

A row of approximately 15 colorful books standing upright on a white, torn-edge paper base. The books have various colored spines including red, orange, green, yellow, blue, purple, and pink. The text "LINKS & RESOURCES" is overlaid in a large, bold, blue, sans-serif font across the middle of the books.

# LINKS & RESOURCES



(THREE) **WAYS TO GET**  
**MENTAL HEALTH HELP**  
ANONYMOUSLY



**HOTLINES.** 24/7 hotlines are available to provide support and information for general mental health concerns and specific issues, including:

- **The National Suicide Prevention Hotline:**  
1-800-273-TALK (8255)
- **Crisis Text Line:** Text HOME to 741741



**APPS.** There are apps available on Android and iPhone that provide mental health resources and support, including Pacifica, 7 Cups, and Talkspace.



**ONLINE SPACES.** Online spaces are available that provide peer-to-peer support, chatroom discussions, or therapy.

*\*Information provided by the MHFA curriculum.*

**MENTALHEALTHFIRSTAID.ORG**



**MENTAL  
HEALTH  
FIRST AID\***



**WJCS Headquarters**  
**845 North Broadway**  
**White Plains, New York 10603**  
**Phone: 914-761-0600**  
**Fax: 914-761-5367**  
**E-mail: [hdq@wjcs.com](mailto:hdq@wjcs.com)**  
**Website: <http://www.wjcs.com>**

WJCS' operations are located throughout Westchester County, spreading from our mental health clinics and other programs in Mt. Vernon and Yonkers to a clinic and other services in Peekskill and beyond. [View](#) our list of programs in their various locations.

**Mission Statement:** Westchester Jewish Community Services strengthens communities by helping people of all ages and backgrounds overcome emotional, cognitive, physical and social challenges.

- ◆ Mental Health
- ◆ Disabilities/ Autism
- ◆ Children/Families
- ◆ Trauma
- ◆ Older Adults
- ◆ Home Care
- ◆ Jewish Programs
- ◆ Research/Training



<https://www.ny.gov/>

#### **Office of Addiction Services & Supports**

- \* <https://oasas.ny.gov/>
- \* 518-473-3460
- \* [communications@oasas.ny.gov](mailto:communications@oasas.ny.gov)
- \* 24/7 HOPEline: 1-877-8-HOPENY (467369)
- \* 24/7 HOPEline: Text 467369

#### **Office of Mental Health**

- \* <https://omh.ny.gov/>
- \* 1-800-597-8481

#### **Office of Children & Family Services**

- \* <https://ocfs.ny.gov/main/>
- \* 518-473-7793
- \* [info@ocfs.ny.gov](mailto:info@ocfs.ny.gov)
- \* Do you suspect abuse or maltreatment? Report it Now! 1-800-342-3720
- \* Abandoned Infant 1-866-505-SAFE (7233)
- \* Domestic Violence 1-800-942-6906
- \* Missing Child (or call 911) 1-888-997-1583

#### **Council on Children & Families**

- \* <https://www.ccf.ny.gov/>
- \* 518-474-5522
- \* [Debbie.benson@ccf.ny.gov](mailto:Debbie.benson@ccf.ny.gov)

#### **New York State Police**

- \* <https://www.troopers.ny.gov/>
- \* Cortlandt State Police: 914-737-7171

#### **Office of Victim Services**

- \* <https://ovs.ny.gov/>
- \* 1-800-247-8035

#### **Office for the Prevention of Domestic Violence**

- \* <https://opdv.ny.gov/>
- \* 518-457-5800

#### **Office for the Aging**

- \* <https://aging.ny.gov/>
- \* 1-844-697-6321
- \* [NYSOFA@aging.ny.gov](mailto:NYSOFA@aging.ny.gov)
- \* NYS Emotional Support Line: 1-844-863-9314

#### **New York State Division of Veterans' Services**

- \* <https://veterans.ny.gov/>
- \* 1-888-838-7697
- \* Veterans Crisis Line: 1-800-273-8255, press 1
- \* Help for Alcoholism, Drug Abuse, Problem Gambling: 1-877-8-HOPENY

#### **Division of Human Rights**

- \* <https://dhr.ny.gov/>
- \* 1-888-392-3644
- \* [InfoBronx@dhr.ny.gov](mailto:InfoBronx@dhr.ny.gov)

