



Coronavirus Assistance & Information

Mental Health & Wellness

Important Phone Numbers – Mental Health

- NYS Emotional Support for free online mental health services.....24 hour · **(844) 863-9314**
- Westchester County Department of Mental Health (914) 995-1900 · text (914) 461-7281
- Putnam County Mental Health Hotline..... 24 hour · (845) 225-1222
- Rockland County Department of Mental Health..... M-F 9am – 3pm · (845) 364-2955
- Dutchess County Mental Health Hotline..... 24 hour · (845) 486-3555
- Ulster County Mental Health Daily 10am – 10pm · (844) 277-4820

Wellness & Mental Health

- Staying healthy during the coronavirus shutdowns is a primary concern. Please visit the **Employees Assistance Program (EAP)** www.theEAP.com/Educators-EAP for valuable resources including videos on: The Coronavirus Epidemic, Setting Up Your Remote Workspace, Conference Call Guidelines, Staying Productive While Working Remotely and Enhancing Productivity Remotely
- NY State has implemented a toll-free mental health service available online 24/7. New Yorkers may set up appointments to speak directly with mental health professionals by calling (844) 863-9314.
- Local Counties Mental Health websites:
 - Westchester County <https://dcmhservices.westchestergov.com/DCMHservices/crisisServices.jsp>
 - Putnam County <https://www.putnamcountyny.com/social-services/about-us/#tab-id-5>
 - Rockland County <http://rocklandgov.com/departments/mental-health/>
 - Dutchess County <https://www.dutchessny.gov/Departments/DBCH/Mental-Health-Services.htm>
 - Ulster County <https://ulstercountyny.gov/health/health-mental-health>

The Mental Health Association (MHA) Westchester published the following suggestions to help with the stress and anxiety of social distancing:

- Setting up video chats with groups of friends around the country and using the opportunity to reconnect
- Maintaining a yoga practice by engaging with local studios livestreaming classes
- Reading stories to grandchildren over video chat
- Scheduling virtual coffee dates, dinners or workouts with friends
- Setting aside time to get outside and enjoy the fresh air while maintaining an appropriate social distance
- Crafting cards to send to nursing homes
- Connecting with faith communities online
- Decorating sidewalks with uplifting messages and creating rainbows to hang in windows
- Exploring no-cost books, movies and music from the Westchester Library System
- Starting a daily gratitude journal to reflect on the good things that have happened and “silver linings”

Additional Resources

Important Phone Numbers – Coronavirus

- People under self-quarantine or exposure to a known case(866) 588-0195
- NYS Department of Health Coronavirus (COVID-19) Hotline(888) 364-3065
- Westchester, Putnam & Rockland Counties Coronavirus (COVID-19) Information Call 211
- Ulster County Coronavirus Hotline(845) 443-8888
- Dutchess County Coronavirus Hotline(845) 486-3555

General Information – Coronavirus

- The Centers for Disease Control (CDC) has information on how to protect yourself and what to do if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- The World Health Organization (WHO) has specifics about the novel coronavirus (COVID-19) including specifics on the virus and outbreak: <https://www.who.int/health-topics/coronavirus>
- The New York State Department of Health posts the latest updates from Governor Cuomo as well as the most up-to-date information on number of infected persons: <https://www.health.ny.gov/diseases/communicable/coronavirus/>
- The Westchester County Department of Health has information on local school district closings, healthcare providers, and more: <https://health.westchestergov.com/2019-novel-coronavirus>
- For individuals whose employment is affected by the current health crisis, please visit the NYS Department of Labor website at: <https://www.labor.ny.gov/home/> (SWBOCES does not determine eligibility.)

Articles & Resources:

- The Mental Health First Aid Organization has articles on Caring for Yourself While Practicing Social Distancing: <https://www.mentalhealthfirstaid.org/2020/03/how-to-care-for-yourself-while-practicing-physical-distancing/>
- The Child Mind Institute has published a resource on how to talk to young people about COVID-19: <https://thejedfoundation.cmail20.com/t/r-l-jhiulduy-uknhteo-t/>
- The New York Times
How To talk to children About Coronavirus:
https://ulstercountyny.gov/sites/default/files/documents/health/Opinion%20_%20How%20to%20Talk%20to%20Your%20Child%20About%20the%20Coronavirus%20-%20The%20New%20York%20Times.pdf
10 Ways to Reduce Coronavirus Stress:
https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html?algo=identity&fallback=false&imp_id=837487411&imp_id=331542239&action=click&module=Smarter%20Living&pgtype=Homepage

Additional Websites:

- Westchester County Government Website: <https://www.westchestergov.com/>
- Rockland County – Coronavirus Resources: <http://rocklandgov.com/departments/health/coronavirus-covid-19/>
- Dutchess County Government Website: <https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm>
- Ulster County Local Resources: <https://covid19.ulstercountyny.gov/community-resources/>
- United Way of Westchester & Putnam: <https://www.uwwp.org/united-way-covid19-response-communities/>
- Northwell Health – Coronavirus Resource Center: <https://www.northwell.edu/coronavirus-covid-19>