

# COVID-19 RESOURCES



*Click hyperlink to access articles, fact sheets, websites, etc.*

## ***Resources for Parents:***

[CDC Update: Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children.](#)

[CDC: Manage Anxiety & Stress](#)

[American Academy of Pediatrics: How to Protect Your Family](#)

[American Academy of Pediatrics Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](#)

[American Academy of Pediatrics Social Distancing: Why Keeping Your Distance Helps Keep Others Safe](#)

[American Academy of Child & Adolescent Psychiatry: Talking to Children About Coronavirus \(COVID19\)](#)

[Gil Institute for Trauma, Recovery & Education: COVID-19 Crisis Management -Guidelines for Parents and Caretakers](#)

[NYS Office of Mental Health: Feeling Stressed about Coronavirus \(COVID-19\): Managing Anxiety in an Anxiety-Provoking Situation](#)

## **Youth Webinars:**

[Public Health at Hofstra University COVID Youth Webinar](#)

## **Relaxation Videos and Mediation Apps for Families (parents & children):**

[Adult: 15-Minute Mindfulness Meditation](#)

[Head Space App](#)

[5-Minute Kids Body Scan Meditation](#)

[Calm App](#)

[5-Minute LovingKindness Kids Meditation](#)

[Kids Breathe App](#)

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## **Substance Abuse and Mental Health Services Administration (SAMSHA)**

[Coping with Stress During Infectious Disease Outbreaks](#)  
[Virtual Recovery Resources](#)

### **Other Virtual Self-Help:**

[Virtual Narcotics Anonymous Meetings \(NA\)](#)

[Addiction Policy Forum: A Smartphone App to Help with Recovery](#)

**Connect with counselors and peers through messaging. Clinical support 7 days a week (9AM-10PM).**

[12step.org/social/online-meetings/](https://12step.org/social/online-meetings/)

**Online meetings via text, voice, or video chat.**

[Inter-Group Association of Alcoholics Anonymous \(A.A.\)-zoom room meetings](#)

[SMART Recovery Online \(SROL\) Community Available for 24/7 Recovery Support](#)

[Stepchat.com](#)-offers 12-Step Chat room meetings 7 days a week. AA, NA, Al-ANON, and ACA Meetings.

## **Local Counseling and Crisis Support Resources:**



YES Community Counseling Center- Providing counseling services virtually. Requests for services can still be made by calling YES and a staff member is available during office hours to answer the call. You will be given an appointment for a phone or video assessment, depending on which is most feasible for you.

Phone: 516-799-3203 Website: [www.yesccc.org](http://www.yesccc.org) Email: [info@yesccc.org](mailto:info@yesccc.org)

### **Crisis Hotlines:**

[Long Island Crisis Center \(516\) 657-1111 \(24/7 hour hotline\)](#)

[Office of Mental Health, Chemical Dependency & Developmental Disabilities Services](#)

Mobile Crisis Team call 227-TALK (227-8255).



[The New York State Office of Mental Health Crisis Hotline](#)

[Crisis Text Line:](#)

An anonymous texting service available 24/7. Text **GOT5** to **741741**.

[The Cohen Children's Pediatric Behavioral Health Urgent Care Center](#) provides timely access to pediatric mental health services for children and adolescents (age 5-17) presenting in a mental health crisis. M-F 9am to 2:30pm -virtual for all possible sessions, phone assessments: (917) 480-4495 / (718) 470-3148