

## List of Resources

### COVID19 Resources

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Nassau University Medical Center

<https://www.numc.edu/patients-and-visitors/covid-19/>

Mount Sinai At South Nassau Communities Hospital

<https://www.southnassau.org/sn/novel-coronavirus>

Child Mind Institute

<https://childmind.org/search/>

Corona virus testing- Drive-Thru

By Appointment ONLY: 1800-364-3065

**ProHealth** Drive-Thru testing (By Appointment ONLY) - 516-874-0411

### **Kids Comic Regarding COVID19:**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### Crisis Resources:

Nassau County 24/7 Behavioral Health Helpline / Mobile Crisis

<https://www.nassaucountyny.gov/1700/Crisis-Hotline-Services>

(516) 227-8255

Long Island Crisis Center

<https://longislandcrisiscenter.org/>

24/7 Crisis Hotline: (516) 679-1111

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Mental Health Association of Nassau County  
516-504-HELP (4357)

<https://www.nami.org/>

Cohen Children's Northwell Health

<https://pediatrics.northwell.edu/departments-services/pediatric-psychiatry>

Nassau University Medical Center

<https://www.numc.edu/>

### **Emotional Supports:**

#### **South Nassau Mental Health Counseling**

2277 Grand Avenue Baldwin, NY 11510 516-377-5400

<https://www.southnassau.org/sn/mental-health-counseling>

#### **South Shore Counseling**

South Shore counseling's provides counseling and psychological services for individuals, children, and families.

1051 Wantagh Avenue Wantagh, NY 11793 516-785-0323

<http://www.southshorecounselingonline.com/home.html>

#### **South Shore Child Guidance Center-**

Outpatient Mental Health Clinic.

91 Guy Lombardo Avenue Freeport, NY 11520

516-868-3030

#### **New Horizon Counseling Center**

<http://www.nhcc.us/>

(516) 569-6600

### **Concrete Resources and Information Support**

#### **Long Island Cares:**

Pack it up for Kids Program: Carrie Tucker (631)582-3663 Ext. 132

Breakfast Truck Program: Kristine Brown (631) 582-3663 Ext. 120

#### **Sacred Heart- Food Pantry**

282 Long Beach Road Island Park, New York

Tuesday 1:00 p.m. to 3:00 p.m Friday 10:00 a.m. to 12:00 p.m

Island Park Residents ONLY Require Proof of Address and Income

#### **Full Gospel Church- Food Pantry**

4101 Austin Blvd. Island Park, NY 11558

Hours of Operation: Wed- 11:00- 1:00pm

### **St. Mary of The Isle- Soup Kitchen/Food Pantry**

315 E Walnut St. (Rectory) Long Beach, NY 11561

Tim Murphy at 516-432-0157 ext. 17 or [beachcatholicoutreach@gmail.com](mailto:beachcatholicoutreach@gmail.com).

**Soup Kitchen** (Parish Hall Entrance- Monroe Blvd entrance)

The Soup Kitchen is open Monday – Friday from 10:00am to 11:45am.

**Food Pantry**- Monroe Blvd entrance

The Food Pantry is open Monday – Friday from 10:00am to 11:45am.

### **Help Me Grow – Long Island**

[www.docsfortots.org](http://www.docsfortots.org)

mail at [info@hmgli.org](mailto:info@hmgli.org) 548-8924 OR dial 2-1-1, select your language, then press 7 for Help Me Grow Free resource connecting families and providers to community resources and child development information in Nassau and Suffolk counties.

### **Nassau County Department of Social Services (DSS) General Information**

516-227-8519

After-Hours Services: 516-573-8626

provides aid to eligible recipients through the Family Assistance, Safety Net, Day Care, Employment, Supplement Nutrition Assistance Program, Medicaid, and Home Energy Assistance Programs.

### **The New York State Office for People with Developmental Disabilities (OPWDD)**

<https://opwdd.ny.gov/>

Responsible for coordinating services for New Yorkers with developmental disabilities, including intellectual disabilities, Cerebral Palsy, Down Syndrome, Autism Spectrum Disorder, and other neurological impairments.

### **Nassau County Programs and Services**

<https://www.nassaucountyny.gov/>

### **Self-Care for Staff:**

<https://www.virusanxiety.com/take-care>

### **Guided Meditation Resources**

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)

Elisha Goldstein

<https://elishagoldstein.com/ecourses/basics-of-mindfulness-meditation/resources/>

Tara Brach

<https://www.tarabrach.com/guided-meditations/>

UCLA Health

<http://marc.ucla.edu/mindful-meditations>

Mindful.org

<https://www.mindful.org/mindfulness-meditation-guided-practices/>

NY Times Well Guide: How to Meditate

<https://www.nytimes.com/guides/well/how-to-meditate>

Headspace App

<https://www.headspace.com/>

Calm App

<https://www.calm.com/>

Insight Timer App

<https://insighttimer.com/>

Mindfulness for Teens

<http://mindfulnessforteens.com/guided-meditations/>