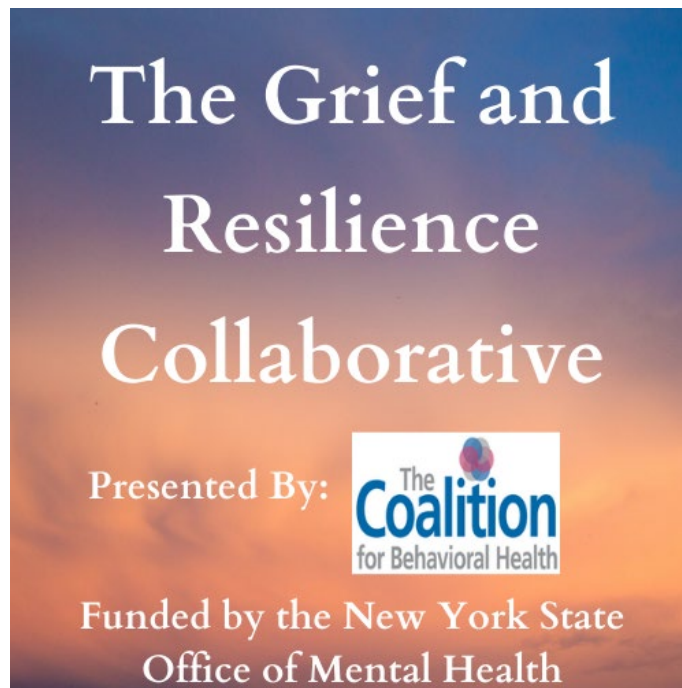


Workforce Self Help Resource Guide



Introduction:

“Note to self: Every time you were convinced you couldn’t go on, you did”-Unknown.

Human nature is resilient. Human nature is strong. Our desire to connect drives our values. On occasion, we need a reminder to take care of ourselves. Sometimes, we need assistance. In honor of this, we hope this self-help resource guide provides useful suggestions to replenish, renew, and re-center you. To connect you to your “why.” To help you cultivate your resilience. On behalf of The Coalition for Behavioral Health, we thank you for all that you do.

COVID-19 Resources

	Organization	Description	Link/Contact
1	Office of Mental Health: Project Hope	New York has a free, confidential helpline as part of the FEMA response to COVID-19	Call 1-844-863-9314 or visit nyprojecthope.org .
4	Office of Mental Health	The O-Agency Link-Outreach-Vaccinate (O-LOV) Program offers linkages to providers for receiving a vaccination.	https://omh.ny.gov/omhweb/o-lov-covid19-vaccine/index.html
2	Office of Mental Health	Tools to help you educate your family, friends, and community about the COVID-19 vaccines.	https://covid19vaccine.health.ny.gov/education
3	Office of Mental Health	Get answers to common questions about the COVID-19 Vaccine.	https://covid19vaccine.health.ny.gov/
5	Office of Mental Health	A guide of coping tips and resources to help with the ongoing mental health impact of the pandemic.	https://omh.ny.gov/omhweb/covid-19-resources/covid-anxiety-guidance-the-next-phase.pdf
6	Minnesota Department of Health	Tips for Taking Care of Yourself During the COVID-19 Pandemic	https://www.health.state.mn.us/diseases/coronavirus/hcp/mhtips.html
7	Minnesota Department of Health	Pocket Guide for Essential Workers	https://www.health.state.mn.us/diseases/coronavirus/hcp/mhpocket.pdf
8	Montefiore Hudson Valley Collaborative	The Family Resource Fund's Cash Assistance Program for COVID-19 Bereaved Families in Financial Distress supports families in need.	file:///C:/Users/mpasion/AppData/Local/Temp/Family+Resilience+Fund+-+Flyer+(5)+(1).pdf

Emotional Support

	Organization	Description	Link/Contact
1.	Office of Mental Health	Tips for Mental Wellness	https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf
2	NAMI	Mental Health/Crisis/Suicide: NAMI Helpline	https://www.nami.org/help Hotline: 800-950-NAMI (6264)
3	NYC WELL	Talk, Text, Chat. 24/7; Clinical and Peer support available	https://nycwell.cityofnewyork.us/en/
4	New York State Domestic and Sexual Violence Hotline	Talk, Text, Chat. 24/7/365	1(800) 942-6906 Text: (844) 997-2121 Chat: opdv.ny.gov
5	engAGED: The National Resource Center on Engaging Older Adults	Tips on Staying Connected at Home During Covid-19	https://eldercare.acl.gov/Public/Resources/Covid19/EL-stayengAGEDStay%20HomeFinal-508.pdf

