

Emergency and Mental Health Resources

MCAT-Crisis

- 315-732-6288-Available 24/7
- 844-732-6288-Available 24/7
- 628 Mary Street, Utica, NY

Food Support

Kathy Lynch, Food for Thought-315-245-4957
Cluster 13 Food Pantry-315-245-5758

Call 211

- This will help you find local services

Call 911

Neighborhood Center

199 W. Dominick St., Rome, NY 13440

Child: 315-272-2730

Adult: 315-272-2748

Hours:

- Monday, Tuesday, and Thursday 8:30am - 8:00pm,
- Wednesday and Friday 8:30am - 4:30pm

Community Health and Behavioral Services (CHBS):

- Utica: 315-798-8868
- Rome: 315- 337-0773
- York Street Clinic (MVPC): 315-738-4440
- Rome Clinic (MVPC): 315-336-6230

National Suicide Prevention Hotline

- 1-800-273-8255

The Trevor Project-National 24hour, ConfidentialSuicideHotline for LGBTQ youth

- 866-488-7386

New Yorkers can call the COVID-19 Emotional Support Hotline for Mental Health Counseling

- 1-844-863-9314

Connect For Child Care Resources

- Cornell Cooperative Extension at 315-223-7880 ext 222 from 8:00 am till 4:30 pm

YWCA of the Mohawk Valley

- (315) 797-7740 - Provides both residential and non-residential domestic violence services.

National Domestic Violence Hotline:

- 800-799-7233

National Sexual Assault Hotline:

- 800-656-4673

NYS Child Abuse/Maltreatment Hotline

- 1-800-342-3720

Oneida County Department of Family and Community Services (DSS) Helpline

- 315-798-5439

Crisis Text Line

- Text-HOME to 741741

Helpline for First Responders

- 1-888-731-3473

Other Helpful Phone Numbers

1. **Oneida County Health Department COVID Helpline**
 - 315-798-5431
2. **Health Clinic-Related Questions (including Hepatitis A, TB or Immunizations)-**
 - 315-798-5747
3. **Office for the Aging Helpline**
 - 315-798-5439
4. **Childcare Helpline -**
 - 315-223-7850 x2222
5. **Court Emergencies Helpline -**
 - 833-503-0447
6. **OASAS hotline (for alcohol and substance use assistance):**
 - 1-877-8HOPENY
7. **Local Substance Clinics/Resources:**
 - Beacon Center: 315-366-4100 or (315) 367-1280
 - Insight House: 315-724-5168
 - Milestones: 315-507-5800
 - Community Recovery Center: 315-334-4701
 - Helio Health: 315-624-9835
 - CFLR Family Support Navigator: 315-733-1709
8. **Links to on-line Alcohol and Substance Use support groups:**
 - a. <https://www.intherooms.com/livemeetings/list>
 - b. <https://www.smartrecovery.org/>
 - c. <https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
 - d. <http://aa-intergroup.org/>

Emergency Rooms

1.Rome Hospital

1500 North James Street Rome, NY 13440

315-338-7000

2.Upstate Medical Center Emergency Room

750 East Adams Street, Syracuse, NY 13210

315-464-5611

3.St. Joseph's Hospital Mental Health-CPEP

Entrance in the back of the hospital

742 James Street, Syracuse, NY 13203

315-703-2700

Helpful Websites

1. Office of Mental Health

<http://omh.ny.gov>

2. Center for Disease Control Website:

www.cdc.gov/covid19

3. Association for Children's Mental Health

www.acmh-mi.org

4. New York State Department of Health's COVID-19 Webpage

<https://coronavirus.health.ny.gov/home>

5. Center for Disease Control and Prevention Webpage:

<https://www.cdc.gov/coronavirus/2019-ncov/>

6. Oneida County Health Department

- Website: OCGov.net/Oneida/Health
- Phone: 315-798-6400
- Follow the Oneida County Health Department on social media
 - Facebook: [/UCHDNY](https://www.facebook.com/UCHDNY)

8. YWCA of the Mohawk Valley

- Domestic Violence Website
- <https://www.ywcamv.org/>

9. Coping Resources:

- **World Health Organization tips for coping with stress:**
https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8
- **World Health Organization tips for helping children cope with stress:**
https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- **10 Breathing Techniques** <https://www.healthline.com/health/breathing-exercise>
- **Sanvello – a great self-help app to reduce stress, anxiety & depression:** <https://caps.tamu.edu/sanvello/>
- **Managing Anxiety & Stress (according to the CDC):**
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **What to Do if the Coronavirus Health Guidelines are Triggering Your Anxiety or OCD:**
<https://themighty.com/2020/03/coronavirus-ocd-anxiety-advice/>
- **Living With Mental Illness During COVID-19 Outbreak - Preparing for Your Wellness:**
<https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>
- **When Home Becomes the Workplace: Mental Health and Remote Work**
<https://www.forbes.com/sites/onemind/2020/03/17/when-home-becomes-the-workplace-mental-health-and-remote-work/#5fd1755c1760>

- **Mental Health America - Keep Your Mind Grounded:**
<https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf>
- **Take a Deep Breath:**
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720
- **The Parent Guide to Resilience:** <https://resiliencguide.org/>
- **Talking to Children About COVID-19: A Parent Resource**
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

10. Free/Discounted Workouts from Home:

- **Yoga and Meditation for Anxiety:**
 - “Regular yoga practice has been proven to calm stress, enhance concentration, and reduce the symptoms of anxiety.” – Mary & Rick NurrieStearns
<https://www.yogajournal.com/meditation>
- **Peloton** - offering 90-days free on its app. This app includes floor workouts, yoga, and meditation classes.
- **The Daily Burn** - offering a 30-day free trial period. This is designed to make you feel like you are in a class while you’re home alone.
- **Blink Fitness** - offering Facebook Live sessions weekdays at 8 a.m. ET.
- **Orangetheory** - offering 30 minute workout videos each day
- **305 Fitness** - offering cardio dance live streams twice a day on YouTube.
- **Gold’s Gym** - offering over 600 audio and visual workouts for free on their app through the end of May.
- **Planet Fitness** - live streaming “Work-Ins” at 7 p.m. ET everyday on Facebook.
- **Retro Fitness** - offering free daily live stream classes on its Facebook page that are available weekdays at 6 p.m. ET.
- **CorePower Yoga** - offering free access to a limited collection of online yoga and meditation classes.

11. At Home with Kids:

- **20 Virtual Field Trips:** <https://adventuresinfamilyhood.com>
- **Digital Education/Reading & Learning:**
 - <https://pbskids.org/games/reading/>
 - <https://www.readworks.org/>
 - <https://www.storylineonline.net/>
 - <https://www.funbrain.com/>
- **Scholastic Learn at Home:** <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Walt Disney World Virtual Rides on YouTube:**
<https://www.chron.com/news/article/Kids-stuck-at-home-can-go-on-these-virtual-Disney-15143702.php>
- **Lunch Doodles with Mo Willems of the Kennedy Center:**
https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF
- **Have a library card? Many local libraries allow you to check out and download ebooks!**
- **Try a new recipe or make dinner as a family!**
- **PBS Kids Online Games:** <https://pbskids.org/>
- **Have a movie night!**
- **Free Virtual Field Trips:** <https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Have a dance party!**
- **Give your kids art supplies and let them make masterpieces!**