TUG HILL COVID-19 RESOURCES

Jefferson County:

Jefferson County Public Health: Click Here

Samaritan Medical Center: Click Here

Carthage Area Hospital: Click Here

River Hospital: Click Here

North Country Family Health Center: Click Here

Jefferson County Social Services: Click Here

Community Clinic of Jefferson County: Click Here

Transitional Living Services of NNY: Click Here

CREDO Community Center: Click Here

Northern Regional Center for Independent Living: Click Here

ARC of Jefferson and St. Lawrence: Click Here

Mobile Integration Team: Click Here

Crisis Response: Click Here

Lewis County:

Lewis County Public Health: Click Here

Lewis County General Hospital: Click Here

Transitional Living Services of NNY: Click Here

Northern Regional Center for Independent Living: Click Here

Transitional Living Services of NNY: Click Here

CREDO Community Center: Click Here

Lewis County Social Services: Click Here

Mobile Integration Team: Click Here

St. Lawrence County:

St. Lawrence County Public Health: Click Here

Transitional Living Services of NNY: Click Here

ARC of Jefferson and St. Lawrence: Click Here

St. Lawrence Social Services: Click Here

S.T.E.P. by S.T.E.P. : Click Here

United Helpers: Click Here

St. Lawrence Health System: Click Here

Claxton-Hepburn Medical Center: Click Here

Community Health Center of the North Country: Click Here

Northern Regional Center for Independent Living: Click Here

St. Lawrence CRISIS Line: Click Here

Mobile Integration Team: Click Here

St. Lawrence Psychiatric Center: Click Here

GENERAL RESOURCES – 211 LIFE LINE
211 Life Line: Call 211 on the phone or go to: https://211lifeline.org/
Food, Housing, Mental Health, Substance Abuse, Health, Utilities, Finances, Household Items, Legal, Employment & Education, Family, Military

MENTAL HEALTH RESOURCES
National Suicide Prevention Lifeline is available 24 hours a day at 1-800-273-8255. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
National Disaster Distress Helpline 1-800-985-5990 or text "TalkWithUs" to 66746. Offers 24/7 emotional support and if you have any medical concerns, you can speak to a trusted healthcare provider.
NY State OMH (Office of Mental Health) Emotional Support Line 1-844-863-9314
The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

CELL PHONE RESOURCES
Assurance Wireless Program – How Medicaid Clients Can Get Cell Phones and More Minutes click here
FCC'S Lifeline - Affordable Communication Program click here

For clients with smart phones or PC's, MHA recommends these apps:
Calm – Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts.
What's Up? – A free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds.
Calm Harm – Calm Harm provides tasks to help you resist or manage the urge to self-harm. Get started by setting your password so that it's completely private. You can personalize it if you wish, by choosing the background color theme and deciding on whether you would like some company using a variety of friendly characters. The app then provides you with four categories of tasks to help you surf the urge. 'Distract' helps in learning self-control; 'Comfort' helps you care rather than harm; 'Express yourself' gets those feelings out in a different way and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control. You can do the activities for either blocks of five minutes or fifteen minutes with a countdown for each minute. You will be able to track your progress and notice change.
Self-Help for Anxiety Management (SAM) – SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists, and student users. Established methods of

self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.

MindShift – Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Breathe – Slow down, take a deep breath…how are you feeling, what are you thinking? Check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel. This calming meditation app experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs. Mindfulness & meditation is the practice, Stop, Breathe & Think is the process.

Not OK – The notOK App™ takes the guesswork out of asking for help when you're feeling vulnerable. We'll notify your trusted contacts that they've been selected as your support group, so when the time comes and you need to reach out, you'll just have to open the app and press the large, red notOK App™ button.

MoodTools – If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate our negative moods, aiding you on your road to recovery.