



Wyoming County Mental
Health Department
(585) 786-8871

Caring For Your Behavioral Health

Online Resources

Friends of Recovery – resources for you or your loved one if struggling with alcohol or other drugs

Smart Recovery - an online community where participants help one another recover from addictive behaviors

Alcoholics Anonymous - a directory of online audio/video meetings seven days per week

Narcotics Anonymous - online meetings in various time zones using multiple platforms.

Al-Anon Family Groups - virtual meetings for anyone affected by alcoholism in a family member or friend.

Caring for Yourself

- ❖ **Take Care of Your Body**
Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- ❖ **Connect** Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- ❖ **Take Breaks** Make time to unwind. Try to return to activities that you enjoy.
- ❖ **Avoid** Avoid excessive exposure to media coverage of the event.
- ❖ **Ask for Help** Talk to a clergy member, counselor, or doctor.

It is natural to feel stress, anxiety, grief, and worry; emotions, good and bad, are a part of life. Taking care of your emotional health every day will help you bounce back quickly during times of crisis, and provide you with the strong foundation you need to take care of your loved ones. There is support available in our community. You are not alone! The following resources can help.

Counseling in person or by video (both accepting new patients):

Spectrum Health & Human Services, 34 N. Main St., Warsaw, NY (585) 786-0220, www.shswny.org Providing mental health & addiction services for adults, children & adolescents; Psychiatry Services & Medication Management, Medication Assisted Treatment, Peer and Family Support Services, and Care Management. To reach an **Addiction Recovery Peer** directly call (716) 539-5372.

Clarity Wellness Community, 39 Duncan St., Warsaw, NY (585) 786-0190, www.goclarity.org Providing mental health services for adults, children & adolescents; Psychiatry Services & Medication Management

Phone or Text Support

Peers Together of Wyoming County Peer Support Line, (585) 786-0080, Monday – Friday 9 am to 2 pm. This is a confidential, non-crisis emotional support telephone hotline staffed by peer volunteers who are in recovery. Callers will find an empathetic listener to talk through their feelings.

App / Web Support

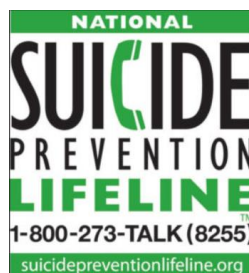
myStrength free Emotional Health App <http://mystrength.com/signup/SHHS> if not a client of Spectrum Health & Human Services select member of community

Moodfit: Free app that helps you track your moods and gives you exercises to address negative emotions. <https://www.getmoodfit.com/>

Inpatient Hospitalization

Wyoming County Community Hospital Behavioral Health Center, 400 N. Main St., Warsaw, NY (585) 786-2233, <http://www.wcchs.net> Adult Psychiatric Inpatient Unit, Emergency Psychiatric Assessments

Additional Support:



Are you or a loved one having a mental health or addiction crisis?
Help is available 24/7.
Wyoming County Crisis Line
(585) 283-5200

Effective Stress Relief and Mindfulness Techniques

- ★ **Breathing Exercise** - breath in through your nose to a count of seven and out through your mouth to a count of ten (count on your fingers). Repeat.
- ★ **Movement** - A burst of jumping jacks, or running up and down stairs is a rapid, reliable way to discharge stress and quiet the body and mind.
- ★ **Compassion Hug** – stretch your arms out wide on the inbreath like you are hugging the world. Hold your arms across your shoulders on the outbreath hugging yourself. Repeat.
- ★ **Color By Number** – Look out the window and notice what is alive. Find and count each shade of green in your field of vision.
- ★ **Gratitude Mantra** - Bring to mind something you are grateful for. Silently repeat this while holding the image in your mind. How do you feel?
- ★ **Sitting Meditation** - Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.



Additional Information

Resources to take care of you:

<https://mantherapy.org/>

<https://mhanational.org/tools-2-thrive>

<https://mhanational.org/MentalHealthInfo>

<https://www.activeminds.org/about-mental-health/self-care/>

Resources on Managing Stress and Anxiety:

<https://www.verywellmind.com/choosing-the-best-tool-to-beat-stress-3145248>

<https://www.verywellmind.com/situational-stress-4157201>

Resources on Managing Depression:

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

<https://www.7cups.com/>

Grief and Loss

https://whatsyourgrief.com/resources/?resource_type=grieving

Resources for Parents, Families and Youth

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/default.aspx>

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

Resources for Young People:

<https://jedfoundation.org/mental-health-resource-center/>

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

Resources for Older Adults and Caregivers:

<https://www.nia.nih.gov/health/depression-and-older-adults>

Please call the Wyoming County Mental Health Department at (585) 786-8871 if you have a question about accessing services or need additional information.