



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 & substance use services for adults, children & adolescents; Psychiatry Services & Medication Management, Medications for Opioid Use Disorder, Peer and Family Recovery Support Services, and Care Management.

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.

Web Support

[NAMI: National Alliance on Mental illness Buffalo & Erie County \(namibuffalony.org\)](http://www.namibuffalony.org)

[Take a Mental Health Test – Mental Health America \(mhanational.org\)](http://mhanational.org)

Additional Support:

988
SUICIDE
& CRISIS
LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-06-03-004

NY
FARMNET
1-800-547-3276 | www.nyfarmnet.org

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

[Whats your Grief - A Grief Website for the Rest of Us](#)

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>

Resources for Veterans:

<https://www.veteranscrisisline.net/>

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