#### **Office for People with Developmental Disabilities**

- \* <https://opwdd.ny.gov/>
- \* 1-866-946-9733
- \* [info@opwdd.ny.gov](mailto:info@opwdd.ny.gov)

#### **Developmental Disabilities Planning Council**

- \* <https://ddpc.ny.gov/>
- \* 1-800-395-3372
- \* [information@ddpc.ny.gov](mailto:information@ddpc.ny.gov)

#### **New York State Justice Center**

- \* <https://www.justicecenter.ny.gov/>
- \* 518-549-0200
- \* [webmaster@justicecenter.ny.gov](mailto:webmaster@justicecenter.ny.gov)



<https://www.westchestergov.com/>

### **Mental Health**

<https://mentalhealth.westchestergov.com/>

914-995-5220

Employee Assistance Program 914-995-6070

Homeless Outreach Services 914-995-5239

Crisis Prevention & Response Team 914-925-5959

### **LGBTQ Advisory Board**

<https://lgbt.westchestergov.com/lgbt-advisory-board>

The LOFT's Helpline: 914-948-2932 ext. 13

LOFT's Email: [info@loftgaycenter.org](mailto:info@loftgaycenter.org)

Gay & Lesbian National Hotline: 1-888-843-4564

Gay & Lesbian Switchboard of NY: 212-989-0999

### **Office for People with Disabilities**

<https://disabled.westchestergov.com/>

Main Phone: 914-995-2957

TTY: 914-995-7397

Sign Language Interpreter Request: 914-995-2956

### **Veterans Service Agency**

<https://veterans.westchestergov.com/>

914-995-2145 or 914-955-2146

[veteran@westchestergov.com](mailto:veteran@westchestergov.com)

### **Senior Citizens**

<https://seniorcitizens.westchestergov.com/>

914-995-2000

### **Human Rights**

<https://humanrights.westchestergov.com/>

914-995-2000





# CHILD MIND<sup>®</sup> INSTITUTE

**Mission:** The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.

## Helping Children Deal With Death

<https://childmind.org/article/helping-children-deal-grief/>

## Parents Guides on Various Topics

<https://childmind.org/topics-a-z/guides/>

## Glossary

<https://childmind.org/topics-a-z/glossary/>

## Symptom Checker

<https://childmind.org/symptomchecker/>

## Ask an Expert

<https://childmind.org/topics-a-z/ask-an-expert/>

## Disorders

- \* [ADHD](#)
- \* [Anxiety Disorders](#)
- \* [Auditory Processing Disorder](#)
- \* [Autism Spectrum Disorder](#)
- \* [Behavior and Conduct Disorders](#)
- \* [Bipolar Disorder](#)
- \* [Depressive and Mood Disorders](#)
- \* [Eating Disorders](#)
- \* [Elimination Disorders](#)
- \* [Gender Dysphoria](#)
- \* [Learning and Development Disorders](#)
- \* [Non-Verbal Learning Disorder](#)
- \* [OCD: Obsessive-Compulsive Disorders](#)
- \* [Personality Disorders](#)
- \* [Schizophrenia and Psychosis](#)
- \* [Selective Mutism](#)
- \* [Sleep-Wake Disorders](#)
- \* [Substance Use and Addictive Disorders](#)
- \* [Tourette's and Tic Disorders](#)

