

# 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**

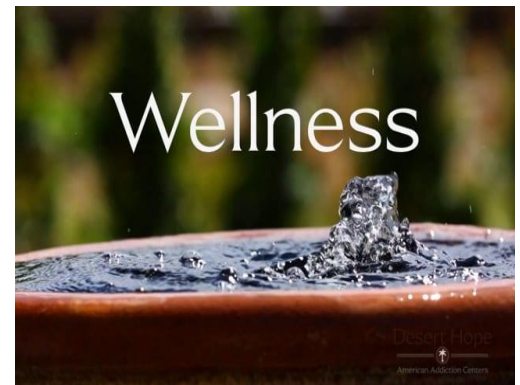
8AM-10PM, 7 Days a week

## 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



## 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 8-5pm

- 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

8-4pm 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**