



External Mental Health Resources

This document lists external mental health resources for providers on the frontline. It will be updated on as needs basis.

NYC COVID Care Network

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

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.

National Disaster Distress Helpline

DDH provides crisis counseling and support for anyone in the U.S. experiencing distress or other mental or behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

Call 1-800-985-5990 or text "TalkWithUs" to 66746.

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.

ASPR TRACIE Disaster Behavioral Health Self Care for Healthcare Workers Modules

<https://files.asprtracie.hhs.gov/documents/aspr-tracie-dbh-self-care-for-healthcare-workers-modules-description-final-8-19-19.pdf>

Comments: The U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response (ASPR) Technical Resources, Assistance Center, and Information Exchange (TRACIE) has helped develop resources and participated in ASPR At-Risk Individuals, Behavioral Health & Community Resilience (ABC) interagency/external partner working groups in every disaster recovery operation for the last four years, to assist with issues related to disaster behavioral health (DBH), provider self-care, suicide prevention, and compassion fatigue.

A Guide to Living With Anxiety During COVID By Psychology Tools

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

Comments: Our world is changing rapidly at the moment. Given some of the news coverage, it would be hard not to worry about what it all means for yourself, and for those you love. Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. Psychology Tools has put together this free guide to help you to manage your worry and anxiety in these uncertain times. Once you have read the information, feel free to try the exercises if you think they might be helpful to you. It's

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natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you.

Headspace App

Headspace is an app providing science-backed meditation and mindfulness. For a series of free meditations and exercises in mindfulness for all new Yorkers, visit <https://www.headspace.com/ny>. If you are a healthcare professional with a NPI, you may access Headspace Plus for free at <https://www.headspace.com/health-covid-19>.