

Dear Neighbor,

As you know by now, containing the spread of the Coronavirus requires significant changes to our daily routines. Schools, non-essential businesses and even the places where we worship are closed or operating on a limited basis. In addition, we have been asked to stay home. These disruptions to our normal routines present real challenges. For some, these changes may lead to feelings of fear, anxiety, isolation and more. If you or someone you know is struggling and needs help, it is important to know assistance is available.

A list of mental health resources is provided below. As more mental health resource information becomes available, this list will be updated and posted on my website, helming.nysenate.gov.

Please know together we will get through this. This pandemic will end. In the meantime, I will continue to do everything I can to support the efforts to stop COVID-19. As always, please do not hesitate to contact me if I can be of any assistance.

Stay safe,

Pam

Mental Health Resources:

- Veterans Crisis Line 1-800-273-8255 or text 838255;
- Community resources to help with housing, food and other assistance, dial 211;
- New York State Domestic Violence Hotline: 1-800-942-6906;
- Finger Lakes Area Counseling & Recovery Agency: 315-462-9466 or visit their [website](#);
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255);
- Crisis Text Line: a free 24/7 confidential text service for those in crisis. Text "Got5" to 741-741;
- Betterhelp.com and Talkspace.com online therapy;
- The Suicide Prevention Resource Center has compiled a selection of [information](#) on mental health and coping with the effects of COVID-19.

**If you are asked to be in
quarantine at home or in another
location**

**During times of stress, pay attention to
your own needs and feelings.**

**Engage in healthy activities that you
enjoy and find relaxing.**

**Exercise regularly, keep regular sleep
routines and eat healthy food.**

Keep things in perspective.

#Coronavirus

#COVID19



**World Health
Organization**



Albany Office:

517 Legislative Office Bldg
Albany, NY 12247
518-455-2366

District Office:

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Geneva, NY 14456
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