

Mental Health Resources for Families

Self Care For Parents/Caregivers

Text4Caregivers From Parent to Parent: <http://parenttoparentnys.org/>

A free support service that will distribute timely and relevant self-care and stress-management support through text messaging. As a parent or caregiver, you take care of others; this service exists to remind you to take care of you. Available in English and Spanish, the goal of Text4caregivers is to offer caregivers easy access to a wide variety of information and resources.

English: <https://platform.trumpia.com/onlineSignup/ddpctext/text4caregivers>

En Espanol: <https://platform.trumpia.com/onlineSignup/ddpctext/spanish>

Prayer Suggestions

Coronavirus Prayer Suggestions:

https://www.rcda.org/application/files/8415/8471/2165/Coronavirus_Suggestions_for_Prayer_Albany_P_and_W_Office.pdf

Mindfulness

Headspace: Audio meditations for calm and sleep. <https://www.headspace.com/ny>

Mindfulness How It Can Help Amid the COVID-19 Pandemic:

<https://www.yalemedicine.org/stories/mindfulness-covid/>

Books and Articles on Stress

Words of Faith A Coloring Book to Bless and De-Stress, Paraclete Press

Managing Stress with the Help of Your Catholic Faith, Mary Lou Rosien, Our Sunday Visitor

Managing Stress and Anxiety During Difficult Times—An ongoing series by Rev. Tom Konopka, director of The Consultation Center in Albany www.rcda.org/coronavirus/pray-breathe-be

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Family Resources

All Family Members

NAMI NYS – National Alliance on Mental Health NYS:

A Circle of Care Guidebook for Mental Health Caregivers: https://www.nami.org/Support-Education/Publications-Reports/Guides/Circle-of-Care-Guidebook/CircleOfCareReport?utm_source=direct&utm_campaign=circleofcare/

Family Members/Caregivers: <https://www.naminys.org/nys/populations/family-member-and-caregivers/>

Person with a Mental Health Condition: <https://www.naminys.org/nys/populations/person-with-a-mental-health-condition/>

Mental Health Association in New York State:

An agency of support, education and advocacy for mental health issues. (518) 434-0439;
www.mhanys.org; info@mhanys.org

Children

CDC – Centers for Disease Control:

COVID-19 Parental Resources Kit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

Resources for children Age 0 – 5 years: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/early-childhood.html>

Resources for children Age 6 - 12 years: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/childhood.html>

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Teens/Young Adults

NAMI – NYS

Posters for Teens/Young Adults: <https://www.naminys.org/nys/populations/teens-and-young-adults/Posters: Getting the Right Start and Taking Charge of Your Mental Health>

UNICEF

How Teenagers Can Protect Their Mental Health During Coronavirus COVID 19:
<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

CDC – Centers for Disease Control:

COVID-19 Parental Resources Kit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

Resources for Youth: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/adolescence.html>

Young Adults

Resources for Young Adults: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/young-adulthood.html>

Crisis Situations

Call 911 if someone you know is in immediate danger.

National Suicide Prevention Lifeline—Call 1-800-273-8255; “The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.”
Website: www.suicidepreventionlifeline.org

Anonymous Crisis Texting—Text to 741741 to be immediately connected with a crisis counselor.

COVID-19 Emotional Support Helpline, Office of Mental Health
Sometimes it’s just good to talk it out...
<https://nyprojecthope.org/talk/> 1-844-863-9314