

# News Release



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GEORGE LATIMER, Westchester County Executive

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FOR IMMEDIATE RELEASE  
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## DEPARTMENT OF COMMUNITY MENTAL HEALTH OFFERS SUPPORT TO RESIDENTS OF WESTCHESTER COUNTY TO HELP THEM COPE WITH THE IMPACT OF COVID-19

*Mental Health Information, Referral and Support Services to be provided via various forms of Communication*

(White Plains, NY) – The Westchester County Department of Community Mental Health (DCMH), together with its partner agencies, will be offering guidance and support to Westchester County’s residents as they cope with the impact of the Coronavirus (COVID-19). It is projected that the health crisis precipitated by COVID-19 could have a lasting impact on the mental health of the citizens of Westchester. People may experience stress, fear, grief, depression and anxiety. DCMH will be implementing educational and supportive services through various forms of communication, including a dedicated telephone resource line, social media, taped video recordings, chat lines, printed materials and linkage to counseling.

DCMH will partner with different organizations and private clinicians to provide the following supports:

- DCMH Information, Support and Referral line at (914) 995-1900 8 a.m. to 8 p.m./Text #914-461-7281.
- Behavioral Health Crisis Prevention and Response Team (Available for psychiatric emergencies).
- On-going educational and supportive services on such topics as coping, addressing anxiety, parenting through this difficult time, and mindfulness exercises through various telecommunication.

- Psychological response to targeted groups as needed.
- Peer-to-Peer Support through DCMH provider network.
- Access to counseling and other supportive services through provider network and pro bono clinicians.
- Services and supports to targeted populations such as parents, teens, seniors, health care workers, first responders, LBGTQ communities and those with pre-existing mental health or substance use conditions.
- Employee Assistance Program (EAP) for all County employees and contracted municipalities 995-6070 or email [pkj1@westchestergov.com](mailto:pkj1@westchestergov.com).

The following organizations will be partnering with DCMH to provide these services. DCMH anticipates additional providers to join to support our collective effort. American Foundation Suicide Prevention – Mid-Hudson Chapter, JED Foundation, Mental Health Association of Westchester, Mental Health Empowerment Project Mind, Body & Spirit Coalition of Westchester, My Sisters' Place, National Association of Social Workers - Westchester Division, Nonprofit Westchester, Putnam/Northern Westchester BOCES, St. Vincent's Crisis Prevention and Response Team, Southern Westchester BOCES Westchester Citizen Therapists Westchester Jewish Community Services, and the Westchester Putnam Peer Support Team.

Kind regards,

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