

Southern Tier

MHAST Warm Line

Our local warm line operated by peers is available 24/7 at **607-240-7291**

CPEP Hotline

The UHS CPEP team is available 24/7 at **607-762-2302** or **800-451-0560**

Suicide Prevention & Crisis Services of Ithaca

Available 24/7 at **607-272-1616** or **800-273-8255**

2-1-1 Resource Network (Susquehanna River Region)

Visit <http://www.helpme211.org/> or call **2-1-1** or **1-800-901-2180**

State

OMH COVID-19 Emotional Support Line

The state operated support line, directly created in response to the COVID-19 pandemic.
Available at **1-844-863-9314**

APS Virtual Community

This website is full of resources in addition to the virtual meetings: <https://aps-community.org/>

NYAPRS

Offering 15-minute retreats every weekday morning at 8AM. Most recent meditation recording can be found on their homepage at <https://www.nyaprs.org/>.

MHEP-RISE Center Virtual Peer Support Groups

Online Peer Support Group via Zoom; 7 days a week at the following times:

8a-9a, 11a-12p, 3p-4p, 4p-5p, 6p-7p, 8p-9p, 9p-10p

For Zoom link and password, please call the office at 518-235-2173 or our Rise Center office at 914-664-3444 or email one of the facilitators, Meagon mnolasco@mhepinc.org, Rob rrodger@mhepinc.org, John Lyn jllyn@mhepinc.org, or Hussein Razi-Bey hrazi-bey@mhepinc.org

National

iNAPS

This website is full of resources, including virtual meetings: <https://www.inaops.org/>

Crisis Text Line: Text GOT5 to 741741.

An anonymous texting service available 24/7. Starting a conversation is easy.

SAMHSA Disaster Distress Helpline: 1-800-985-5990

Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Domestic Violence: 1-800-799-SAFE(7233)

Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call.

Aunt Bertha Resource Search Engine

This search engine returns resources based on zip code search: www.auntbertha.com

Apps (Peer specific)

What's App: Social Networking App. Lots of groups for free to connect with peers, mental health support groups, not too hard to navigate, lots of great features. Easy to get lost in the social networking aspect.

WRAP app: \$4.99 to purchase, can be cost prohibitive for many, although the ratings were very good, many positive ratings after their last update

Insight Timer: GREAT APP. Lots of features for focused meditations, music, lots of features for children

Talk Life: lots of negative reviews, apparently it's for age 13 and up. Lots of in app advertisements, developers aren't responsive to the many complaints about trolls and glitches in the app.

Hey Peers: while I did like the app, I did NOT like that one of the first things you see upon downloading and joining is an offer to sign up for "trials". Apparently big pharma is a sponsor of this app. I don't find that to be peer friendly, IMHO

Stop Think Breathe: The page says they are offering a free trial during the Covid-19 outbreak but the link on the computer isn't working and you can't find it in either the android or iphone app store. Also the complaints in reviews were that if you don't pay for the monthly subscription you only have access to 20 meditations (and they never change) and a very short list of music options.

We Are More: ages 18+, their terms of service clearly states that your data is tracked and will be sold and they also ask for access to your google drive. You can deny access, but I'm not sure if you can get the app to function without that. I deleted the app after that point. The reviews were 50/50. They either loved it or hated it. Although they did have a major overhaul/update in November and people seemed to like it more after that.

Apps (General Mental Wellness)

Calm – Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts.

What's Up? – A free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds.

Calm Harm – Calm Harm provides tasks to help you resist or manage the urge to self-harm. Get started by setting your password so that it's completely private. You can personalize it if you wish, by choosing the background color theme and deciding on whether you would like some company using a variety of friendly characters. The app then provides you with four categories of tasks to help you surf the urge. 'Distract' helps in learning self-control; 'Comfort' helps you care rather than harm; 'Express yourself' gets those feelings out in a different way and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control. You can do the activities for either blocks of five minutes or fifteen minutes with a countdown for each minute. You will be able to track your progress and notice change.

Self-Help for Anxiety Management (SAM) – SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists, and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.

MindShift – Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Breathe – Slow down, take a deep breath...how are you feeling, what are you thinking? Check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel. This calming meditation app experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs. Mindfulness & meditation is the practice, Stop, Breathe & Think is the process.

Not OK – The notOK App™ takes the guesswork out of asking for help when you're feeling vulnerable. We'll notify your trusted contacts that they've been selected as your support group, so when the time comes and you need to reach out, you'll just have to open the app and press the large, red notOK App™ button.

MoodTools – If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate our negative moods, aiding you on your road to recovery.

Platforms

DBSA: uses the platforms “My Support Groups”... it’s free to join, but MANY of the groups charge to attend. The DBSA groups say “any contribution is appreciated”. However... **ALL the groups are full and waitlisted until April 13th!** There are a few other agencies that only request a nominal donation like DBSA, could be a good place to send folks.

Meetup: Has a new virtual community where you can start online groups. It’s a little hard to navigate and actually FIND the online groups. BUT they have a great tutorial set up to start them yourself!! Here is the link: <https://www.meetup.com/blog/how-to-host-an-online-event-on-meetup/>

The Mighty: there is a webpage and an app, GREAT site. I literally cannot say enough about this site! They have a wonderful calendar of events to put the “social” back in social distancing that covers everything from children and crafts to how to keep your dog exercised and tired! It provides education and support for more than 700 conditions between sufferers and caregivers... BUT they have 3 groups for Corona/Covid here is the link to the page: <https://themighty.com/search/?search=covid-19>