

# COVID-19 Resource Guide for Hetrick-Martin Members & HMHS Students

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**\*IF YOU ARE EXPERIENCING AN EMERGENCY AND NEED IMMEDIATE CARE,  
PLEASE DIAL 911.**

**For all other needs and support, please reach out to a counselor or call the NY  
Mental Health Hotline established during the health pandemic:**

**1-844-863-9314.**

## **Mental Health Considerations for our Members:**

- The following were developed by the **World Health Organization's Department of Mental Health and Substance Use** as messages targeting different groups to support for mental and psychosocial well-being during COVID-19 outbreak.
  - General Population –
    - “COVID-19 has and is likely to affect people from many countries, in many geographical locations. Do not attach it to any ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by Covid-19 have not done anything wrong, and they deserve our support, compassion and kindness.”
    - “Do not refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or the “diseased”. They are “people who have COVID-19”, “people who are being treated for COVID- 19”, “people who are recovering from COVID-19” and after recovering from COVID-19 their life will go on with their jobs, families and loved ones. It is important to

separate a person from having an identity defined by COVID-19, to reduce stigma.”

- “Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not the rumors and misinformation. Gather information at regular intervals, from [WHO website](#) and local health authorities' platforms, in order to help you distinguish facts from rumors. Facts can help to minimize fears.”
  - “Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper. For example, check-in by phone on neighbors or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing Covid-19 together.”
  - “Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience.”
  - “Honor caretakers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play to save lives and keep your loved ones safe.”
- People in isolation –
- “Stay connected and maintain your social networks. Even when isolated, try as much as possible to keep your personal daily routines or create new routines. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via e-mail, social media, video conference and telephone.”

- “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. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.”
- “A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumors that make you feel uncomfortable.”
- From **them.us**, “9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment” – find the article at:  
<https://www.them.us/story/9-strategies-for-quarantining-in-a-non-lgbtq-accepting-environment>
- **NYC Well** is your connection to free, confidential crisis counseling, mental health and substance misuse support, information and referral. You can reach the toll-free help line 24 hours a day, 7 days a week by phone, text and online chat. They can provide bilingual help in Spanish, Mandarin and Chinese and offer translation services in more than 200 languages. Mental health professionals there can link you to the services you need.
  - To contact NYC Well, call:
    - **1-888-NYC-WELL** (1-888-692-9355)
    - **1-888-692-9355** (Español)
    - **1-888-692-9355** (中文)
    - **711** (TTY for hearing impaired)
  - You can also reach NYC Well by texting “WELL” to 651-73, or visit their web site for more information.
  - Health insurance is not required. Depending on your phone/text service, you may be charged a fee.
- If you’re feeling anxious or isolated, you can sign up with **Vocal New York** and they will connect you with someone to talk to.

- If you're experiencing gender-based violence...
  - **The NYC Family Justice Centers** (FJCs) will remain open for survivors of gender-based violence to access vital support and services at this time.
  - **NYC Anti-Violence Project** (avp.org) has a 24-hour bilingual hotline (212-714-1141) for any LGBTQ+ and/or HIV+ person experiencing a crisis.
  - **National Domestic Violence Hotline** is available 24/7 (1-800-799-7233).
  
- If you're quarantined with an abuser, please call: **1-800-942-6906**
  
- **Q Chat Space** provides online discussion groups for LGBTQ+ teens ages 13 to 19. It is not a forum. It is live and chat based; there is no video or audio. Everyone is chatting during the same pre-scheduled time, facilitated by experienced staff. Facilitators are NOT mental health professionals.
  
- **Free or Fair-Cost Online Wellness Led by People of Color, Womxn & Queer Folks:**
  - @omgirlalli – free daily community meditation via FB + IG live or Zoom
  - @liberatemeditation – free app, specifically by and for POC
  - @alexrodriguez yoga – meditation via IG live
  - @edynloveslife – yoga on Youtube led by plus-size instructor Edyn Jacks
  - @staylightwithliz – private breathwork, asana, meditation, vinyasa, yin, and restorative sessions using Zoom or FaceTime
  - @hyperbody – abs, HIIT, and aerobics video on YouTube
  - @ponysweat – free one hour dance aerobics video on YouTube, monthly 30 minute video sent to email subscribers
  - @theunderbellyyoga – yoga class app taught by Jessamyn Stanley
  - @iamrachelricketts – free meditations on the Insight Timer app

- @livinginthisqueerbody – psychotherapist-led podcast about barriers to embodiment featuring interviews with queer folks
- @thehealingjustic – podcast on the practice of collective healing & social change
- **Virtual Support Group for Queer and Trans People of Color:**



**Virtual Support Group  
for Queer & Trans  
People of Color**

A virtual therapeutic space (via Zoom) for queer and trans people of color to process their experiences.

