

MENTAL HEALTH RESOURCES

The COVID-19 pandemic is disrupting lives and routines around the world. During this time of great upheaval and uncertainty, we want to remind you that while you are taking the important measures to prevent the spread of the coronavirus – through hand washing and social distancing-you **should not** forget about your mental health.

NYS COVID-19 Emotional Support Line

1(844) 863-9314

8AM-10PM, 7 Days a week

Self-care tips:

- **Take a walk**
- **Start journaling**
- **Have a home day spa**
- **Stimulate your brain**
- **Listen to an inspiring podcast**
- **Create a sense of normalcy and routine in your day**
- **Recreate a hobby / try a new recipe**

Managing Stress

- **Practice mindfulness**
- **Deep breathing**
- **Exercise**
- **Eat a well-balanced diet**
- **Wake up the same time every morning**
- **Stick to a routine**
- **Talk to a friend or family member**

The NAMI Help Line

Monday – Friday

10 am – 6 pm

1-800-950-NAMI (6264)

Need someone to talk to?

Mobile Crisis Assessment Team
(MCAT)

1 (877) 369-6228

Available 24 hours 7 days a
week

Provides:

- Wellness calls
- Crisis support
- Information & linkages to services available
- All assessments are being done via phone, FaceTime, or Google

Regional Warm Line

- NOT A CRISIS HOTLINE-

(607) 433-0661 or 1 (800) 377-3281

12:00PM-10:30PM

What is the warm line about?

- Confidential peer self-help
- Reduce isolation
- Non-judgement listener
- Time to talk to someone who has been there

Otsego County Behavioral Health

- Currently using audio/video tele-health including Peer Services
- Accepting new patients

Adult Mental Health
(P) (607) 433-2343

Children & Family Mental Health
(P) (607) 433-2334

Addiction Recovery Services
(P) (607) 431-1030

Mary Imogene Bassett Outpatient Psychiatry Services

Monday –Friday 8-5 pm

- Currently using audio/video tele-health
- Accepting new patients

(P) (607) 547-3500



FORDO (Friends of Recovery of Delaware and Otsego

Monday –Friday 9-5pm

- Peer services
- Recovering coach
- Continuing to host self-help groups. Please refer to <https://www.friendsofrecoverydo.org/>
- Reach out to Kyle LeFever (Peer Specialist Coordinator) to coordinate peer services

(P) (607) 267-4435

Kyle LeFever- (607) 376-4388

Family Resource Network

8-4 pm answering services available

- Accepting new referrals through SPOA or Families
- Advocates are available via phone/video-conferencing
- OPWDD in-person events are cancelled through mid-April, all other services are available
- Trainings are on-line, paper copies are available to families that does not have access to on-line

(P) (607) 432-0001