

COVID – 19 Resources

NYS DOH

Information for Healthcare Providers

<https://coronavirus.health.ny.gov/information-healthcare-providers>

Link to all Executive Order provisions that relate to physicians and other health professionals for COVID-19.

http://www.op.nysed.gov/COVID-19_EO.html

Webinar

Supporting Well-being in COVID and Beyond, a webinar for healthcare providers by Dr. Kerri Palamara, with an introduction by New York State Health Commissioner Dr. Howard Zucker.

<https://www.youtube.com/watch?v=B9PRLV-XQE>

Supporting Well-being in COVID and Beyond Kerri Palamara, MD NYS Department of Health July 2020 slides

https://coronavirus.health.ny.gov/system/files/documents/2020/07/2020-07-09_provider_webinar.pdf

NYS Office of Mental Health where a variety of resources are listed

<https://omh.ny.gov/omhweb/covid-19-resources.html>

COVID-19 Resources

The COVID-19 pandemic has left many New Yorkers feeling anxious and stressed.

Learn more about:

- Managing anxiety in difficult times

- Coronavirus-related guidance for healthcare providers

- How you can help

Public Resources

[NY Project Hope Emotional Support Helpline: 1-844-863-9314](#) *

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.

[Tips for Mental Wellness](#) How to manage COVID related stress and anxiety

[Mental Health in the Next Phase of Coronavirus](#) A guide of coping tips and resources to help with the ongoing mental health impact of the pandemic.

[Mental Health Resources During an Emergency](#)

People often experience anxiety, fear, and helplessness during an emergency. Know the signs and get help.

Community Outreach Materials

Help us support New York. Download our collection of Public Service Announcements and printable resources.

Grief Support

Coping with Grief

Reminders for people processing COVID-19 grief.

Supporting Others Through Grief

Coping with grief during the coronavirus emergency.

PROVIDER RESOURCES

Guidance on COVID-19

Interim guidance for behavioral health providers licensed by OMH, including Telemental Health Guidance

Peer Suicide Prevention

Guidance to peer practitioners supporting individuals who may be coping with thoughts of suicide or self-harm during the COVID-19 pandemic.

Practitioner Wellness Presentations

The practitioner wellness presentations which were part of a biweekly practitioner updates featured several good presentations by Dr. Louis Snitkoff. They first began in early June and ran for 6 sessions.

They can be listened to here:

<https://www.youtube.com/watch?v=-M0QbvIMMY0&feature=youtu.be> start at 38:24

<https://www.youtube.com/watch?v=yIDu7zgiYnA&feature=youtu.be>. start listening at 33:21

<https://www.youtube.com/watch?v=6HwjabAkrBA> start listening at 45:19

<https://www.youtube.com/watch?v=PC1zwHxmy74&feature=youtu.be>. start at minute 42:25

<https://www.youtube.com/watch?v=PFQ7spPpVTA&feature=youtu.be> start at minute 26:39

<https://www.youtube.com/watch?v=0Bqqq2ghAGU&feature=youtu.be>. start at minute 42:20

Ohio AFP

The Ohio chapter has created this "Joy Among Chaos" webpage to highlight wellness resources and free CME and other tools.

www.ohioafp.org/professional-wellness/joy-among-chaos

Find a Test Site Near You

coronavirus.health.ny.gov/find-test-site-near-you

Guide to Parenting & Family Health During COVID-19

Parents face unprecedented challenges due to COVID-19. Parenting is always a

demanding job, and the pandemic raises the stakes even higher. Use these practical tips to guide your family through the COVID-19 crisis.

<https://www.joinsprouttherapy.com/parent-and-health-covid19>

MSSNY Peer to Peer Program: Support Empathy Perspective



The advertisement features a dark blue background with a faint image of a person's face. In the top left corner is the seal of the Medical Society of the State of New York. Below it, the text reads "The Medical Society of the State of New York". To the right, the main headline says "Feeling Stress? Let's Talk" in large white letters, followed by "MSSNY is here for you" in orange. Below this, it states "MSSNY Peer to Peer Program is now available." in white. On the left side, there is a circular logo with "P2P" and a stethoscope, labeled "MSSNY's Peer to Peer Support". At the bottom, an orange banner contains the phone number "1-844-P2P-PEER" and the email "p2p@mssny.org". To the right of the banner are logos for MLMIC (MLMIC Insurance Company, a Berkshire Hathaway Company) and Pfizer (The Pfizer Foundation).

Are you struggling with everyday life stressors? The Medical Society of the State of New York now offers physicians, residents and medical students an opportunity to talk with a peer about some of life stressors. MSSNY's Physician Wellness and Resiliency Committee launched a Peer 2 Peer (P2P) program to assist their colleagues who are in need of help in dealing with work and family stressors. Connect to a peer: P2P@mssny.org and request that you be connected with a peer supporter or phone 844.P2P.PEER (844.727.7337).

Anxiety / Depression

www.MyCompass.org.au

www.moodgym.com.au

www.worrywisekids.org

www.albanyfamilylifecenter.org

www.shadesoflightps.org

www.postpartum.net

Relaxation, Meditation & Mindfulness

www.Palousemindfulness.com

www.Stressremedy.com/audio/

www.Marc.ucla.edu/mindful-meditations

www.Health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx

www.Famed.wisc.edu/category/media/mindfulness