



Mental Health Resources

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

Thrive NYC

Comments: Mental health support while home

The American Red Cross Virtual Family Assistance Center

Website: www.redcross.org/NYSCOVIDFamilySupport

Comments:

- The virtual Family Assistance Center will link families to crisis counselors who will provide emotional and spiritual support, as well as information and referrals to help them navigate the challenging process they might be facing as a result of their loved one's death.
- Families who have lost loved ones to COVID-19 can fill out an online intake form, and a Family Assistance Center volunteer will contact them:
www.redcross.org/NYSCOVIDFamilySupport
- **Spanish:** www.redcross.org/NYSCOVIDApoyoFamiliar
- call (585) 957-8187 to be connected to an intake person who will help with the initial steps for getting assistance

Mount Sinai Morningside

Contact Info: 212-523-6491

Website: <https://www.mountsinai.org/locations/morningside>

Comments: new patients are being accepted and they are allowed to come in for their intake appointment but everything after the intake in the meantime is telephonic/virtual

National Institute of Mental Health

Contact Info: 1-866-615-6464

Website: <https://www.nimh.nih.gov/health/index.shtml>

Comments: Resource to help with anxiety and how to cope with COVID-19

Community Health Access to Addiction and Mental Healthcare Project (CHAMP)

Contact Info: 1-888-614-5400

Updated: December 9, 2020



Mount
Sinai

Mental Health Resources

Comments: CHAMP can help New Yorkers with mental health and substance use disorders fully utilize their health insurance benefits or otherwise access care

Gilda's Club

Contact Info: 212-647-9700

Website: www.Gildasclubnyc.org

UCSF Mental Health Resources (for UCSF faculty, staff, and students)

Website: <https://coronavirus.ucsf.edu/emotional-health-wellbeing-resources>

Serious Illness Conversations

Website: <https://seriousillnessconversations.org/>

Comments: Article on how to talk to patients with COVID-19

SPOP

Website: <https://www.spop.org/referral-form>

Comments: Service Program for Older People is a mental health agency that takes Medicare, Medicaid and Commercial Insurance

National Institute of Mental Health

Contact: 1-866-615-6464

Comments: Coping with Coronavirus Disease 2019 (COVID-19) **Feelings of anxiety** and uncertainty are completely normal during times like this. If you need support coping with the events of the last few weeks, read the [NIMH Director's Message](#) for help coping with #COVID2019 and follow [@NIMHgov on Instagram](#) for more tips and information.

Selfhelp - Self-Help Virtual Senior Center

Website: <http://vscm.selfhelp.net/service>

New York State COVID-19 Emotional Support Hotline

Comments:

- Mental health counseling - 844-863-9314

Updated: December 9, 2020



Mental Health Resources

- New Yorkers can call the COVID-19 Emotional Support Hotline for mental health counseling
- Staffed with 6,000+ mental health professionals, who volunteered to provide counseling to mitigate COVID-19 induced/related mental health stress.
- People can call to schedule a time to talk with a mental health
- Consultation and referrals to other providers who can help with more specific issues.

24/7 Prayer Line

Contact: 888-388-2683

Comments: This hotline is associated with Billy Graham Evangelistic Association. This is a Christian based hotline that people can call, and speak to a trained Christian response team that will assist the caller in prayer, listen to the callers concerns, and offer encouragement.

HeadSpace

<https://www.headspace.com/ny>

National Institute of Mental Health

Website: <https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-support-for-the-autism-community.shtml>

Comment: In this autism awareness month Director's message, Dr. Gordon addresses the challenges faced by individuals with autism and their families during the coronavirus (COVID-19) pandemic.

Free Crisis Counseling

844-863-9314

Comments: receive free and confidential emotional support. Additional stress and anxiety management techniques during this time. Staying home for a long time is hard, especially for youth, but it's what New Yorkers of all ages need to do right now to keep our communities safe. To help your teen to stay in, have them visit Generation NYC's Fun at Home page or text "fun" to 97-743 for virtual activities and support.

Alzheimer's Foundation of America's (AFA) Toll-free Helpline

Toll-Free Helpline (866-232-8484)

Comments: remains open to help families impacted by Alzheimer's disease and related dementia illnesses during this time as we are faced with the Coronavirus pandemic.

- is open seven days a week and staffed entirely by licensed social workers who are trained in dementia care. We are able assist callers with topics/questions about combating isolation, keeping engaged, washing tips, caregiver stress, whether family members should visit during this time, items to have in the home, etc.

Updated: December 9, 2020



Mental Health Resources

- Families can connect with the AFA Helpline in any of the following ways:
 - Via phone by calling 866-232-8484
 - Web chat by visiting www.alzfdn.org and clicking on the blue and white chat icon on the lower right hand corner of the page
 - Sending a text message to 646-586-5283
 - The web and text chat features are available in more than 90 languages.

NYC Well:

Website: <https://nycwell.cityofnewyork.us>

Comments: This is a stressful time for New Yorkers. Resources are available for New Yorkers by contacting 1-888-NYC-WELL or Texting “WELL” to 65173.

Text Crisis Line

Contact: Workers can text NYFRONTLINE to 741-741 for support.

Comments: NYS is launching a new emotional support texting program for frontline workers.

The state is partnering with the Kate Spade New York Foundation and Crisis Text Line to provide a 24/7 emotional support service for frontline health care workers.

Covid Care NYC

Website: <https://www.nyccovidcare.org/>

Comments: A volunteer network of support for essential workers, their families and any uninsured New Yorkers. Are you an essential worker during COVID-19? Do you have a family member who is an essential worker? Are you uninsured? Get free support from a volunteer mental, emotional, or spiritual care professional.

Methadone Treatment

Website: <https://on.nyc.gov/treatment>

Comments: If you need bupe or methadone during the COVID19 outbreak, here's how you can get treatment: For bupe, you can schedule a telehealth appointment with NYC Health's clinic. For methadone, you can receive a supply from an Opioid Treatment Center

SAMHSA

(Substance Abuse and Mental Health Services of US Department of Health and Human Services).

Website: <https://findtreatment.samhsa.gov/locator.html>

Updated: December 9, 2020



Mount
Sinai

Mental Health Resources

Comments: SAMHSA's national helpline is available 24/7 and can assist you with treatment referrals and information: [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

OASAS (NY State Office of Addiction and Supports)

Website: <https://oasas.ny.gov/provider>

The Mount Sinai Community Resource Guide is a free website available to staff, patients, or community organizations. You can use this website to identify community resources and services available to help during the COVID-19 Pandemic. Click here to go to the guide:

<https://communityresources.mountsinai.org/>

The guide is powered by Aunt Bertha, a technology platform that curates and provides access to free or low cost community resources. There is a public-facing website that anyone can use, as well as an enhanced Mount Sinai Health System site that employees can access using their Mount Sinai credentials (SSO). Further training on the MSHS site will be provided in your area in the near future.

[Hitesite](#) has a COVID-19 filter and can be used by anyone to research more resources

Resources are changing rapidly. Please e-mail cov19.commresource@mountsinai.org if you notice changes or out-of-date resources. We are doing our best to update them daily.