



Wyoming County  
Mental Health  
Department  
(585) 786-8871

# Caring For Your Behavioral Health During the COVID-19 Outbreak

## Online Resources

[Friends of Recovery](#) – resources for you or your loved one if struggling with alcohol or other drugs

[Smart Recovery](#) - an online community where participants help one another recover from addictive behaviors

[Alcoholics Anonymous](#) - a directory of online audio/video meetings seven days per week

[Narcotics Anonymous](#) - online meetings in various time zones using multiple platforms.

[Al-Anon Family Groups](#) - electronic meetings for anyone affected by alcoholism in a family member or friend.

## Caring for Yourself

- ❖ **Take Care of Your Body**  
Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- ❖ **Connect** Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- ❖ **Take Breaks** Make time to unwind. Try to return to activities that you enjoy.
- ❖ **Stay Informed** Watch for news updates from reliable officials.
- ❖ **Avoid** Avoid excessive exposure to media coverage of the event.
- ❖ **Ask for Help** Talk to a clergy member, counselor, or doctor.

It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during this time will help your long-term healing. There is support available in our community. You are not alone! The following resources can help.

### **Counseling telephonically or by video (both accepting new patients):**

**Spectrum Health & Human Services**, 34 N. Main St., Warsaw, NY (585) 786-0220, [www.shswny.org](http://www.shswny.org) Providing mental health & addiction services for adults, children & adolescents; Psychiatry Services & Medication Management, Medication Assisted Treatment, Peer and Family Support Services, and Care Management. To reach an **Addiction Recovery Peer** directly call (716) 539-5372.

**Clarity Wellness Community**, 39 Duncan St., Warsaw, NY (585) 786-0190, [www.goclarity.org](http://www.goclarity.org) Providing mental health services for adults, children & adolescents; Psychiatry Services & Medication Management

### **Phone or Text Support**

**Peers Together of Wyoming County Peer Support Line**, (585) 786-0080, Monday – Friday 9 am to 2 pm. This is a confidential, non-crisis emotional support telephone hotline staffed by peer volunteers who are in recovery. Callers will find an empathetic listener to talk through their feelings.

**Spectrum Emotional Wellness Textline** (585) 543-1015, Available seven days a week from 7 pm to 10 pm

### **App / Web Support**

**myStrength** free Emotional Health App <http://mystrength.com/signup/SHHS> if not a client of Spectrum Health & Human Services select member of community

### **Inpatient Hospitalization**

**Wyoming County Community Hospital Behavioral Health Center**, 400 N. Main St., Warsaw, NY (585) 786-2233, <http://www.wcchs.net> Adult Psychiatric Inpatient Unit, Emergency Psychiatric Assessments

Please call the Wyoming County Mental Health Dept. at (585) 786-8871 if you have questions about accessing services.

**Are you or a loved one having a mental health or addiction crisis?  
Help is available 24/7.  
Wyoming County Crisis Line  
(585) 283-5200**

**Reach Out  
1-844-863-9314**

If you are overwhelmed right now,  
the NYS COVID-19 Emotional Support Line is staffed by specially trained volunteers



## Effective Stress Relief and Mindfulness Techniques

- ★ **Breathing Exercise** -  
breath in through your  
nose to a count of seven  
and out through your  
mouth to a count of ten  
(count on your fingers).  
Repeat.
- ★ **Movement** - A burst of  
jumping jacks, or running  
up and down stairs is a  
rapid, reliable way to  
discharge stress and quiet  
the body and mind.
- ★ **Compassion Hug** –  
stretch your arms out  
wide on the inbreath like  
you are hugging the  
world. Hold your arms  
across your shoulders on  
the outbreath hugging  
yourself. Repeat.
- ★ **Color By Number** –  
Look out the window  
and notice what is alive.  
Find and count each  
shade of green in your  
field of vision.
- ★ **Gratitude Mantra** -  
Bring to mind something  
you are grateful for.  
Silently repeat this while  
holding the image in your  
mind. How do you feel?
- ★ **Sitting Meditation** -  
Sit comfortably with your  
back straight, feet flat on  
the floor and hands in  
your lap. Breathing  
through your nose, focus  
on your breath moving in  
and out of your body. If  
physical sensations or  
thoughts interrupt your  
meditation, note the  
experience and then  
return your focus to your  
breath.



## Additional Information

### **Resources on Managing Stress and Anxiety:**

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

<https://mailchi.mp/f8f84fada893/easing-anxiety-in-anxious-times>

<https://emergency.cdc.gov/coping/selfcare.asp>

<https://www.headspace.com/ny>

### **Resources for Parents, Families and Youth**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.ffcmh.org/covid-19-resources-for-parents>

<https://www.epicforchildren.org/coronavirus-resources>

### **Tips For Social Distancing, Quarantine, And Isolation**

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

### **National Alliance on Mental Illness COVID-19 Information and Resources Guide**

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

### **Grief and Loss**

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?>

Please call the Wyoming County Mental Health Department at (585) 786-8871 to request any of the articles listed above be mailed to you.