

Staying Afloat in Troubled Times
June 25, 2020
Related Resources

Helplines

[NYS OMH Covid-19 Emotional Support Helpline](#): 1-844-863-9314

[National Suicide Prevention Lifeline](#): 1-800-273-8255 (TALK) /
Spanish: 1-888-628-9454 or Text HOME to 741741

[National Alliance on Mental Illness](#): 1-800-950-6264

[Disaster Distress Helpline](#): 1-800-985-5990 / TalkWithUs or Hablanos to 66746 / TTY
1-800-846-8517

Resources--Recovery Support

[Friends of Recovery NY](#): Recovery Support Resources

[SAMHSA—Your Recovery is Important: Virtual Recovery Resources](#)

Resources--Covid-19 & Mental Health

[Mental Health & Covid-19: Information & Resources: Mental Health America](#)

[Emotional Well Being During the Covid 19 Outbreak: Suicide Prevention Lifeline](#)

Community Support

[HELP NOW NYC](#): NYC resources to get assistance and to support those affected by the
:Covid-19 emergency, including food assistance, employment resources, health and medical,
financial assistance, rent arrears, housing and public assistance, emotional support, and
spiritual care.

[Virtual Memorial Guide](#): A guide to organizing a meaningful, virtual memorial.

Support for Peer Professionals & Caregivers

[Compassion Fatigue Resources--Addiction Technology Transfer Center Network](#)
(Includes Self-Care Exercises)

[Compassion Resilience: Staying Resilient During Covid-19](#)--Wise Wisconsin and Rogers in Health (Videos & Text)

Technology/Telehealth Resources/Providing Care Online

[Network Pandemic Resources](#)--[Addiction Technology Transfer Center Network](#) (ATTC)

- Online and Telephone Support Group Resources
- Guidance on Setting Up Online Meetings
- Guide to Using Text Messages to Improve SUD Treatment Outcomes
- New Provider Self Care and Online Engagement Products
- Telehealth Learning Series-Top 5 Podcasts

[Five Ways It is Easier and More Affordable to Access Mental Health Support During Covid-19 Crisis](#): Thrive NYC: Insurance-related information (See #2)

Self-Care

[HEADSPACE--A NY State of Mind](#): Free mindfulness/meditation app for New Yorkers

Mount Sinai Hospital Calm Program

- [Two Feet One Breath Meditation Video](#) & [Healing Power of Music Video](#)

Related Articles

Addiction Services

- [Methadone Deliveries Now Part of NYC's Public Health Mission--The Gothamist](#)
- [Addiction in the Time of Coronavirus--The Tangerine/Syracuse Univ. Oneida Cty](#)

Substance Use Disorders and Medical Implications for Covid-19

- [Covid-19 and Potential Implications for Individuals with Substance Use Disorders--NIH National Institute on Drug Abuse](#)
- [Collision of Covid- 19 and Addiction Epidemics--Annals of Internal Med](#)

Grief and Stress Support

- [10 Ways You Can Support Someone Grieving During the Coronavirus Crisis](#)
- [13 Ways to Cope with Pandemic Stress and Grief](#)
- [Pandemic Losses: 6 Steps Toward Coping & Hoping Now](#) (ambiguous grief)
- [10 Secrets People in Recovery from Addiction Know that Could Help Us All Survive the Global Pandemic](#)
- [How to Cope With Stress When Stuck at Home](#)

Mental Health

- [Mental Health Impacts of the Coronavirus Pandemic--Forbes Magazine](#)