<https://childmind.org/>

## Concerns

- \* [Abuse](#)
- \* [Anxiety](#)
- \* [Attention](#)
- \* [Behavior Problems](#)
- \* [Building Confident Learners](#)
- \* [Bullying](#)
- \* [College](#)
- \* [Confidence and Self-Esteem](#)
- \* [Depression](#)
- \* [Diagnosis](#)
- \* [Discipline](#)
- \* [Disorders in the Classroom](#)
- \* [Divorce](#)
- \* [Drugs and Alcohol](#)
- \* [Eating and Body Image](#)
- \* [Executive Function](#)
- \* [Friends and Socializing](#)
- \* [Holidays and Vacations](#)
- \* [Learning](#)
- \* [LGBTQ](#)
- \* [Managing Disruptive Behavior](#)
- \* [Media and Tech](#)
- \* [Medication](#)
- \* [Military Families](#)
- \* [Mindfulness](#)
- \* [Organizational Skills](#)
- \* [Parenting Challenges](#)
- \* [Parenting Styles](#)
- \* [Preteens and Tweens](#)
- \* [Quick Facts](#)
- \* [Responding to Traumatic Events](#)
- \* [School](#)
- \* [Sensory Processing](#)
- \* [Sexuality](#)
- \* [Shyness](#)
- \* [Siblings](#)
- \* [Sleep](#)
- \* [Special Needs](#)
- \* [Specialists](#)
- \* [Speech and Language](#)
- \* [Stress and Resilience](#)
- \* [Suicide and Self-Harm](#)
- \* [Teenagers](#)
- \* [Toddlers](#)
- \* [Trauma and Grief](#)
- \* [Treatment](#)
- \* [Young Adults](#)



<https://www.mhanational.org/>

# #B4Stage4

Mental Health America is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

<https://www.mhanational.org/live-b4stage4>

- \* Live B4 Stage 4
- \* Living Mentally Healthy
- \* Recovery & Support
- \* Tools for Mental Wellness

<https://www.mhanational.org/MentalHealthInfo>

- \* Mental Health Conditions
- \* Major Topics in Mental Health

<https://www.mhanational.org/finding-help>

<https://adaa.org/>



## ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

ADAA's mission focuses on improving quality of life for those with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

ADAA helps people find treatment, resources, and support. ADAA strives to improve patient care by promoting implementation of evidence-based treatments and best practices across disciplines through continuing education and trainings and accelerating dissemination of research into practice. ADAA promotes scientific innovation and engages a diverse network of basic and clinical anxiety and depression researchers and providers encouraging the implementation of new treatments to clinicians. These commitments drive ADAA’s promise to find new treatments and one day prevent and cure these disorders.

Understanding the Facts

- \* Anxiety
- \* Depression
- \* Stress

<https://adaa.org/understanding-anxiety>

- \* Suicide & Prevention
- \* Co-occurring Disorders
- \* Facts & Statistics



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. <https://www.samhsa.gov/public-messages> <https://www.samhsa.gov/find-treatment>

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<https://www.recovery.org/>

At Recovery.org, we are real people who have had experience with addiction and recovery—some of us firsthand, with others having seen the havoc it can wreak on family and friends. We have come out of the other side stronger for it, and firmly believing that recovery is possible for everyone. There is no tried-and-true formula that works for every person, and we will all take different paths. Still, we believe that recovery is absolutely possible, and that it should be placed within reach of anyone and everyone who wishes to get better. We hope our site is useful if you are seeking a path to recovery.

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<https://www.ncpgambling.org/programs-resources/resources/>

Purpose: To serve as the national advocate for programs and services to assist people and families affected by problem gambling.

- \* Program & Resources
- \* Help & Treatment
- \* and more!



<https://www.glbthotline.org/>

# LGBT NATIONAL HOTLINE

**888-843-4564**

**CONFIDENTIAL  
SUPPORT  
AFFIRMATION  
RESPECT &  
ACCEPTANCE**

**YOUTH TALKLINE: 800-246-7743**

**SENIOR HOTLINE: 888-843-4564**

**1-TO-1 ONLINE CHAT:**

**LGBTHOTLINE.ORG**

**LGBTHOTLINE.ORG/CHAT**



[National Eating Disorders Association](https://www.nationaleatingdisorders.org/)

<https://www.nationaleatingdisorders.org/>

The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

# ACTION FOR HAPPINESS

ACTION FOR HAPPINESS

<https://www.actionforhappiness.org/>



# RANDOM ACTS OF KINDNESS FOUNDATION®

<https://www.randomactsofkindness.org/>

# ALLIANCE FOR A HEALTHIER GENERATION



<https://www.healthiergeneration.org/>

<https://www.healthiergeneration.org/blog>

# Mental Health Check-In

Use an emoji to share how you're  
feeling today.

❤️ I'm doing really great!

🧡 I'm doing pretty good.

💛 I'm doing okay, I guess.

💚 I'm starting to struggle.

💙 I'm having a really hard time.

💜 I need to reach out for support.



