

Coronavirus Resources

CORONAVIRUS INFORMATION

[CDC's Coronavirus Page](#)

[WHO Coronavirus Page](#)

CORONAVIRUS AND MENTAL HEALTH

[SAMHSA's Mental Health Tips during COVID-19 Outbreak](#)

[CDC's Managing Anxiety and Stress During COVID-19 Outbreak](#)

[NAMI's Coronavirus Information](#)

[Grief/Loss](#)

REFERRAL SOURCES

[Manhattanville SHAC](#)

[The Shrink Space](#)

CRISIS HOTLINES

Domestic Violence Lifeline | 800-799-7233

New York State Hotline for Sexual Assault and Domestic Violence | 800-942-6906

Crisis Text Line | Text HOME to 741741

Students of Color crisis support | Text STEVE to 741741

SAMHSA National Helpline | 800-662-HELP (4357)

Sexual Assault Crisis Hotline | 800-656-4673

Suicide Prevention Hotline | 800-SUICIDE (784-2433)

Veterans Crisis Hotline | 800-656-4673

SAAVE Toll Free Bilingual Rape Crisis Hotline | 833-220-2444

LGBTQ support The TREVOR Project | 866-488-7386

The Trans Lifeline | 877-565-8860

NON-EMERGENCY SUPPORT

[NAMI National Warmline Directory](#)

New York State COVID-19 Emotional Support Helpline | 844-863-9314

National Disaster Distress Helpline | 800-985-5990 or TalkWithUs to 66746

[Vibrant Emotional Health's Safe Space](#)

DIGITAL MENTAL HEALTH APPLICATIONS

[Sanvello](#): Gives tips for dealing with stress, anxiety, and depression

*Offering free premium access during COVID-19 outbreak

[Headspace](#): Meditate and Practice Mindfulness

*Offering free premium access during COVID-19 outbreak

[Porchlight App](#): Virtually check in with friends and see how they are doing

[Big White Wall](#): 24/7 online community to support mental health with clinically trained practitioners on available