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.

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

**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

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](https://www.fsw.org/aboutus/info/contact-us)

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

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

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

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

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

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

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

**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](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.