

Name	Phone	Link/Info
ONLINE Resources For Social Emotional Health and Well Being:		
Office of Mental Health		https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf
Free Coronavirus (COVID-19) Youth Webinars		https://news.hofstra.edu/2020/03/26/free-covid-19-webinars-For-youth/
Guidance on How to Protect Yourself and Your family from COVID-19 when Enjoying the Outdoors		https://hcr.ny.gov/system/files/documents/2020/03/doh_covid19_outdoorguidance_031820.pdf
New York Times Article- Lost Sense of Smell May Be Peculiar Clue to Coronavirus Infection		LOST SENSE OF SMELL MAY BE PECULIAR CLUE TO CORONAVIRUS INFECTION
Guide to living with worry and anxiety amidst global uncertainty		https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/
Talking to young people about covid-19		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19
OMH - Feeling Stressed About Coronavirus (COVID19)? Managing		https://coronavirus.health.ny.gov/system/files/documents/2020/03/managing_stress_anxiety.pdf

Anxiety in an Anxiety-Provoking Situation		
National Association of School Psychologists (NASP)- Helping Children Cope with Changes Resulting from COVID19 (publication)		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR1GQl4pxVlvpupqRNEYaZOc0kZXSBRM05kDAB5c4hoUcZWfPcbCthTE3Kw
National Association of School Psychologists (NASP)- Care For Caregivers: Tips For Families and Educators		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators
National Association of School Psychologists (NASP)- Addressing Grief		https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief
New York State- Department of Health- Helping Children After Tragic Events: Stop Watching, Start Talking		https://www.health.ny.gov/environmental/emergency/tragic_events/
Substance Abuse and Mental Health Services Administration (SAMHSA)- Talking with Children: Tips For Caregivers, Parents, and Teachers		https://store.samhsa.gov/product/Talking-With-Children-Tips-For-Caregivers-Parents-and-Teachers-

During Infectious Disease Outbreaks		During-Infectious-Disease-Outbreaks/PEP20-01-01-006
The National Child Traumatic stress network (NCTSN)- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19)		https://www.nctsn.org/Resources/PARENT-CAREGIVER-GUIDE-TO-HELPING-FAMILIES-COPE-WITH-THE-CORONAVIRUS-DISEASE-2019
New York State School Social Workers' Association (NYSSSWA)- Coronavirus School Response Resources		NEW YORK STATE SCHOOL SOCIAL WORKERS' ASSOCIATION (NYSSSWA)- CORONAVIRUS SCHOOL RESPONSE Resources
New York State Office of Mental Health Crisis Counselors		1-800-597-8481
National Suicide Prevention Hotline		1-800-273-8255
SAMSHA's National Helpline		https://www.samhsa.gov/find-help/national-helpline 1-800-662-HELP
Home Health Aide Services to Seniors		https://www.helpguide.org/articles/senior-housing/home-care-services-For-seniors.htm
Emotional Support Helpline		https://omh.ny.gov/omhweb/covid-19-resources.html
World Health Organization- Mental Health and Psychosocial Considerations During the COVID-19 Outbreak		https://apps.who.int/iris/bitstream/handle/10665/331490/WHO-2019-nCoV-MentalHealth-2020.1-eng.pdf
Supporting Children and Young People with Worries About COVID-19		https://www.annafreud.org/coronavirus-support/coronavirus/

Talking to Children About Corona virus		https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html
Wellbeing Resource Library		INTENSIVE CARE SOCIETY: WELLBEING RESOURCE LIBRARY
Living with Worry and Anxiety Amidst Global Uncertainty		https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-us.pdf
National Center For PTSD- Managing Healthcare Worker's Stress Associated with the COVID-19 Virus Outbreak		https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp
MHAW Expands COVID-19 Response		https://longislandbusiness.com/2020/03/mhaw-expands-its-covid-19-response-with-enhanced-mental-health-helpline-and-peer-support/
MHAW help line		MHAW HELP LINE WEBSITE
The Coronavirus and the Public Charge Rule with Attorney Xavier Palacios, Esq.		PUBLIC CHARGE RULE WAIVED- YOU TUBE VIDEO