**COVID-19 Resources**

**Headspace**

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

From Buffalo to Long Island, Albany to the Lower East Side, this special NY collection of meditation, sleep, and movement exercises are here to support you through stressful and challenging times. Helping you — and your fellow New Yorkers — stay strong and be kind to yourselves, with a New York state of mind.

**CDC Train**

<https://www.train.org/cdctrain/home>

Suggested courses:

* Self-Care and Applying Psychological First Aid for COVID-19 Responders
* Physical Distancing Measures Aimed at Control of COVID-19: Evidence and Implementation (Microlearning)
* SOAR: Trauma Informed Care

**Southeast AIDS Education and Training Center**  
<https://www.seaetc.com/education-training/archived-webinars/>

Suggested webinars:

* HIV Care During Social Distancing: The Vanderbilt Experience
* Mental Health Effects and Coping with COVID-19 Pandemic Part II
* Mental Health Effects and Coping with COVID-19 Pandemic Part 1

**Clinical Education Initiative (CEI)**  
<https://ceitraining.org/courses/>   
Clinical Education Initiative Line for Inquiries Pertaining to COVID-19 and HIV offers a toll-free number **866-637-2342**  
The hotline offer clinicians in NYS the opportunity to discuss COVID 19 and HIV, PEP, PrEP, HCV, Sexual Health and DUH patient management with a specialist weekdays from 9:00 am – 5:00 pm, excluding holidays. When you call, you will be connected to a CEI Program Coordinator who will dispatch your message to a specialist.

**NYS-Authorized Syringe Exchange Programs Site Locations & Hours of Operations**

**If you plan on visiting a SEP to obtain syringes, please call the program first. Site locations and hours of operation may have changed.**

<https://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/>

**Substance Abuse and Mental Health Services Administration (SAMHSA) COVID-19 guidance** providing potential flexibility for Opioid Treatment Programs (OTPs). This guidance includes approaches for providing pharmacotherapy for opioids use disorder patients exposed to infections and COVID-19, disaster planning, potential flexibility for take-home medication, OTP guidance for coronavirus patients under home quarantined, and [frequently asked questions](https://www.samhsa.gov/sites/default/files/faqs-for-oud-prescribing-and-dispensing.pdf).

* SAMHSA’s [COVID-19 Guidance for Opioid Treatment Programs](https://www.samhsa.gov/sites/default/files/otp-guidance-20200316.pdf)

[**State Strategies to Maintain Opioid Use Disorder Treatment during the Coronavirus Pandemic**](https://protect2.fireeye.com/v1/url?k=b3eee892-efd64e2f-b3ec11a7-000babd9fa3f-d9615637891509ed&q=1&e=886e305d-5098-4a98-9791-d5ecfef1fc2e&u=https%3A%2F%2Fnashp.org%2Fstate-strategies-to-maintain-opioid-use-disorder-treatment-during-the-coronavirus-pandemic%2F)

**Harm Reduction Coalition (HRC) Resources:**

HRC collaborated with [Higher Ground Harm Reduction](https://protect2.fireeye.com/v1/url?k=c1b4d5e4-9d35ed1f-c1b62cd1-000babd9f8b3-6c22c95b58f6a7b4&q=1&e=a29feab5-9913-460f-9b9d-ecdcbbd2b1f4&u=https%3A%2F%2Fhghr.wedid.it%2F), Reynolds Health Consulting and [Vital Strategies](https://protect2.fireeye.com/v1/url?k=07ea48ec-5b6b7017-07e8b1d9-000babd9f8b3-1e996516067b5eb2&q=1&e=a29feab5-9913-460f-9b9d-ecdcbbd2b1f4&u=https%3A%2F%2Fwww.vitalstrategies.org%2F) to put out guidance for people who use drugs and for harm reduction programs available in Spanish and English [here](https://protect2.fireeye.com/v1/url?k=da5fb083-86de8878-da5d49b6-000babd9f8b3-20124d8a8e6fcc23&q=1&e=a29feab5-9913-460f-9b9d-ecdcbbd2b1f4&u=https%3A%2F%2Fharmreduction.org%2Fmiscellaneous%2Fcovid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs%2F).  The national Harm Reduction Coalition held a webinar on March 18th, outlining the current information for harm reduction programs during COVID-19 and a NYS-specific webinar on March 25.  The webinar recordings, notes and slides are available [here](https://protect2.fireeye.com/v1/url?k=7ca39e5c-2022a6a7-7ca16769-000babd9f8b3-ea3b7a9d2c681681&q=1&e=a29feab5-9913-460f-9b9d-ecdcbbd2b1f4&u=https%3A%2F%2Fharmreduction.org%2Fblog%2Fcovid-19-virtual-office-hours).  In addition, HRC released a podcast highlighting the importance of low-barrier access to medications for opioid use. Low-barrier access is as important as ever right now, you can listen [here](https://anchor.fm/goldstandard).

