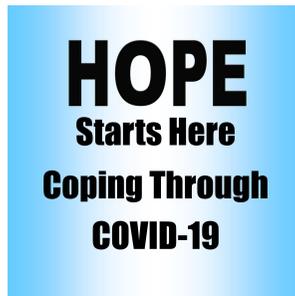


Hope Starts Here: Coping Through COVID-19



DISCLAIMER: This is not designed to be an exhaustive list. Being listed on the website does not constitute an endorsement by Orange County.

Stories of Hope and Resilience

[Six Hudson Valley Residents Tell Their Stories of Surviving COVID-19](#)

[Orange County First Responders Pay Tribute to Staff at Valley View Nursing Home](#)

[Goshen Knights of Columbus Refill Goshen Food Pantry](#)

[A Special Moment](#)

[Orange and Rockland Electric Company Suspends Service Shutoffs](#)

[Orange County News Flash](#)

[Take a Drive – Orange County Tourism](#)

Hotlines/Hotlines

Orange County Crisis Call Center [1-800-832-1200](#) or [3-1-1](#)

[Text4Teens 845-391-1000](#)

NYS COVID-19 Emotional Support Helpline - [844-863-9314](#)

Suicide Prevention Life Line [1-800-273-8255](#) or [click here](#) to chat

Veterans Crisis Line - [800-272-8255](#) & Press 1, [click chat](#), or text [838255](#)

SAMHSA Disaster Distress Helpline [1-800-985-5990](#) or text TalkWithUs to [66746](#)

Select Language ▼

WMCHHealth First Responder COVID-19 Support Hotline [914-216-7733](tel:914-216-7733)

NAMI HelpLine Monday-Friday, 10:00 a.m. to 6:00 p.m., ET [\(800\) 950-NAMI \(6264\)](tel:(800)950-NAMI(6264))

United Way's 24/7/365 helpline [2-1-1 \(1-800-899-1479\)](tel:2-1-1(1-800-899-1479))

Catholic Charities Regional Helpline CCOSUhelpline@CCCSOS.org

People USA Warmline for Crisis Respite & Peer Support [\(845\) 452-2728 ext. 607](tel:(845)452-2728 ext.607)

Virtual Support

[The Substance Abuse and Mental Health Services Administration \(SAMHSA\) Virtual Recovery Resources One Recovery Mid-Hudson Valley Virtual Meeting](#) Wednesday 1:00-2:00pm or join by phone 646-558-8656 US

NAMI [Online Support Communities](#)

[Friends of Recovery Online Resources and Virtual Support Page](#)

[Hudson Valley Community Services Calendar](#)

[Independent Living Inc. Online Wellness Meetings](#)

Caregiver Assistance/Respite Services

ARCH [National Respite Network Locator Tool & Special Resources for COVID-19](#)

[The Family Caregiver Alliance](#)

Resources for Parents/Children

[Orange County Department of Mental Health Division of Children and Family Services](#)

[Coping During COVID-19 Resources for Parents](#)

[CDC-Daily Life Coping During COVID 19](#)

[How to Talk to Your Anxious Child or Teen About Coronavirus](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

[Talking to Kids about the Coronavirus](#)

[Talking with children about Coronavirus Disease 2019](#)

[Trauma-Informed Resources Available During COVID-19 Quarantine](#)

[Helping Kids and Parents Cope](#)

[Helping Children Cope with Stress](#)

[Helping Youth Cope with COVID-19 Disruptions](#)

[How to Ease Children's Anxiety About COVID-19](#)

[Helping Children Cope with Changes as a Result of COVID-19](#)

Select Language ▼

Resources for Teens/Young Adults

[Helping College Students Cope with COVID-19](#)

[Tips to Help College Student](#)

[How teenagers can protect their mental health during Coronavirus-COVID-19](#)

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

Resources for Healthcare Providers and First Responders

[Checking Your Vitals: Care for COVID-19 Health Caregivers](#)

WMCHHealth First Responder COVID-19 Support Hotline [914-216-7733](#)

General Resources

Coping with Stress and Anxiety

[How to Prepare for a Video Appointment](#)

[NAMI - COVID Resources and Information](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[COVID-19 Managing Stress and Anxiety](#)

[Forty-Healthy Coping Skills](#)

[Coping Skills Worksheets](#)

[How To Care For Yourself While Practicing Physical Distancing](#)

[Coronavirus COVID-19 Anxiety How To Cope](#)

[Keep Your Mind Grounded](#)

[Managing Stress Anxiety](#)

