used with your union healthcare plan. To find out more about your union's program, contact your union representative or your union's office.

New York State Employee Assistance Program

The New York State Employee Assistance Program (EAP) is a worksite-based program designed to help state employees deal with the everyday issues involved in balancing work and life, as well as more serious problems that may impact work performance. EAP services are confidential, voluntary, and offered at no cost to employees and their families. Call 1-800-822-0244 for more information or visit <https://goer.ny.gov/employee-assistance-program>

Labor Education and Community Services (LECSA)

LECSA's EAP offers counseling services for employees (most of whom are union members) and their eligible dependents who may be experiencing personal or workplace problems. Participants can access LECSA EAP services 24 hours a day, 7 days a week.

Learn more: <https://longislandfed.org/community/labor-education-community-services-agency-lecsa> or call 631-851-1295

NEW YORK STATE & NATIONAL RESOURCES

New York State COVID-19 Emotional Support Hotline | 1-844-863-9314

The Emotional Support Helpline provides free, confidential, multilingual support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

NYS Office of Mental Health: Coping Circles | Online Resource

Coping Circles are free six-week support and resilience groups, held by video or phone, facilitated by licensed mental health professionals.

Connect @ <https://rc-1.nyspi.org/surveys/?s=44YWTJMF3T>

Crisis Text Line | Text HELLO to 741-741

The Crisis Text hotline is available 24 hours a day, seven days a week and serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

Frontline Worker Text Crisis Line | Text NYFRONTLINE to 741-741

The hotline is available 24 hours a day, seven days a week and is dedicated to frontline healthcare workers, going through any type of crisis, connecting them with a crisis counselor who can provide support and information.

Veterans Crisis Line | 1-800-273-TALK (8255), press 1 or Text to 838255

The Veterans Crisis Line is a free, confidential resource that connects veterans 24-hours a day, seven days a week with a trained responder. The service is available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare. People who are deaf, hard of hearing, or have hearing loss can call 1-800-799-4889.

Disaster Distress Helpline | 1-800-985-5990 or Text "TalkWithUs" to 66746

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

SAMHSA Disaster Distress Helpline | 1-800-985-5990

Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

National Domestic Violence Hotline | 1-800-799-SAFE(7233)

Advocates are available 24 /7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.

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

If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call National Suicide Prevention Lifeline.

National Institute of Mental Health | 1-866-615-6464

Resources to help with anxiety and how to cope with COVID-19 can be found on their website @ <https://www.nimh.nih.gov/health/index.shtml>

NEW YORK CITY RESOURCES

NYCWell | 1-888-NYC-WELL (888-692-9355) or Text WELL to 65173 or Chat online at nyc.gov/nycwell

NYCWell is a confidential helpline that is staffed 24/7/365 by trained counselors who can provide brief supportive therapy, crisis counseling, and connections to behavioral health treatment and support in more than 200 languages.

Mental Health Apps & Other Digital Resources | Online resources

<https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources/>

NYC COVIDCare NYC | <https://www.nyccovidcare.org/>

A volunteer network of mental health, emotional, and spiritual care professionals offering support to essential workers, their families and uninsured New Yorkers. Complete the form online and volunteer mental health professional will follow up with you.

ThriveNYC: Mental Health Supports from Home | Online Resource

New Yorkers can access a range of mental health services by phone or online at https://thrivenyc.cityofnewyork.us/mental_health_support_while_home

LONG ISLAND RESOURCES

Association for Mental Health

Wellness Helpline | 631-471-7242 ext. 2

Peer Support Line | 631-471-7242, ext. 1217

Online Peer Support Groups @ <http://mhaw.org/programs/online-peer-support-groups>

Resource Directory | <http://mhaw.org/programs/community-resource-directory/>

Long Island Council on Alcoholism and Drug Dependence | 631-979-1700

Long Island Council on Alcoholism and Drug Dependence is a 24-hour hotline for first responders and healthcare professionals.

Long Island Recovery Association Peer Support Line | 1-844-551-1212

<https://lirany.org/>

Thrive Recovery Centers Addiction Peer Support Groups

Islandia | 631-822-3396

Westbury | 516- 765-7600

<http://thriveli.org/>

Family and Children Association Essential Workers Support Line | 516-281-0202

<https://fcali.org/>

WESTCHESTER COUNTY RESOURCES

Westchester County Community Helpline | (914) 995-1900 or Text 914-461-7281

If you are experiencing anxiety or stress that has begun to affect your daily life and you feel you need support, call between 8 a.m. and 8 p.m. They can provide supportive counseling and refer you to longer term services if you need it.

Westchester Department of Community and Mental Health | 914-995-5220

The County's online resource directory has been created in the hope that residents and professionals will find it to be a helpful tool to locate the many and varied resources in Westchester County.

Access the director @ <https://dcmhservices.westchestergov.com/DCMHservices> or call for referral.

Westchester Office for Women

English | (914) 995-5972

Spanish | (914) 995-6581

After hours | (914) 995-2099

Sexual Assault Hotline, open 24/7 | (833) 220-2444

NYS Child Abuse Hotline | (800) 342-3720

<https://women.westchestergov.com>

Free, confidential support for women, Monday through Friday, 9 AM – 5 PM. You can also seek support

Mental Health Association of Westchester Referral Line | (914) 345-0700 ext. 7303

Individual and group counseling are available at MHA's clinics Monday through Friday, 9:00 a.m. to 5:00 p.m. as well as evenings. Clinic locations can be found at

<https://www.mhawestchester.org/contact-us>

Family Services of Westchester

Family Services of Westchester's seven Family Mental Health Centers are licensed by the New York State to offer comprehensive mental and behavioral health services throughout Westchester County.

Each Health Center is staffed by social workers, psychologists and psychiatrists who offer confidential care in English, Spanish, Portuguese, French, Swedish, German, Farsi and other languages.

To make an appointment, contact one of their clinics <https://www.fsw.org/aboutus/info/contact-us>

Hastings-on-Hudson (Echo Hills)

78 Main Street
Hastings-on-Hudson, NY 10706
(914) 274-8334

Sleepy Hollow

239 North Broadway
Sleepy Hollow, NY 10591
(914) 631-2022

Mount Vernon

6 Gramatan Avenue, Suite 401
Mount Vernon, NY 10550
(914) 668-9124

White Plains

7-11 South Broadway
White Plains, NY 10606
(914) 948-8004

Pelham

507 Fifth Avenue
Pelham, NY 10803
(914) 738-1728

Yonkers

20 South Broadway
Yonkers, NY 10701
(914) 964-6767

Port Chester

One Gateway Plaza, 4th Floor (55 South Main Street)
Port Chester, NY 10573
(914) 240-2241

Yonkers Partial Hospital Program for Young Children

c/o Saint Joseph's Family Health Center
81 South Broadway
Yonkers, NY 10701
(914) 965-8454

PUTNAM COUNTY RESOURCES

The Mental Health Association in Putnam County, Inc. | (845) 278-7600

<http://www.mhaputnam.org>

The Mental Health Association offers online support groups for individuals, families, women and vets. Visit their website to view the schedule and how to connect using your computer. Their Clear Door Recovery Center provides information and referrals for mental health and related services.

NAMI Putnam Helpline | 845-363-1478

NAMI offers mental health services offering a wide array of caring, professional psychotherapeutic treatment for children, adolescents and adults.

NAMI Putnam County Crisis Intervention Hotline | 845-225-1222

Available 24 hours a day 7 days per week, the crisis line is staffed by qualified personnel who will speak with callers and make recommendations based on the situation.