

Click here for a list of mental health apps that are FREE during the COVID-19 pandemic. Lots have content specific to coping with COVID-19!

(<https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources/>)

FAQ (<https://nycwell.cityofnewyork.us/en/get-help-now/>)

TEXT (<https://nycwell.cityofnewyork.us/en/get-help-now/nyc-well-texting-service/>)

CHAT (<https://nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now/>)

Coping & Wellness Tips

Emotional health includes being aware of your thoughts, feelings, and behaviors, and having tools that can help you cope with stress.

Emotional Wellness

Staying healthy means keeping on top of your physical *and* mental well-being:

- **Tips for Staying Mentally Healthy**
(<http://s20243.p691.sites.pressdns.com/en/coping-wellness-tips/tips-for-staying-mentally-healthy/>)
- **Know When You're Stressed**
(<http://s20243.p691.sites.pressdns.com/en/coping-wellness-tips/know-when-youre-stressed/>)

Relaxation and Breathing

We can't always control the stress in our lives, but there are some ways to change how we react to it:

- **Take a Deep Breath**
(<http://s20243.p691.sites.pressdns.com/en/coping-wellness-tips/take-a-deep-breath/>)
- **Full Body Relaxation**
(<http://s20243.p691.sites.pressdns.com/en/coping-wellness-tips/full-body-relaxation/>)
- **Less Stress in Under a Minute**
(<http://s20243.p691.sites.pressdns.com/en/coping-wellness-tips/less-stress-in-under-a-minute/>)

Mindfulness

Paying attention to the present moment can improve your ability to deal with the stress that comes and goes in all of our lives.

- **Bring Mindfulness to Life**
(<http://s20243.p691.sites.pressdns.com/en/coping-wellness-tips/bring-mindfulness-to-life/>)

Coping & Wellness related to COVID-19

An infectious illness outbreak such as COVID-19 can be stressful to you, your loved ones and your friends. It is natural to feel overwhelmed, sad, anxious and afraid.

- **Staying Connected**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-staying-connected.pdf>)
- **Is It Anxiety, a Panic Attack, or COVID-19?**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-anxiety-panic.pdf>)
- **Coping With Stress and Social Distancing During the Coronavirus (COVID-19) Outbreak**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coping-with-stress-disease-outbreak.pdf>) (ch
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coping-with-stress-disease-outbreak-ch.pdf>)/sc
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coping-with-stress-disease-outbreak-sc.pdf>)/sp
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coping-with-stress-disease-outbreak-sp.pdf>))
- **Grief and Loss During the COVID-19 Outbreak**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-grief-loss.pdf>)
- **Managing Grief Over the Death of a Loved One During the COVID-19 Outbreak**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-grief-loved-ones.pdf>)
- **Supporting Children Through Grief and Loss During the COVID-19 Pandemic**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-supporting-children-grief-loss.pdf>)
- **Using Telehealth to Receive Behavioral Health Services During the COVID-19 Public Health Emergency**
(<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-behavioral-telehealth.pdf>)
- **Coping with Isolation or Quarantine in Hotel Settings**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:71a7804b-009f-474b-a046-d27c166306b9>)
- **Coping With Thoughts of Suicide During the COVID-19 Pandemic**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:69fa7ccb-3c23-457e-9fec-624fd8ea6cbb>)
- **Staying Connected with Your Friends, Family and Community**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:8904b5bd-82c4-44fb-a49b-f96b1dba6b43>)
- **COVID-19 Guidance from the Office of Mental Health**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:29ef780f-6c74-4ab9-96ad-56d0b8894abf>)

- **Alcohol Use During the COVID-19 Pandemic**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:9ec4e223-eec7-4485-901b-6dbd220590cd>)
- **COVID-19 Guidance for People Who Use Drugs**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:9932f014-88d0-494b-a835-caac2b733b0c>)
- **Responding to an Overdose During the COVID-19 Pandemic**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:1e7a3851-79d6-4f71-897b-80e92fa6006b>)
- **Coping with Grief & Loss During COVID-19**
(<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:8a846ab6-ca85-49d1-b5df-6146144aa34a>)



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(<https://thrivenyc.cityofnewyork.us>)