

## What does it mean to be essential?

### Managing conflicting feelings and identities on the frontline of COVID-19

Town Hall Resources | 1-2pm, June 11th, 2020

#### Crisis Support

**NYC WELL 24/7 Crisis Support:** call 888-692-9355, text "WELL" to 65173, or chat online by visiting [nyc.gov/nycwell](https://nyc.gov/nycwell)

**New York State's COVID-19 Emotional Support Helpline:** 844-863-9314

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.

**Domestic and Intimate Partner Violence NYC HOPE hotline:** 800-621-4673 (HOPE)

Website: <https://www1.nyc.gov/nychope/site/page/home>

#### Resources from the NYS Office of Mental Health

<https://omh.ny.gov/omhweb/covid-19-resources.html>

#### PUBLIC RESOURCES

[Tips for Mental Wellness \(Español | বাংলা | 中文 | Р У С С К И Ы | Kreyòl Ayisyen | 한국어\)](#)

[How to manage COVID related stress and anxiety](#)

[Mental Health Resources During an Emergency](#)

People often experience anxiety, fear, and helplessness during an emergency. Know the signs and get help.

[Community Outreach Materials](#)

Help us support New York. Download our collection of Public Service Announcements and printable resources.

#### GRIEF SUPPORT

[Coping with Grief](#)

Reminders for people processing COVID-19 grief.

### [Supporting Others Through Grief](#)

Coping with grief during the coronavirus emergency.

### PROVIDER RESOURCES

#### [Guidance on COVID-19](#)

Interim guidance for behavioral health providers licensed by OMH, including Telemental Health Guidance

### VOLUNTEER

#### [Get Involved](#)

Are you a qualified health, mental health or related professional? Consider volunteering to support the State's COVID response.

### **Resources from Participants**

For weekly virtual gathering for English/Spanish speaking parents, contact:

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Division of Community Empowerment, Partnerships, and Communications  
New York City Department of Education  
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