

<i>Category</i>	<i>Name of Resource</i>	<i>Website Link</i>	<i>Description</i>
Health	New York Department of Health (DOH)	https://www.health.ny.gov/	The latest information on COVID-19 in New York State.
Health	Centers for Disease Control (CDC)	https://www.cdc.gov/	The latest information on COVID-19 in the United States.
Health	National Institute of Health	https://www.nih.gov/health-information/coronavirus	Practical information, current research and resources for COVID-19.
Health	WHO: Hand Washing Posters and Leaflets	https://www.who.int/gpsc/5may/resources/posters/en/	Posters and Leaflets on proper handwashing procedures.
Health	World Health Organization (WHO)	https://www.who.int/	The latest information on COVI-19 Worldwide.
Mental Health	OMH: NYS Emotional Support Line: 1-844-863-9314	https://omh.ny.gov/omhweb/covid-19-resources.html	The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
Mental Health	OMH: Crisis Text Line: Text "Got5" to 741-741	https://omh.ny.gov/omhweb/bootstrap/crisis.html	New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. Text GOT5 to 741741.
Mental Health	American Foundation for Suicide Prevention: Mental Health in the Face of Uncertainty	https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/	Article on Mental Health during the Corona Virus Outbreak.
Mental Health	WELCOA Webinars	https://www.welcoa.org/COVID	Webinars on the Coronavirus Questions and Answers U.S. Department of Labor
Mental Health	Mental Health Association in NY	www.mhanys.org	Resources include resource lists of sites for general mental health; children and parenting; consumer/survivor/peer-run; disorder related; government; legal resources; service and provider locations; articles; and wellness information.

Mental Health	SUNY New Paltz Institute for Disaster Mental Health	https://www.newpaltz.edu/media/psychology/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%20(1).pdf	Tips for Community Members – COVID-19: Managing Stress in this Anxious Time
Mental Health	PEF Mental Health Benefit	https://www.aft.org/benefits/trauma	Free and confidential benefit to PEF members; connect with a licensed, certified, master's level (or higher) therapist via phone, video, text and even AI.
Mental Health	OMH: Grief Counseling Resource Guide	https://omh.ny.gov/omhweb/grief/griecounselingresourceguide.pdf	A guide on helping people who have suffered loss on the OMH website.
Mental Health	Headspace	https://www.headspace.com/ny	A partnership of the Governor and Headspace offering free meditation and mindfulness content to help New Yorkers in the Coronavirus crisis.
Mental Health	Beacon Health Options: Beacon Lens	https://www.beaconlens.com/	Mental health and COVID-19 resource covering healthcare workers and the power to manage COVID-19.
Mental Health	American Red Cross Training Course	https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o000014Zlq.html?cgid=hidden&isCourse=true&storedistance=undefined#cgid=online-safety-classes&zip=albany%2C%2Bny&latitude=42.6525793&longitude=-73.7562317&zipcode=&searchtype=class&start=31	The uncertainty associated with a global health crisis like COVID-19 challenges everyone's ability to cope. This course will help you to build resilience and support yourself and others through this crisis by reviewing basic principles of providing psychological first aid, including how to recognize and manage stress in yourself and in others and how to lend support to family members, friends and coworkers during and following the COVID-19 outbreak.

Mental Health	Beacon Health Options: COVID-19 and Mental Wellness	https://bh.mystrength.com/beaconcovidsupport	During this stressful time, myStrength is here for you. Learn ways to manage extreme stress, get tips for parenting during challenging times, and find support to help you take care of your emotional health. (*The COVID-19 and Mental Wellness resources are available to you and your friends and family at no cost through the end of August).
Mental Health	National Suicide Prevention Lifeline: 1-800-273-TALK (8255)	https://omh.ny.gov/omhweb/bootstrap/crisis.html	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
Domestic Violence	National Domestic Violence Hotline	https://www.thehotline.org/	National Domestic Violence Hotline can help victims, survivors of domestic violence. Call our toll free number or chat w/ an advocate on their website.
Domestic Violence	OPDV: New York State Domestic Violence Hotline: 1-800-942-6906 New York State Domestic Violence Text Line: 1-844-997-2121	https://opdv.ny.gov/	A completely confidential, secure and private, staffed by professionals who are available 24/7.
Stress Management	National Institute of Mental Health: Five Things You Should Know About Stress	https://www.nimh.nih.gov/health/publications/stress/19-mh-8109-5-things-stress_142898.pdf (stress tips-handout)	A Handout/Flyer from the National Institute of Mental Health
Stress Management	CDC: Stress and Coping	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html	Valuable information on stress and coping
Child Care/Parenting	National PTA	https://www.pta.org/home/family-resources/coronavirus-information	COVID-19 PTA Resources

