

Useful Links for Mental Health

Coping with Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885> - This fact sheet provides tips for coping with stress during an infectious disease outbreak. It describes common signs of stress and how to recognize when to get help.

Getting the Right Start - Student Guide to Mental Health

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Getting-the-Right-Start.pdf> - This reference sheet points out warning signs of mental health issues

Want to Know How to Help a Friend - Student Guide to Mental Health

<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Want-to-know-how-to-help-a-friend.pdf> - This reference sheet points out what you can do to help a friend in need.

Anxious about coronavirus? Text HOME to 741741 to connect with a Crisis Counselor. Crisis text line: <https://www.crisistextline.org>

Orange County Children's Services

https://www.orangecountygov.com/DocumentCenter/View/13792/Children_s_Services_listing_05-02-2019-PDF - This is a reference sheet of contact numbers for various agencies in Orange County

Orange County Crisis Call Center

<https://www.orangecountygov.com/1796/Crisis-Call-Center> - The Orange County Crisis Call Center connects people in need of support for mental illness, substance use, developmental disability, sexual assault, or who need information/referrals with trained professionals, 24/7.

Text 4 Teens http://www.mhaorangenyny.com/images/MHA_texting_poster.pdf - this is a confidential textline for teens for information, referrals or just to chat.

Mental Health & Substance Abuse Urgent Care

<https://accesssupport.org/mental-health-substance-use-urgent-care/> - walk in care for mental health and addiction for adults and children in Hudson Valley

Mindfulness for Teens <http://mindfulnessforteens.com/resources/> - resources for teens to access about mindfulness

Coping with Anxiety Due to COVID 19. This site has many resources for students and parents to use for anxiety. <https://www.virusanxiety.com/>

For parents (Prek-12)

Resources to talk to children about COVID-19

https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

<https://stopmedicineabuse.org/blog/details/how-to-talk-to-your-teen-about-the-coronavirus/>

5 Ways to Help Children Cope with COVID 19 Anxiety. This article discusses things parents and caregivers can do to alleviate anxiety surrounding COVID 19.

<https://www.littlefloweryoga.com/blog/5-ways-to-help-children-with-coronavirus-anxiety/>

Parenting During COVID 19 OutBreak: What You Need to Know. This article talks about common topics that parents will need to address due to COVID 19.

<https://www.kqed.org/mindshift/55510/parenting-during-the-coronavirus-outbreak-what-you-need-to-know-now>

Overall parent recommendations for talking to children/monitoring behaviors

[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)

En Español:

file:///home/chronos/u-1a288b3bad262fcace9ad7fe8521617769ff4d4d/MyFiles/Downloads/ESP_COVID-19_parent_handout_NASP_NASN_2-20_FINAL_ESUS.pdf

In Chinese:

file:///home/chronos/u-1a288b3bad262fcace9ad7fe8521617769ff4d4d/MyFiles/Downloads/COVID-19_parent_handout_NASP_NASN_2-20_FINAL%20CHIN.pdf

RESOURCE FOR PARENTS TO CALL - National Parent Helpline at 1-855-427-2736

For people trying to cope with loss during this timeA good resource for grieving families sponsored by Hospice of Orange County: :

<https://hospiceoforange.com/grief-symptoms-can-be-heightened-during-this-current-community-health-crisis?sfns=mo>

National Alliance of Mental Illness - local office is located in Middletown.

<http://www.namiorangeny.org/>

NAMI Family to Family Classes - NAMI is offering free 8 sessions of Virtual Family to Family classes to families and caregivers who have their loved ones experiencing mental health challenges. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. Here is the link for the informational flyer and the information about registering:

<https://www.orangecountygov.com/DocumentCenter/View/17678/NAMI-Family-to-Family---Sep-5--2020-PDF>