

COVID-19: IMPORTANT RESOURCES/NUMBERS

- **Local Resources:**

- Oneida County Department of Family and Community Services (DSS) Helpline - call 315-798-5439
- Oneida County Health Department COVID Helpline - call 315-798-5431
- Health Clinic-Related Questions (including Hepatitis A, TB or Immunizations)- call 315-798-5747
- Office for the Aging - call 315-798-5456
- Childcare Helpline - call 315-223-7850 x222
- Court Emergencies Helpline - call 833-503-0447
- Volunteering Interest - email: volunteer@ocgov.net
- Rome Connected Community Schools - food pantry or to volunteer/donate call or text 315-533-5723 or 315-982-2520
- Mobile Crisis Assessment Team (MCAT) - call 315-732-6228

- **State Resources:**

- Novel Coronavirus Hotline – New York State Department of Health - call 888-364-3065
- OASAS hotline (for alcohol and substance use assistance): call 1-877-8HOPENY (1-877-846-7369)
- NY Project Hope Emotional Support Helpline: call 1-844-863-9314
- [Office of Mental Health - COVID-19 Resources](#)

- **National Resources:**

- National Suicide Prevention Lifeline – call 800-273-TALK (8255)
- Crisis Text Line – text NAMI to 741-741
- National Domestic Violence Hotline – call 800-799-SAFE (7233)
- National Sexual Assault Hotline – call 800-656-HOPE (4673)
- SAMHSA Disaster Distress Helpline – call 800-985-5990
- NAMI Helpline – call 800-950-NAMI (6264)
- The Trevor Project - call 866-488-7386 or text START to 678678 (national 24-hour, toll free confidential suicide hotline for LGBTQ youth)
- SAMHSA hotline to find alcohol and substance abuse treatment: 1-800-662-4357

- 24/7 helpline for first responders 1-888-731-3473
 - [CDC - Share the Facts about COVID-19](#)
 - [CDC – Coping with Stress](#)
 - [SAMHSA - Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)
 - [NAMI - COVID-19 Information and Resources](#)
 - [Mental Health America - Mental Health and COVID-19 Information and Resources](#)
 - [US Dept. Health & Human Services - Mental Health and Coping during the Coronavirus \(COVID-19\) Pandemic](#)
 - [American Psychiatric Association - Coronavirus Resources](#)
- **Local Mental Health Clinic Information:**
 - Community Health and Behavioral Services (CHBS):
 - Utica: 315-798-8868
 - Rome: 315- 337-0773
 - York Street Clinic (MVPC): 315-738-4440
 - Rome Clinic (MVPC): 315-336-6230
 - The Neighborhood Center, Inc.:
 - Utica 315-272-2700 or 315-272-2723
 - Rome 315-272-2730 or 315-272-2748
- **Local Substance Clinics/Resources:**
 - ACR Health: (315) 793-0661
 - Addiction Stabilization Center (Utica Rescue Mission): (315) 735-1645 ext. 2162
 - Beacon Center: (315)366-4100 or (315) 367-1280
 - Community Recovery Center: 315-334-4701
 - Helio Health:
 - Opioid Treatment Program: 315-624-9835
 - Regional Open Access Center: 315-624-9835
 - Insights of Helio Health: 315-724-5168
 - CFLR Family Support Navigator: 315-733-1709

- **Links to online Alcohol and Substance Use support groups:**
 - <https://www.intherooms.com/livemeetings/list>
 - <https://www.smartrecovery.org/>
 - <https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
 - <http://aa-intergroup.org/>
- **Apps for SUD Recovery**
 - Pear reSET
 - Sober Grid L
 - Live strong
 - MyQuit Coach
 - Squirrel Recovery Siempo

COVID-19: Activities and Tips for De-stressing

Feeling Stressed?

- Acknowledge the stress, and know that any anxiety and fear is normal. Talking with others about your feelings—whether it be over the phone, FaceTime, or Skype—may help as well
- When you notice that your stress is high, a simple technique is to take some deep breaths. It can be very helpful to practice deep breathing. It can be practiced anywhere, at any time.
- Take a break from the news.