Child Care/Parenting	National Child Traumatic Stress Network	https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3Ae8414d64-dca4-444c-9207-fa9da1608d47	Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)
Child Care/Parenting	NYS Council on Children and Families: Parent Portal	https://nysccf.maps.arcgis.com/apps/MapSeries/index.html?appid=bde3bc9d78e84ce193abfbe297dcb0ac	This is a link to the NYS Child Care, After School, and Summer Camp Program site where you can locate child care, after school, and home visiting programs near you.
Children/Education	NYS Department of Environmental Conservation: Lesson Plan Links	https://www.dec.ny.gov/education/119886.html#DECresources	DEC resources in one location. A link to a page of links to lesson plans for children
Alcohol and Substance Abuse	AA Intergroup Online Meeting	http://aa-intergroup.org/directory.php	List of virtual AA meetings
Alcohol and Substance Abuse	AI-Anon Online Meetings	https://al-anon.org/al-anon-meetings/electronic-meetings/	List of virtual AI-Anon Meetings
Alcohol and Substance Abuse	Narcotics Anonymous Online Meetings	http://na-recovery.org/Narcotics_Anonymous_Recovery_Chat_Online_Meeting_Home.html	List of virtual Narcotics Anonymous Meetings
Substance Abuse	OASAS: NYS HOPEline: 24/7 Help with Addiction, Substance Use, and Gambling. Call 877-846-7369 Text HOPENY (467369)	https://oasas.ny.gov/hope	The New York State problem gambling and chemical dependency HOPEline is owned by the New York State Office of Addiction Services and Supports (OASAS) and operated by contractors to provide high quality, responsive information, and referral services via phone and text message to callers throughout New York State experiencing substance abuse and problem gambling. HOPEline services are free and confidential.

Grief and Loss	Disaster Distress Helpline	https://www.samhsa.gov/fin-d-help/disaster-distress-helpline	The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
Grief and Loss	Headspace: What is Grief	https://headspace.org.au/assets/Uploads/Resource-library/Young-people/Grief-web.pdf	A flyer on grief and loss and ways to manage it, including helping younger people deal with grief.
Grief and Loss	DOH: NYS Hospice Profiles	https://profiles.health.ny.gov/hospice/index	This site makes it easy to find quality and safety information on New York's hospices.
Nutrition Safety	CDC: COVID-19 Food Safety	https://www.cdc.gov/foodsafety/communication/food-safety-meal-kits.html	Basic tips for creating meal kits and meal delivery safety.
Food	Get food NYC: Food Assistance Resources	http://nyc.gov/getFood	This listing contains information on food assistance in NYC.
Food	DOH: Food Pantries	ny.gov/foodbanks	One of the greatest concerns of the pandemic is food accessibility and hunger. This site contains a list of NYS food pantries by county.
Financial Resources	DOL: (FFCRA or ACT) Families First Coronavirus Response Act	https://www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave	This act requires certain employers to provide their employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19.
Financial Resources	Consumer Financial Protection Bureau: Protecting your finances during the Coronavirus Pandemic	https://www.consumerfinance.gov/coronavirus/	A list of financial resources and tips for consumers.
Financial Resources	OSC: COVID-19 Resource Ctr for NYC/LI and Westchester Ctry	https://comptroller.nyc.gov/services/for-the-public/covid-resources/overview	Overview of multiple resources specific to the period of COVID-19.
Workplace	National Safety Council COVID-19 Resource Guide	https://www.nsc.org/work-safety/safety-topics/coronavirus/federal-guidelines	The National Safety Council has federal resources and guidelines designed to help combat the spread of COVID-19 and help employers and employees understand new laws and safety compliance issues

Workplace	NYS Department of Labor: COVID-10 and FMLA	https://www.dol.gov/agencies/whd/fmla/pandemic	COVID-19 or Other Public Health Emergencies and the Family and Medical Leave Act: Questions and Answers U.S. Department of Labor
Mental Health	Beacon Health Options: COVID-19 and Mental Wellness	https://bh.mystrength.com/beaconcovidsupport	During this stressful time, myStrength is here for you. Learn ways to manage extreme stress, get tips for parenting during challenging times, and find support to help you take care of your emotional health. (*The COVID-19 and Mental Wellness resources are available to you and your friends and family at no cost through the end of August).