During this pandemic having mixed emotions is normal. As youth it is important that we take care of our own mental and physical health. Mrs. Stroud and I have come up with resources that might be beneficial during our time away from school and the uncertainty when dealing with COVID-19.

**Articles about Coping with COVID-19**

-**Feeling Stressed About Coronavirus (COVID-19)? Managing Anxiety in an Anxiety-Provoking Situation. Article by NYS Office of Mental Health**

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

The article offers the following tips to help release anxiety:

-Practice good hygiene (washing hands regularly with soap and water for at least 20 seconds)

-Choose reliable sources when checking information about COVID-19

-Establish boundaries of how often you are checking social media

-learn about different levels of anxiety

-Practice good self-care (exercising, eating healthy, and getting enough sleep)

-Reach out to your support network virtually (family, friends, etc)

-Find a safe space that is not focused on COVID-19

-Savor small positive moments and stay optimistic-write in journals or talk nightly with friends/family about moments during the day that were fun or enjoyable.

**-How Mindfulness Can Help During COVID-19. Article by Rae Jacobson at Child Mind Institute**

[**https://childmind.org/article/how-mindfulness-can-help-during-covid-19/**](https://childmind.org/article/how-mindfulness-can-help-during-covid-19/)

The article offers tips for calming anxiety during a difficult time by trying to practice mindfulness. These are some of the tips:

-squeeze muscles

-belly breathing

-mindful meal

-meditation

-blowing bubbles

-coloring

-listening to music

-**How to Support Friend with Mental Health Challenges by Katherine Martinelli at Child Mind Institute.**

<https://childmind.org/article/support-friend-with-mental-health-challenges/>

Many of us rely on our friends for support including emotional support when things are difficult. During this time of being quarantine, we may feel isolated from one another and the only way to connect is through social media, text or call, and video chat.

The following article discusses:

-How to be a good friend to someone who is struggling by validating their feelings, asking how you can help, understanding their limitations, not gossiping and knowing it’s okay to change the subject.

-Discusses what you don’t need to do: be available 24/7, putting yourself in danger to watch over your friend and feeling guilty.

-When should you turn to an adult?

-Importance of Self-Care

**Mental Health Hotline Numbers:**

-**New York State Office of Mental Health Crisis Counselors & 24 Hour National Suicide Prevention Lifeline-** Call 1-800-273- TALK or text GOT5 to 741741**.**

• Are you struggling in the midst of COVID-19? Crisis counselors are still just a phone call or text away.

• If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Trained crisis workers are available 24 hours a day, 7 days a week. You’re confidential and toll free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

**-SAMHSA’s National Helpline –** 1-800-662-HELP (4357)/ 1-800-487-4889 (TDD)

• Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

**The Allegany County Crisis Hotline** is staffed 24 hours/day, 7 days a week.  Families can speak to a therapist at any time by calling 1-888-448-3367.

**The Wyoming County 24 hour Crisis Hotline** is 1-800-724-8583.

**Mental Health Services:**

**Clarity Wellness:**

People in need of mental health assistance are encouraged to call the clinic that is closest to them (Wellsville, Warsaw or Arcade).  There is a secretary at each location who is answering the phone.  If you or someone in your family is already enrolled with Clarity, the secretary will take their verbal message and also transfer the person to your/their clinician's voicemail.  At this point, all of the clinicians are working however, counseling sessions will be completed over phone or video conferencing.  If you are not a current client at the clinic, the secretary will guide them through the intake process.

\*Warsaw: 39 Duncan St. (585)786-0190

\*Arcade: 1 Liberty St. (585)492-2601

\*Wellsville: 4220 State Rt. 417 W (585)593-7071

**Spectrum Human Services:**

\*Warsaw: 34 N. Main Street (585)786-0220

Individuals in need of mental health assistance are being encouraged to call the clinic. Counselors are working however, limiting face to face contact. If you are enrolled as a client, the clinician will be contacting you regarding your session. All groups are cancelled at this time.

**Noyes Mental Health and Wellness Services-** 585-335-4316

If you are enrolled as a client, your therapist will be contacting you regarding your session. Therapist are conducting sessions via phone, zoom, etc. For mental health assistance call the above number to speak to a therapist on call. Individuals should call before coming into the clinic.

**Links for Mindfulness Activities**

**If you need any support during this time (friends, family, food, emotional, academics), please reach out to:**

**Miss Bailey at** **kbailey@fillmorecsd.org** **and/or text Monday-Friday 10-3 at (716)244-7705 Mrs. Stroud at** **hstroud@fillmorecsd.org**

**Stay Healthy and Stay Safe!**