

Summer Resources

In the event of a **psychiatric emergency**, you can call:

- Call 911 in any emergency
- National Suicide Hotline (800) 273-TALK or (800) 273-8255
- Crisis Prevention and Response Team at (914) 925-5959

If you are experiencing **anxiety** or **stress** that has begun to affect your daily life and you feel you need support:

- Call Westchester County at (914) 995-1900 or send a text message use #914-461-7281 (8am-8pm, Monday-Friday)
- Crisis text line - Text "Home" to 741741

National Alliance on Mental Health (NAMI):
<https://www.namiwestchester.org>

Trained staff answer calls and provide information about mental health resources in Westchester. Call 914-592-5458 Help Line, 9am-2pm, Monday-Friday

**New York State Office of
Addiction Services and Supports (OASAS):**
<https://oasas.ny.gov/>

Provides information and access to prevention, treatment, and recovery services for alcohol and other substance use disorders and problem gambling. Call (877) 846-7369 or text HOPENY (467369) for help 24 hours a day.

**US Health and Human Services
Treatment Locator**

(can look up by zip code):
<https://findtreatment.samhsa.gov/locator>

Article about vetting mental health resources online from MHA:
<https://screening.mhanational.org/content/how-can-i-find-accurate-mental-health-information-online>

Apps that help support teen's mental health:
<https://learnsafe.com/5-apps-that-help-teens-with-mental-health/>

UNICEF- How teens can protect their mental health during COVID:
<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Mindfulness for teens with guided meditations:
<http://mindfulnessforteens.com/guided-meditations/>

Activity for students- Gratitude journal, explanation and prompts:
<https://positivepsychology.com/gratitude-journal/>

Family Ties of Westchester - Offers many resources including virtual support:
<https://www.familytieswestchester.org/>



IRVINGTON
UNION FREE SCHOOL DISTRICT