## MENTAL HEALTH AWARENESS MONTH

# Mental Health Checklist

### EVERY DAY I WILL:

- Move my body
- Take a screen-time break
- State 3 things I am grateful for (write down or say aloud)
- Eat fruits and vegetables
- Sleep for 7-9 hours a night

### ONCE EACH WEEK I WILL:

- Connect virtually with a friend or family member
- Plan an outdoor activity, like a picnic, hike or bicycle ride
- Set a new goal, like finishing a work, school or home project
- Claim a win for the week: It can be big or small. Celebrate with a reward or an act of kindness towards yourself!

### ONCE THIS MONTH I WILL:

- Finish reading a book
- Take a 1-day break from all social media and news
- Try a creative activity
- Help someone or complete a community service project

Choose 2 more activities that are personal and meaningful to your mental health.

### REFLECTIONS:

  

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♥ **MENTAL HEALTH TIP:** Check-in with how you are feeling often! "Labeling your emotions is key. If you can name it, you can tame it." — Marc Brackett, Ph.D., Yale Center for Emotional Intelligence

**Make It OK**

MakeItOK.org/IOWA

# Hotline Information



<https://www.pleaselive.org/>

<http://www.pleaselive.org/hotlines/>

## Abortion

- \* National Domestic Violence Hotline 1-800-799-SAFE
- \* Post Abortion Counseling 1-800-228-0332
- \* Post Abortion Project Rachel 1-800-5WE-CARE
- \* National Abortion Federation Hotline 1-800-772-9100
- \* National Office of Post Abortion Trauma 1-800-593-2273

## Abuse

- \* National Sexual Assault Hotline 1-800-656-HOPE (4673)
- \* Stop it Now! 1-888-PREVENT
- \* United States Elder Abuse Hotline 1-866-363-4276
- \* National Child Abuse Hotline 1-800-4-A-CHILD (422-4453)
- \* Child Abuse Hotline / Dept of Social Services 1-800-342-3720
- \* Child Abuse National Hotline 1-800-25ABUSE
- \* Children in immediate danger 1-800-THE-LOST
- \* Exploitation of Children 1-800-843-5678
- \* Missing Children Help Center 1-800-872-5437

## Addiction

- \* Marijuana Anonymous 1-800-766-6779
- \* Alcohol Treatment Referral Hotline (24 hours) 1-800-252-6465
- \* Families Anonymous 1-800-736-9805
- \* Cocaine Hotline (24 hours) 1-800-262-2463
- \* Drug Abuse National Helpline 1-800-662-4357
- \* National Association for Children of Alcoholics 1-888-554-2627
- \* Ecstasy Addiction 1-800-468-6933
- \* Alcoholics for Christ 1-800-441-7877



<https://www.pleaselive.org/>

<http://www.pleaselive.org/hotlines/>

## Cancer

- \* **American Cancer Society 1-800-227-2345**
- \* **National Cancer institute 1-800-422-6237**

## Care Givers

- \* **Elder Care Locator 1-800-677-1116**
- \* **Well Spouse Foundation 1-800-838-0879**

## Christian Counseling

- \* **New Life Clinics 1-800-NEW-LIFE**
- \* **National Prayer Line 1-800-4-PRAYER**
- \* **Bethany Lifeline Pregnancy Hotline 1-800-BETHANY**
- \* **Liberty Godparent Ministry 1-800-368-3336**
- \* **Grace Help Line 24 Hour Christian service 1-800-982-8032**
- \* **The 700 Club Hotline 1-800-759-0700**
- \* **Want to know Jesus? 1-800-NEED-HIM**
- \* **Biblical help for youth in crisis 1-800-HIT-HOME**
- \* **Rapha National Network 1-800-383-HOPE**
- \* **Emerge Ministries 330-867-5603**
- \* **Meier Clinics 1-888-7-CLINIC or 1-888-725-4642**
- \* **Association of Christian Counselors 1-800-526-8673**
- \* **Minirth Clinic 1-888-MINIRTH (646-4784)**
- \* **Pine Rest 1-800-678-5500**
- \* **Timberline Knolls 1-877-257-9611**
- \* **Focus on the Family 1-855-771-HELP (4357)**

## Chronic Illness/Pain

- \* **Rest Ministries 1-888-751-REST (7378)**
- \* **Watchman Fellowship 1-817-277-0023**

