

New York State-Office of Mental Health COVID-19 Resources

<https://omh.ny.gov/omhweb/covid-19-resources.html>

Call now for free and confidential support.

COVID-19 Resources

The COVID-19 pandemic has left many New Yorkers feeling anxious and stressed.

Learn more about:

- ❖ Managing anxiety in difficult times
- ❖ Coronavirus-related guidance for healthcare providers
- ❖ How you can help

PUBLIC RESOURCES

OMH Emotional Support Helpline: [1-844-863-9314](tel:1-844-863-9314) *

The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Tips for Mental Wellness

Feeling Stressed About Coronavirus (COVID-19)? Managing Anxiety in an Anxiety-Provoking Situation:

Tips for Mental Illness: How to manage COVID related stress and anxiety.

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

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

Mental Health Resources During an Emergency: People often experience anxiety, fear, and helplessness during an emergency. Know the signs and get help.

If you are overwhelmed with COVID-19 you are not alone.

Connect to support right here in NY.

NEW YORK STATE

COVID-19 EMOTIONAL SUPPORT HELPLINE

1-844-863-9314

8 AM - 10 PM, 7 days a week

ADDITIONAL RESOURCES

Guidance on COVID-19

Interim guidance for behavioral health providers licensed by OMH, including Telemental Health Guidance.

For printing help, go to the link: <https://omh.ny.gov/omhweb/covid-19-resources.html>

And printed material will be found.

DISCLAIMER: The Office of Mental Health's ("OMH") Emotional Support Line ("Line") is not licensed or unlicensed mental health care or treatment of any type regardless of what is discussed or who provides support. It is for emotional support purposes only. Use of the Line does not create any confidential provider-therapist relationship of any type. The Line is not a substitute for professional health care.

If you believe you are experiencing a medical or behavioral health emergency, call your doctor or 911 immediately.

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