Led by a QTPOC clinician, this group aims to provide support, share coping skills, build safe and affirming community, and foster our individual and collective strength and resiliency.

**Interested?**  
Complete this brief survey:  
<https://bit.ly/2RlwdDi>  
or Email [info@ihitherapy.org](mailto:info@ihitherapy.org)



- **For Undocumented Young People:**
  - **Immigrants Rising's** Wellness Gatherings on Sundays and Wednesdays from 5 – 6 PM (PT) to help undocumented young people stay grounded and connected to one another.
  - Link: [immigrantsrising.org/wellnessgatherings](https://immigrantsrising.org/wellnessgatherings)

- **For LGBTQ+ Jewish Youth:**
  - **Jewish Queer Youth (JQY)** is a nonprofit organization supporting and empowering LGBTQ youth in the Jewish community. JQY fights to ensure the emotional and physical health and safety of these individuals, with a special focus on teens and young adults from Orthodox, Chasidic, and Sephardic communities.
  - Link: <https://www.jqyouth.org>
  
- **Feeling Anxious?**
  - **Care for Your Coronavirus Anxiety** has partnered with Mental Health America to compile research, tools, articles, meditations, access to mental health experts, anxiety screenings, and more.
  - Visit: <https://www.virusanxiety.com>
  
- **Love Music? Does so song soothe your soul?**
  - **Stay at Home Fest** provides an epic, open-source online music festival schedule, resources for artists to host their own shows, and their own very special mainstage livestream event, coming in April.
  - Visit: <https://www.stayathomefest.com>
  
- **Need some meditation in your life?**
  - **Balance** is meditation app that is offering a free one-year subscription to anyone who wants it. Email [access@balanceapp.com](mailto:access@balanceapp.com) for instructions, and please share this information with others who might benefit.

- **Hotlines:**
  - **The Trevor Helpline** –
    - Via phone: 1-866-488-7386
    - Via text: text START to 678678
  
  - **Trans Lifeline** – Need to talk? Call! Their peer support hotline is run by and for trans people. They're available 10am-4am EST. Volunteers may be available during off hours.
    - US: 877-565-8860
  
  - **LGBT National Help Center** –
  
  - **National Suicide Prevention Lifeline** – connecting individuals with counselors for emotional support and other services. Available 24/7.
    - 1-800-273-8255
  
  - **RAINN, Rape Abuse & Incest National Network** – national sexual assault hotline. Available 24/7.
    - 800.656.HOPE
  
  - **Sexually Transmitted Disease & AIDS/HIV Information Hotline**
    - 1-800-CDC-INFO (Monday through Friday 8 AM to 8 PM ET)
  
  - **Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline** (24/7, 365 days)
    - 1-800-985-5990
    - Or text TalkWithUs to 66746
  
  - **NAMI (National Alliance on Mental Illness) HelpLine**
    - Monday – Friday, 10:00 AM – 6:00 PM (EST) at 1-800-950-6264
  
- **Sanctuary for Families** created a Safety Planning Guide that draws from survivors' and clinicians' expertise. Click the link below for more information.

- <https://sanctuaryforfamilies.org/safety-planning-covid19/>
  
- **Support for individuals in Western and Central New York:**
  - **Crisis Services of Western New York** 24-hour hotlines with instant access to interpreters:
    - Buffalo & Erie Country: (716) 858-2929
    - Kids HelpLine: (716) 834-1144 or 1-877-KIDS-400
    - Chautauqua County Hotline: 1-800-724-0461
  - **Finger Lakes Region's** 2-1-1/LIFE LINE offers:
    - A 24-hour hotline and live chat Sundays and Saturdays from 8:00 AM – 11:00 PM EST.
    - To access these services, dial 211 (mobile) or (585) 275-5151 (rotary) or toll free at 1-877-356-9211
  
- **Support for individuals on Long Island:**
  - **The Long Island Crisis Center** (both HIV-specific and non-HIV specific) is operating both the English and the Spanish Hotlines.
    - English: 1-800-541-AIDS
    - Spanish: 1-800-233-SIDA

(A language contractor is used for non-English speakers.)