Counseling Resources for Virtual Services

Food Pantry Listings for Westchester County

Crisis Resources

http://suicidehotlines.net/newyork.html
Listing of behavioral health units

https://mentalhealth.westchestergov.com/
Community of mental health (westchester)

www.ForDrugHelp.com
Mid-Hudson Regional Addiction Resource Center - Local Services # (845) 765-8301 ext. 110

COIVD-19 Discussions

https://gozen.com/coronavirus-anxiety/
How to speak to your child about COVID-19

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource NASP - Talking to Children about COVID-19

Hospital Psychiatric Emergency Numbers

Four Winds Hospital - 800-528-6624

New York Presbyterian Hospital - 888-694-5700

St. Vincent's Hospital Westchester - (914) 967-6500

Elementary Counseling Resources

Social-Emotional Learning Questions to ask during TV and movie time!

https://www.youtube.com/watch?v=gpAijfP99Ng
Wilma Jean, the Worry Machine.

https://www.youtube.com/watch?v=5nPj8gtQfJI
How to control your anger - anger management techniques

https://www.youtube.com/watch?v=efkCkHENtkw
Using Polite Words

https://www.youtube.com/watch?v=HH0rQiwKtSs
How to listen better

https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/
Brain Pop video about COVID-19

https://docs.google.com/document/d/1YXlgyZDS6B9NLKgTmi-AmVzbs10stnDfc2b4IJZ1tU0/edit?usp=sharing
Five Finger Hand Breathing

https://docs.google.com/document/d/1Y6X3CEAd4SMLtIkbRpB3CDV6ZFjQkyR_x7ft-f7udZ8/edit?usp=sharing
Mindfulness Stretches

https://www.cosmickids.com/mindfulness-meditation-videos-kids/
Mindfulness & Meditation Videos for kids

https://www.mindyeti.com/v2/s/dashboard-v-17
Mind Yeti Meditation Videos for kids

https://www.headspace.com/meditation/kids
Headspace Meditation Videos for kids

www.gonoodle.com
Go Noodle Flow

The Nerdy School Social Worker on facebook will be going live every weekday at 10am to give a lesson on a social emotional skill

Middle School Counseling Resources

See DBT Skills Chart below

DBT Activities to try at home
https://positivepsychology.com/dbt-dialectical-behavior-therapy/

High School Counseling Resources

Teen mental health
http://teenmentalhealth.org

Mindfulness
https://www.thepathway2success.com/10-mindfulness-activities-you-can-try-today

https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention

https://leftbrainbuddha.com/mindfulness-for-teens/

https://positivepsychology.com/mindfulness-exercises-techniques-activities

https://www.color-a-mandala.com

Breathing videos

https://youtu.be/aXItOY0sLRY

https://youtu.be/vXZ5l7G6T2I

Ted Talks for Mental Heath
https://www.elisplace.org/news/10-powerful-ted-talks-about-mental-health/

https://studybreaks.com/tvfilm/mental-illness-ted-talks/

Online Mental Health Resources
https://learningworksforkids.com/2015/01/best-online-tween-teen-mental-health-resources/

https://www.hhs.gov/ash/oah/adolescent-development/mental-health/how-adults-can-support-adolescent-mental-health/resources/index.html

https://oregonyouthline.org/about/

https://support.therapytribe.com/teen-support-group/

https://www.nami.org/find-support/teens-and-young-adults

DBT Skills

Dear Man
https://youtu.be/el_O72aTZzE
Distress Tolerance
https://youtu.be/9lmu7jCxWWY

Tip Skills
https://www.therootttherapynyc.com/wp-content/uploads/2019/04/distress-tolerance-2.pdf

Pleasant Activities List
https://www.therapistaid.com/therapy-worksheet/activity-list

DBT Mindfulness Skills	Examples
Activities	• Dancing • Working Out • Watching funny movies/TV Shows • Hanging out with friends • Singing/Listening to Music • Find a new band/singer on Spotify • Cook • Go for a long walk • Go to the gym • Play the piano • Play with a pet • Talk to a family member • Go through photo albums
Contributing	• Make something for a friend • Send a text thanking someone for something • Do something nice/fun for my family • Call someone in need or lonely • Do something nice for my family/friends • Call a loved one • Helping someone in need
Comparisons	• Compare to myself at a time when things were worse • Compare myself to someone less fortunate • Compare to how my issue could be worse • Compare myself now to a time when I coped really well and let that inspire me now • Remind myself of the progress I've made

Emotions	● Music-listen to my favorite music ● Watch TV- sitcom ● Watch Marx Brothers or other old comedies ● Watch funny movie/TV show/videos ● Listen to my “theme song” / pump-up mix
Pushing Away	● Not thinking about issue ● Tell myself that it will be easier to think about this later (And then do it!) ● Think about happy memories ● Pick something coming up that you’re looking forward to ● Tell myself I can be as sad as I want later and focus on getting through the situation ● Put my attention into someone else’s needs
Thoughts	● Work challenging puzzles ● Do your homework ● Study for an exam ● Word Search ● Crosswords ● Count the tiles on the ceiling ● Count backward from 100 by 8’s ● Play Solitaire ● Repeat song in my head ● Read an article ● Look around the room and list things by colors of the rainbow in order ● Categories by alphabet ● Find as many thing as you can that are a particular color
Sensations	● Plunge your hand into ice-cold water ● Taking a bath ● Playing with bubbles ● Chew Ice ● Pet Our Dog ● Rub ice on skin ● Listen to loud music

Middle School & High School Student Assistance Resources

Student Assistance Services Corporation # (914) 332-1300
www.SASCorp.org

https://www.recoveryspeakers.com
Virtual community, resources, and solutions for those recovering from substance use

https://chat.alateen.net
Online Al-ateen chatrooms

http://aa-intergroup.org
Online AA meetings/chats

http://www.NACOA.org
National Association For Children Of Addiction

http://www.PowerToTheParent.org
Helpful website with resources for Parents and Teens

http://www.drugfree.org
Partnership For Drug Free America

http://www.drugfreeworld.org
The Truth About Drugs - Drug Free World

Substance Abuse Related Hotlines
National Helpline Number…….1-844-289-0879
Alcoholics Anonymous Number……...1-212-870-3400
National Association for Children of Alcoholics…….1-888-554-COAS (2627)
Substance Abuse and Mental Health Services Administration (SAMHSA).....1-800-662-HELP (4357)
National Council on Alcoholism and Drug Dependence, Inc. (NCADD).....1-800-NCA-CALL (622-2255)
Gambling and Substance Abuse Referrals ……. 1-877-8-HOPE-NY (1-877-846-7369)