

MENTAL HEALTH RESOURCES

COVID-19 Anxiety & Self-Care

Care for Your Coronavirus Anxiety -

https://www.virusanxiety.com/?fbclid=IwAR3LIKEpOdV_NY9msmBcTP67XyMf6opA7pyC90TVIou77tmAY1wCzdMN-lw

New York State Office of Mental Health - Feeling Stressed About Coronavirus (COVID-19)? - Managing Anxiety in an Anxiety-Provoking Situation –

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

Self-care - <http://www.care2caregivers.com/self-care>

Mental Health America Screening Test - screening.mhanational.org/screening-tools

National Alliance on Mental Illness COVID-19 Resource and Information Guide -

<https://www.nami.org/covid-19-guide>

Crisis Support

211 WNY – Call 211 - Free and confidential link to health and human services - 24/7

24-Hour Erie County Domestic Violence Hotline - 716-862-HELP

Crisis Services of Erie County - 24/7 Line - 716-834-3131

Niagara County Crisis Services - 24/7 Line – 716-285-3515

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

National Suicide Prevention Crisis Text Line - Text HOME to 741741

National Domestic Violence Hotline - 800-799-7233

National Suicide Prevention Lifeline - 800-273-8255 NYS

COVID-19 Emotional Support Line - 844-863-9314

NYS Domestic and Sexual Violence Hotline - 716-862-HELP

NYS Domestic and Sexual Violence Hotline - 800-942-6906

Spectrum C.A.R.E.S. (Youth under 18) - 716-882-4357

Western New York Behavioral Health Providers

BestSelf Behavioral Health - bestselfwny.org

BryLin Behavioral Health Center - brylin.com

Catholic Charities Monsignor Carr - ccwny.org/services/monsignor-carr-clinics

Child and Family Services - cfsbny.org

Christian Counseling Ministries of WNY- ccmwny.org

Dale Association - daleassociation.com

Endeavor Health – ehsny.org

Evergreen Health - evergreenhs.org/covid-19

Gateway-Longview (outpatient ages 3-21) - gateway-longview.org

Horizon Health Services - horizon-health.org

Jewish Family Service of Buffalo and Erie County - jfsbuffalo.org

Spectrum Health and Human Services - shswny.org

Meditation

Calm.com - https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720

Headspace - <https://www.headspace.com/covid-19>

Insight Timer - <https://insighttimer.com/>

Additional Resource

Mental Health Advocates of WNY – mhawny.org – 716-886-1242