

Contact the Montefiore Department of Psychiatry and Behavioral Sciences Swift Montefiore Associate Referral Team for short-term therapy and psychiatric services. Email MEPA@montefiore.org.

HELPFUL EXTERNAL RESOURCES

NYS OMH COVID

Emotional Support Line |
1-844-863-9314
8am – 10pm, 7 days/week

NYC Well | 1-888-NYC-WELL

Text “WELL” to 65173

Chat:

<https://nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now/> | Available 24/7

National Suicide Prevention

Lifeline: Call 1-800-273-

TALK (8255); En Español 1-

888-628-9454 | Available 24/7

Watch our Webinar

Anxiety & COVID-19:

Caring for yourself and your team

<https://vimeo.com/397958429/1aa1dc57ce>

TIPS FOR OUR MONTE HEROES

HOW CAN I REDUCE MY ANXIETY ABOUT COVID-19?

Connect with others. Reaching out to friends and loved ones is one of the best ways to reduce anxiety, depression & loneliness. You can do this virtually. Share your concerns, talk and laugh “face to face.”

Take care of your body & mind. This is even more important during stressful times. Take deep breaths, stretch or meditate. Try to **eat healthy, get adequate sleep.** Avoid unhealthy ways of coping, like alcohol and drugs. Focusing on the positive and staying hopeful can help manage stress. Consider keeping a journal where you write about things that are going well or for which you feel grateful. Remind yourself that this situation will pass.

Stay Active. Take some time to move your body. Try going for a walk, bike riding, or doing some at-home exercises.

Stick to a daily routine. Keep your usual routines for such things as regular meal times, bedtime and waking time. This helps life feel safe and predictable.

Take Breaks. Make time to relax and plan activities that you enjoy.

Limit time watching news and on social media. Reading or listening to scary messages constantly may not help with planning and may only increase your anxiety. Take care of yourself by limiting the time you and your family spend watching or listening to upsetting news. To get the facts you need to keep yourself and your family safe, look for information on Montefiore’s intranet, the WHO and CDC websites or local public health agencies, and limit how much you **check those websites to 2-3 times per day.**

Montefiore Staff Support Centers: Refreshments, respite, and support.
Located at Caregiver Support Centers (Moses, Weiler, Wakefield).

ADDITIONAL FREE CONFIDENTIAL COUNSELING.

Non-1199: Montefiore Employee Assistance Program Call 24/7 line: 1-844-300-6072 or email clientservice@carebridge.com.

1199 SEIU: Member Assistance Program Call Mon–Fri, 9am–5pm: 1-646-473-6900 or visit Teladoc.com for telephonic mental health services.

All Associates: Free individual telephonic creative wellness consultations are available with **Montefiore’s Associate Wellness Program Manager, a licensed art therapist.** Email Stephanie Saklad, M.A., ATR-BC, LCAT at ssaklad@montefiore.org for an appointment.

All Associates: Free telephonic confidential appointments for stress management consultations are available with **Montefiore’s Associate Wellness Wellbeing Manager, a Licensed Psychologist.** Email Dr. Brenda Boatswain at bboatswa@montefiore.org for an appointment.

Utilize Montefiore’s Relaxation Tracks for guided activities to help anxiety in English & Spanish | 718-920-CALM (2256) or www.montefiore.org/healingarts-relaxationtracks.

Headspace App is providing free subscriptions to New Yorkers during this pandemic. For more information, visit www.headspace.com/ny.