



Taking Care of Your Mental Health

Below are some additional tips and resources available:

Arm yourself with the right information. Social media is full of misinformation. Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19, you can help make people feel less stressed and allow you to connect with them.

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take hygiene-related precautions

Stick to a daily routine

Be kind to yourself. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy. Get outside in nature—even as you are avoiding crowds.

Talk about how you're feeling. Connect with others. Talk with people you trust about your concerns and how you are feeling.

For additional tips, visit these important websites:

American Foundation for Suicide Prevention

afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/

Center for Disease Control

[cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

Anxiety and Depression Association of America

adaa.org/finding-help/coronavirus-anxiety-helpful-resources

Some additional resources available and listed by county we serve:

Allegany County

24 Hour Crisis Hotline: **888.448.3367**

Chautauqua County

Hotline: **800.724.0461**

Cattaraugus County

Call the OGH 24 Hour Crisis Hotline: **1.800.339.5209**

Refreshing Waters Respite

A 1-5-day stay hospital diversion program

wnyhousingoptions.org or **716.248.2886**

operating in a bed and breakfast-style house for people going through psychological crises.

Open 24/7 at 75 Jamestown Street, Gowanda, NY 14070

Erie County

Community Resources: <http://www2.erie.gov/health/index.php?q=community-resources>

COVID-19 Resources: <http://www2.erie.gov/mentalhealth/index.php?q=covid-19-resources-0>

Buffalo and Erie County Crisis Services - 24-Hour Hotline: **716.834.3131**

BryLin Behavioral Health Hospital - Inpatient mental health care for adults

brylin.com or **716.886.8200** at 1263 Delaware Ave, Buffalo, NY 14209

ECMC Comprehensive Psychiatric Emergency Program Inpatient mental health

ecmc.edu/health-services-and-doctors/behavioral-health/cpep-comprehensive-psychiatric-emergency-program/ or **716.898.3000**. Open 24 Hours at 462 Grider Street, Buffalo, NY 14215

ECMC's Help Center

An urgent care service for walk-in mental health treatment of adults in crisis who do not require psychiatric emergency treatment or inpatient care Individualized services addressing each patient's needs with a focus on wellness: **716.898.1594**

The Renewal Center after-hours crisis drop in program for individuals having a crisis that may lead to the hospital emergency room. wnyil.org or **716.245.4200**. Open 7 days a week; 3 p.m. to 11 p.m. at 327 Elm Street, Buffalo, NY 14203

Spectrum Health and Human Services Crisis Line: **716.710.5172**

Spectrum Health and Human Services Mental Health Urgent Care

shswny.org or **716.539.5500**. Mon-Fri; 8 a.m. to 5:30 p.m. at 1280 Main Street, Buffalo, NY, 14209

Genessee County

County Mental Health: **585.344.1421**

Monroe County

DHS COVID-19 Information Page: <https://www2.monroecounty.gov/hs-COVID-19>

Mental Health Services: <https://www2.monroecounty.gov/mh-index.php#MentalHealth>

Talking to Children about COVID-19:

<https://www2.monroecounty.gov/files/health/coronavirus/TIG%20Infectious%20Disease.pdf>

For mental health emergencies, call lifeline at **585.275.5151**

211 or 1-877-356-9211

Niagara County

Contact our 24-hour Crisis Services for free confidential support and guidance in accessing the most appropriate resources and/or treatment options available to you based on your needs. **716.285.3515**

Mental health Association of Niagara County, mhanc.com

Main office and help line: **716.433.5432**, 8:30 a.m. to 4 p.m. call crisis services after 4 p.m. at number above

Hope House open for residents, if support is needed call: **716.433.6543** (Niagara County)

Wyoming/Orleans County

For 24/7 help call the Crisis Line: **585.283.5200** or **800.724.8583**

State and nationwide

COVID-19 Emotional Support Hotline at **1.844.863.9314**. (May be for NYC)

NYS Office of Mental Health:

An atypical stress reaction may include a persistent and/or excessive worry that doesn't lift and keeps you from carrying out your daily tasks. If you experience significant changes in your energy level, eating patterns, or sleeping patterns, difficulty concentrating on normal tasks, prolonged and overwhelming worry and hopelessness, or thoughts of self-injury or suicide, seek out immediate help at **1.800.273.TALK (8255)** or **text Got5 to 741741**

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

211 WNY Free and confidential link to health and human services 24/7, Call **211** or **888.696.9211**
Text your zip code to 898-211

Crisis Text Line Text HOME to 741741

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress:
800.985.5990 or **Text TalkWithUs to 66746 TTY 1.800.846.8517**

The Trevor Project

A lifeline for LGBTQ youth under the age of 25 **866.488.7386** or **Text START to 678678**