

RESOURCES

DOMESTIC VIOLENCE

- **NYS Domestic Violence Hotline**- texting program launched as a result of COVID 19 due to rise in domestic violence cases. To chat confidentially with a professional 24/7 text 844-997-2121 or visit www.opdv.ny.gov.
- **National Domestic Violence Hotline**- 1800-799-7233, www.thehotline.org, @ndvh on social media platform
- **NYC Domestic Violence Hotline**- available 24/7. Call 1800-621-4673

COUNSELING/MENTAL HEALTH/SUPPORT

- **NYC Family Justice Centers** - free and confidential assistance if you are experiencing domestic or gender-based violence, which can include intimate partner and family violence, elder abuse, sexual violence, stalking and human trafficking. <https://www1.nyc.gov/nychope/site/page/family-justice-centers>
- **NYC Well** – NYC residents can access free mental health services by phone or online through NYC WELL. If you or someone you know is interested they can call 1-888-NYC-WELL (692-9355), Text Well to 65173 or visit: www.nyc.gov/nycwell
- **Crisis Text Line**- Global organization that provides free and confidential crisis intervention via text message. Text 741741 or 85258 or 686868
- **Brooklyn Pride Center**- Offering remote services/ programs daily. Resource line available, COVID Care Packages for Trans & Non-Binary Community Members of Color, Virtual Meetings, Support groups and more <https://lgbtbrooklyn.org/>
- **NYS OMH Tips for Mental Wellness** (offered in several languages here): <https://omh.ny.gov/omhweb/covid-19-resources.html>
- **The New York State (NYS) COVID-19 Emotional Support Helpline** - 844-863-931
- **The Trevor Project**- 24/7 confidential hotline for LGBTQ youth feeling suicidal or in crisis. Please call 1866-488-7386 <https://www.thetrevorproject.org/get-help-now/>
- **Headspace**- Governor Cuomo announced that New York State has partnered with Headspace to offer New Yorkers free meditation and mindfulness content

as a mental health resource. If you or someone you know is interested they can visit: www.headspace.com/ny

- **Wellness Society**- Information on wellness, anxiety, resiliency, thought patterns, coping mechanisms, uplifting sources, newsletters, worksheets, positive quotes, activities <https://thewellnesssociety.org/free-tools/>
- **Silvers Psychotherapy**- Online social isolation support group. Wednesdays 7:30pm- 8:30pm. www.coronavirisonlinetherapy.org
- **NYSTART** - Providing crisis prevention and response for people (ages 6 and above) with intellectual/developmental disabilities who present with complex behavioral and mental health needs. <https://www.yai.org/services/nystart-systemic-therapeutic-assessment-resources-treatment>
- **Aging Connect**- Older New Yorkers who feel lonely or isolated can contact the NYC Department of Aging's, "Aging Connect" hotline at (212) AGING-NYC (212-244-6469). This hotline also provides vital information for caregiver
- **The Friendship Line**- 24 hour toll free crisis line for individual's age 60 and older. Attempts to provide emotional support to lonely seniors, especially those with suicidal ideation. 1-800-971-0016 <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- **VetConnectNYC**- Veterans in New York can get free trauma counseling and crisis intervention support by visiting VetConnectNYC.org or calling 833-VETS-NYC. They can also call the Veterans Crisis Line at 800-273-8255
- **COVIDCOACH App** - The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

EDUCATION & ACTIVITIES

- **Talking to Children about COVID 19**- https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_663581b63f80450491c400530fcfb2f6.pdf?fbclid=IwAR257d1rMnwRqduYVDIc-jw-lj7X9AzMnDsTKzSP7zQylzNkoZ7hmcrqT7M
- **Learnincolor**- Free educational website offering math, science, social studies and more - <https://learnincolor.com/category/freebies>

- **Twin Cities Club** – Information for virtual tours and field trips
<https://twincitieskidsclub.com/cabin-fever-from-covid-19/>
- **Apps to download for individuals with learning/ developmental disabilities:**
Sound Literacy, Happy Math Multiplication Rhymes, Read 2 Me, Phonics with Phonograms, Sight Words, Sequences for Autism, See Touch Learn, Words on Wheels, Verbal Me, Speech with Milo, The Writing Machine, Letter School, Word Magic

FOOD RESOURCES

- **City Harvest Mobile Food Pantries:**
<https://www.cityharvest.org/programs/mobile-markets>
- **NYC COVID 19 Food Assistance-** NYC Food Delivery Assistance If you cannot go out to get food, no one can bring you food, and you are not able to use private delivery options, New York City will deliver emergency meals to you in the coming days. <https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>
- **NYC Food Delivery Assistance** (see website for eligibility and enrollment):
<https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409>

RESOURCES FOR THE WORKPLACE

- **COVID Leadership checklist mitigating team stress :**
<https://www.gnyha.org/wp-content/uploads/2020/05/COVID-19-Leadership-Checklist-Migating-Team-Stress-WRAIR.pdf>
- **COVID Mindfulness:** <https://www.gnyha.org/wp-content/uploads/2020/06/COVID-19-Mindfulness-WRAIR.pdf>
- **Feelings Wheel:** <https://www.gnyha.org/wp-content/uploads/2020/05/The-Feeling-Wheel-Positive-Psycology-Program.pdf>
- **Sustaining the wellbeing of healthcare personal during infection disease outbreaks :**
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_WellBeing_Healthcare_Personnel_during_Infectious_Disease_Outbreaks.pdf