Coping Resources:

- [Mayo Clinic Health System - Self-care tips during the COVID-19 pandemic](#)
- [National Association of Social Workers - Self-Care During the Coronavirus Pandemic](#)
- [McLean Hospital - COVID-19: Mental Health Resources](#)
- [Each Mind Matters - Tips for Self-Care During COVID-19](#)
- [Association of Women's Health, Obstetric and Neonatal Nurses – COVID-19 Self Care Resources](#)
- World Health Organization tips for coping with stress: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8
- World Health Organization tips for helping children cope with stress: https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

- [World Health Organization - Mental Health and COVID-19](#)
- 10 Breathing Techniques <https://www.healthline.com/health/breathing-exercise>
- Sanvello – a great self-help app to reduce stress, anxiety & depression: <https://caps.tamu.edu/sanvello/>
- [WikiHow - How to Deal with Online School Stress](#)
- [Learn Psychology – Surviving Stress and Anxiety in College & Beyond](#)
- Living With Mental Illness During COVID-19 Outbreak - Preparing for Your Wellness: <https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>
- Mental Health America - Keep Your Mind Grounded: <https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf>
- Take a Deep Breath: [https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times subs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20subs%20031720)
- The Parent Guide to Resilience: <https://resilienceguidance.org/>
- Talking to Children About COVID-19: A Parent Resource [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- Resources for Home
Plan, prepare, and respond to Coronavirus Disease 2019: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>
- Guidance for Schools and Childcare Programs Before and During an Outbreak: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>
- Guidance for Institutes of Higher Education
Plan, prepare, and respond to coronavirus disease 2019: <https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html>
- Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19)
Plan, Prepare and Respond to Coronavirus Disease 2019: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>
- [Healthy Children - Mental Health During COVID-19: Signs Your Child May Need More Support](#)

- [Kaiser Family Foundation - Research](#)

Free/Discounted Workouts from Home:

- Yoga and Meditation for Anxiety:
 - “Regular yoga practice has been proven to calm stress, enhance concentration, and reduce the symptoms of anxiety.” – Mary & Rick NurrieStearns <https://www.yogajournal.com/meditation>
- Peloton - offering 30-days free on its app. This app includes floor workouts, yoga, and meditation classes.
- The Daily Burn - offering a 30-day free trial period. This is designed to make you feel like you are in a class while you’re home alone.
- Blink Fitness - offering Facebook Live sessions each week.
- Orangetheory - offering 30-minute workout videos each day
- 305 Fitness - offering cardio dance live streams twice a day on YouTube.
- Gold’s Gym - offering over 600 audio and visual workouts for free on their app through the end of May.
- Planet Fitness - live streaming “Work-Ins” at 7 p.m. ET everyday on Facebook or Youtube.
- CorePower Yoga - offering free access to a limited collection of online yoga and meditation classes.

At Home with Kids:

- [Mommy Poppins – At Home Guide for Families: Hundreds of Activities for Kids](#)
- Digital Education/Reading & Learning:
 - <https://pbskids.org/games/reading/>
 - <https://www.readworks.org/>
 - <https://www.funbrain.com/>
- Scholastic Learn at Home: <https://classroommagazines.scholastic.com/support/learnathome.html>
- Lunch Doodles with Mo Willems of the Kennedy Center: https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF
- Have a library card? Many local libraries allow you to check out and download ebooks!
- Try a new recipe or make dinner as a family!
- PBS Kids Online Games: <https://pbskids.org/>

- Have a movie night!
- Free Virtual Field Trips: <https://www.discoveryeducation.com/community/virtual-field-trips/>
- Have a dance party!
- Give your kids art supplies and let them make masterpieces!

Uplifting Affirmations/Quotes:

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.” -Thich Nhat Hanh

“We should always pray for help, but we should always listen for inspiration and impression to proceed in ways different from those we may have thought of.” -John H. Groberg

“Every adversity, every failure and every heartache carries with it the seed of an equivalent or a greater benefit.” -Napoleon Hill

“Tough times never last, but tough people do.” -Robert H Schuller

“In times of great stress or adversity, it’s always best to keep busy, to plow your anger and your energy into something positive.” -Lee Iacocca

“When everything seems to be against you, remember that the airplane takes off against the wind, not with it.” -Henry Ford

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” -Michael Jordan

“Don’t just learn, experience. Don’t just read, absorb. Don’t just change, transform. Don’t just relate, advocate. Don’t just promise, prove. Don’t just criticize, encourage. Don’t just think, ponder. Don’t just take, give. Don’t just see, feel. Don’t just dream, do. Don’t just hear, listen. Don’t just talk, act. Don’t just tell, show. Don’t just exist, live.” -Roy T. Bennett

“Breath is the power behind all things.... I breathe in and know that good things will happen.” -Tao Porchon-Lynch

“Simply let experience take place very freely, so that your open heart is suffused with the tenderness of true compassion.” -Tsoknyi Rinpoche

“Rule number one is, don’t sweat the small stuff. Rule number two is, it’s all small stuff.” -Robert Eliot

“Worrying doesn’t stop the bad stuff from happening. It just stops you from enjoying the good stuff.” -Karen Salmansohn