## Crisis #'s for Teens Under 18

- \* **Girls and Boys Town 1-800-448-3000**
- \* **Hearing Impaired 1-800-448-1833**
- \* **Youth Crisis Hotline 1-800-448-4663**
- \* **Teen Hope Line 1-800-394-HOPE**





<https://www.pleaselive.org/>

<http://www.pleaselive.org/hotlines/>

## Crisis #'s for Any Age

- \* **United Way Crisis Helpline 1-800-233-HELP**
- \* **Christian Oriented Hotline 1-877-949-HELP**
- \* **Social Security Administration 1-800-772-1213**

## Crisis Pregnancy Helpline

- \* **Crisis Pregnancy Hotline Number 1-800-67-BABY-6**
- \* **Liberty Godparent Ministry 1-800-368-3336**

## Domestic Violence

- \* **National Domestic Violence Hotline 1-800-799-SAFE**
- \* **National Domestic Violence Hotline Spanish 1-800-942-6908**
- \* **Battered Women and their Children 1-800-603-HELP**
- \* **Elder Abuse Hotline 1-800-252-8966**
- \* **RAINN 1-800-656-HOPE (4673)**

## Eating Disorders

- \* **Eating Disorders Awareness and Prevention 1-800-931-2237**
- \* **Eating Disorders Center 1-888-236-1188**
- \* **National Association of Anorexia Nervosa and Associated Disorders 1-847-831-3438**
- \* **Remuda Ranch 1-800-445-1900**

## Family Violence

- \* **Family Violence Prevention Center 1-800-313-1310**

## Gambling

- \* **Compulsive Gambling Hotline 1-410-332-0402**

## Grief/Loss

- \* **GriefShare 1-800-395-5755**

## Homeless/Shelters

- \* **Homeless 1-800-231-6946**
- \* **American Family Housing 1-888-600-4357**



<https://www.pleaselive.org/>

<http://www.pleaselive.org/hotlines/>

## LGBTQIA+

- \* **Helpline: 1-800-398-GAYS**
- \* **Gay and Lesbian National Hotline 1-888-843-4564**
- \* **Trevor Hotline (Suicide) 1-866-4-U-TREVOR**

## Parents

- \* **Hotline for parents considering abducting their children 1-800-A-WAY-OUT**
- \* **United States Missing Children Hotline 1-800-235-3535**

## Poison

- \* **Poison Control 1-800-942-5969**

## Runaways

- \* **Boystown National Hotline 1-800-448-3000**
- \* **National Runaway Safeline 1-800-RUNAWAY (786-2929)**
- \* **Laurel House 1-714-832-0207**
- \* **National Runaway Switchboard 1-800-621-4000**
- \* **Teenline 1-888-747-TEEN**
- \* **Youth Crisis Hotline 1-800-448-4663**

## Salvation

- \* **Grace Help Line 24 Hour Christian Service 1-800-982-8032**
- \* **Want to know Jesus? 1-800-NEED-HIM**

## Self-Injury

- \* **S.A.F.E. (Self Abuse Finally Ends) 1-800-DONT-CUT**

## Sexual Addiction

- \* **Project Know 1-888-892-1840**
- \* **Sex Addicts Anonymous 1-800-477-8191**



<https://www.pleaselive.org/>

<http://www.pleaselive.org/hotlines/>

## Suicide

- \* **Suicide Hotline 1-800-SUICIDE (784-2433)**
- \* **1-800-273-TALK (8255)**
- \* **Suicide Prevention Hotline 1-800-827-7571**
- \* **Deaf Hotline 1-800-799-4TTY**
- \* **Holy Spirit Teenline (717) 763-2345 or 1-800-722-5385**
- \* **Crisis Intervention (Harrisburg) (717) 232-7511 or 1- 888- 596-4447**
- \* **Carlisle Helpline (717) 249-6226**
- \* **Crisis Intervention (York) (717) 851-5320 or 1-800-673-2496**

**Mission:** to cultivate mental wellness through education and awareness of youth and young adult mental health challenges, focusing primarily on depression, anxiety, and suicide prevention.

## **Free Resources for Youth & Parents**

<http://www.pleaselive.org/resources/>