[OMH COVID19 Managing Stress Anxiety](#)

Dealing with Grief and Loss

[OMH COVID-19 – Online Grief Resources](#)

[Coping with Grief During COVID-19](#)

[Managing Grief During COVID19](#)

[Grief COVID-19](#)

Select Language ▼

Meditation

[21 Day Meditation Experience](#)

[10 Minute Yoga](#)

[Gentle Yoga](#)

Work-Life Balance

[Ten Ways to Take Ten](#)

[10 Tips To Help Remote Workers Avoid Burnout](#)

[Working Remotely During COVID-19 CWMH Guide](#)

Resources for Seniors

[Orange County Office for the Aging](#)

[NY CONNECTS \(English\)](#)

[NY CONNECTS \(Spanish\)](#)

[Mental Health Strategies for Older Adults](#)

[Self-Care for Older Adults](#)

[COVID-19; More than just Physical Health](#)

[10 Ways You Can Help the Elderly Living Alone](#)

[10 Ways to Prepare and Protect Yourself](#)

COVID-19 Information and Resources for Families who have loved ones with Developmental Disabilities

[Orange County department of Mental Health Developmental Disabilities Division](#)

[Autism Speaks COVID-19 Information & Resources](#)

[The National Autism Association Tool Kit for Teaching Children with Autism about the COVID-19](#)

[NY START Program 1-844-782-7880 Ext. 1](#)

- [Access: Supports for Living 1-888-750-2266](#)
- Orange County Department of Mental Health [Newburgh Child and Family Clinic 845-568-5260](#)
- Orange County Department of Mental Health [Port Jervis Clinic 845-858-1456](#)
- [Orange Regional Medical Center Behavioral Health Clinic 845-333-7800](#)
- Rockland Children's Psychiatric Center Orange Community Services [845-294-7334](#)
- Rockland Psychiatric Center Middletown Mental Health Clinic [845-343-6686](#)
- Rockland Psychiatric Center Newburgh Mental Health [845-562-7326](#)

Substance Use Disorder Prevention, Treatment and Recovery Resources

[Orange County Substance Use Disorder Providers](#)

[Access Supports for Living Virtual Mental Health and Substance Use Urgent Care 1-888-750-2266, opt. 2](#)

[Hudson Valley Community Services Syringe Exchange Program](#)

[Out of School Time Toolkit](#)

[Talking About Drug](#)

[Talk with Your Kids](#)

[National Helpline](#)

[Underage Drinking](#)

[Make a Difference](#)

[Is Your Home Drug Safe?](#) Tammy is seeing if we have something similar don't include yet

Prescription Resources

[Walgreens](#) - offers drive-up and delivery of prescriptions

[CVS](#) – no charge delivery of medications

[PillPack by Amazon pharmacy](#) - Co-pay charge only, no extra charge for shipping

[PhRMA's Medicine Assistance Tool](#)

[Discount Prescription Services](#)

Phone and Internet Services

(Providers Offering FREE Wi-Fi or Special Accommodations)

Comcast **1-855-846-8376 for English / 1-855-765-6995 for Spanish**

Charter Communications/Spectrum **(855) 892-2072**

Altice USA **866-200-9522**

AT&T **855-220-5211 (English) 855-220-5225 (Spanish)** _

Verizon

T-Mobile

Sprint

Other Services

If you find that you are still in need of services, please reach out to one of the following local resources.

Your Physician/Pediatrician

Your current Counselor/Therapist

Your Faith-Based Community

Your EAP (Employees Assistance Program) if applicable

Useful Websites

Office of Mental Health

Protecting the People We Support

Office of Addiction Services and Supports

PsychHub - COVID-19 Mental Health Resource Hub

AFSP- COVID-19 resources

COVID-19 Digital Mental Health Resources

Mental Health And COVID-19 – Information and Resources

Parent to Parent of New York State

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For further assistance

Select Language ▼

HOPE



Starts Here

1-800-832-1200

Contact Us

Orange County Government
Center
255 Main Street
Goshen, New York 10924

Phone: [845-291-4000](tel:845-291-4000)

[Send Us a Message](#)

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[Agendas & Minutes](#)

[FOIL Information](#)

[Legislature](#)

[Voting & Elections](#)

[County Clerk](#)

[Courts](#)

[View All](#)

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for the associated
categories. (F.A.Qs)

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[Property/Tax Information](#)

[Maps & GIS](#)

[History & Genealogy](#)

[Tourism](#)

[Public Health](#)

[View All](#)