

# COVID-19 Mental Health Resources

## NYS Office of Mental Health

[omh.ny.gov](http://omh.ny.gov)

NYS Office of Mental Health COVID-19 Emotional Support Help Line is available 8am-10pm, 7 days a week. New Yorkers can call the State's hotline at 1-844-863-9314 to schedule a free appointment.

## Substance Abuse and Mental Health Services Administration (SAMHSA)

[samhsa.gov](http://samhsa.gov)

SAMHSA has a number of resources to assist you in getting help, accessing treatment, and connecting to crisis counselors. The resources include:

- [FindTreatment.gov](http://FindTreatment.gov) - Find a treatment facility near you.
- National Suicide Prevention Lifeline - 800-273-8255  
Free, confidential support for people in distress 24/7.
- National Helpline - 1-800-662-HELP (4357)  
Treatment referral and information, 24/7.

## **Crisis Text Line**

We also want to make you aware of another resource for those who prefer texting/social media (Facebook Messenger) to seek help. This resource is supported mostly by private companies such as Netflix and YouTube.

The Crisis Text Line is a free, 24/7, support for those in crisis. Send a text to 741-741 from anywhere in the US to chat with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

[crisistextline.org/faq](https://crisistextline.org/faq)

## **Center for Disease Control (CDC)**

[cdc.gov](https://cdc.gov)

The CDC has many resources for managing stress and anxiety during Coronavirus.

## **Local Health Departments**

[naccho.org/membership/lhd-directory?searchType=standard&lhd-state=NY#card-filter](https://naccho.org/membership/lhd-directory?searchType=standard&lhd-state=NY#card-filter)

## **American Council of the Blind**

[acb.org](http://acb.org)

## **National Federation of the Blind**

[nfb.org](http://nfb.org)