6	Office of Addiction Supports and Services (OASAS)	NY HOPEline (Substance Abuse/Problem Gambling)	(877) 8-HOPENY Text:467369 24/7/365
7	NYC Department of Health and Mental Hygiene	Poster on Coping with Grief during Covid-19	https://www1.nyc.gov/assets/doh/downloads/pdf/covid/posters/covid-19-grief-loss-poster.pdf

Holistic and Creative Healing

	Organization	Description	Link/Contact
1	Harriet's Apothecary	Spiritual Strategies in COVID Times for Black, Indigenous & People of Color Health Workers and Healers	http://www.harrietsapothecary.com/
2	Living Relics: Sydney King & Ogemdi Ude	Offers a space and resources to generate innovative art and ideas that challenge dominant narrative	www.recessart.org
3	Dr. Drum	Drumming as a healing and empowerment tool for communities	www.bombayo.org
4	In Light Yoga and Health	A sacred space of wellness	www.inlightyogaandhealth.com

Food Resources

	Organization	Description	Link/Contact
1	NYC Emergency Food Delivery	The City of New York is providing assistance to New Yorkers during the COVID-19 crisis by delivering meals to those who cannot access food themselves.	https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409
2	City Meals on Wheels	Provides meals for individuals over 60, who live at home and has no one to prepare meals for them	https://www.citymeals.org/get-meals
3	New York State Food Pantries	There are several food pantries and food banks in the state of New York	https://www.foodpantries.org/st/new_york
4	NYC Food Bank	Search the map to find a soup kitchen, food pantry, senior center, or SNAP enrollment site near you	https://www.foodbanknyc.org/get-help/

Books/Articles

	Title	Author
1	Between the World and Me	Ta-Nehisi Coates
2	Eloquent Rage: A Black Feminist Discovers Her Superpower	Brittney Cooper
3	Hijacked by Your Brain	Dr. Julian Ford

4	Trauma Survivors Strategies for Healing	Elena Welsh, PhD
5	The Upside of Stress	Kelly McGonigal PhD
6	The Fire Next Time	James Baldwin
7	"That Discomfort You're Feeling is Grief"	Scott Berinato https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief

Music Suggestions: A Playlist for Trying Times

	Artist	Song	Link/Contact
1	Marvin Gaye	What's Going On	https://youtu.be/Y9KC7uhMY9s
2	Marvin Gaye	Inner city Blues	https://youtu.be/57Ykv1D0qEE
3	India Arie	Beautiful	https://www.youtube.com/watch?v=EVvTPisEzCI
4	India Arie	What if	https://www.youtube.com/watch?v=GCKFFitNxy4
5	Debussy	Claire De Lune	https://www.youtube.com/watch?v=WNcsUNKlAKw
6	Stevie Wonder	As	https://www.youtube.com/watch?v=GYQfWjNWe3I
7	Roberta Flack	Oasis	https://www.youtube.com/watch?v=hU9VQuiOEag
8	Led Zeppelin	The Rain Song	https://www.youtube.com/watch?v=CxEu0QN6nzK
9	Angie Stone	Living it up	https://www.youtube.com/watch?v=-5QJWVsJwNM
10	The Beatles	Here Comes The Sun	https://www.youtube.com/watch?v=KQetemT1sWc

Social Media Suggestions

	Apps to Try	Instagram Pages to Follow
1	Calm: Meditations and Sleep Support	#ibramxk
2	Happify: For Stress and Worry	#Postsecret
3	Headspace: Meditation and Sleep	#Brenebrown
4	I am Sober: Sobriety, Harm Reduction Tool	#grief_guide
5	Mine'd: Self Help Motivation	#refugeingrief
6	Reflectly: Interactive Journaling	#Griefandgrits
7	Shine: Practicing Self-Care	