**World Health Organization:**

Mental health and psychosocial considerations during the COVID-19 outbreak  
<https://www.who.int/publications-detail/mental-health-and-psychosocial-considerations-during-the-covid-19-outbreak>

Coping with stress during COVID-19

[Arabic](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress-print-v0-ar.pdf?sfvrsn=df557c4e_2)

[Chinese](https://www.who.int/images/default-source/health-topics/coronavirus/cope-with-stress-zh.jpg?sfvrsn=40131d95_4)

[English](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf)

[French](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress-fr.pdf?sfvrsn=df557c4e_8)

[Russian](https://www.who.int/docs/default-source/coronaviruse/200762-coping-with-stress-ru.pdf?sfvrsn=df557c4e_8)

[Spanish](https://www.who.int/docs/default-source/coronaviruse/200762-coping-with-stress-during-the-2019-sp.pdf)

Helping children cope with stress during COVID-19

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

**IASC Interim Briefing Note Addressing Mental Health and Psychosocial (MHPSS) aspects of COVID-19 Outbreak** (developed by the IASC’s Reference Group on Mental Health and Psychosocial Support, which is co-chaired by WHO) [https://interagencystandingcommittee.org/other/interim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak](https://protect2.fireeye.com/v1/url?k=d3c0b8f3-8fe5b490-d3c241c6-0cc47aa88e08-07a04c4a8d91468f&q=1&e=1dbb40aa-bddf-4009-9526-e0008538058d&u=https%3A%2F%2Finteragencystandingcommittee.org%2Fother%2Finterim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak)

**NYS Coalition Against Domestic Violence:**

For the hotline number of your local domestic violence program, call the New York State Domestic and Sexual Violence Hotline at 1-800-942-6906, English & español/Multi-language Accessibility. Deaf or Hard of Hearing: 711

In NYC: 1-800-621-HOPE (4673) or dial 311 TDD: 1-800-810-7444

For a listing of domestic violence hotlines by county, go to the [New York State Domestic Violence Directory](https://www.nyscadv.org/find-help/program-directory.html): <https://www.nyscadv.org/find-help/program-directory.html>

**Free Online Recovery Meetings and Virtual Platforms via ONDCP**

* + 12 Steps.org

<https://www.12step.org/social/online-meeting-calendar/>

Listing of online 12-step meetings on various platforms.

* + Al-Anon Electronic Meetings

<https://al-anon.org/al-anon-meetings/electronic-meetings/>

This forum and recovery chat room for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world.

* + Alcoholics Anonymous Online Intergroup

<http://aa-intergroup.org/directory.php>

Listing of online meetings from AA Intergroup.

* + Smart Recovery

[https://www.smartrecovery.org/community/calendar.php https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/](https://www.smartrecovery.org/community/calendar.php%20https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/)   
Message board, chat room, online meetings, and online library.

* + Adult Children of Alcoholics   
    <https://adultchildren.org/quick-search/?audiobt=Click+Here>

Phone and Online Meetings

* + In The Rooms (Online Meetings)  
    <https://www.intherooms.com/home/>  
    An online platform supporting a wide range of 12-step and non-12 step meetings
  + Bridge Club Virtual Meetings   
    <https://www.jointempest.co/bridge-club-events?tag=Virtual%20Events>  
    Meetings that are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety.
  + Refuge Recovery Online Meetings   
    <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>   
    Listing of daily online meetings
  + Families Anonymous Virtual Meetings   
    <https://www.familiesanonymous.org/meetings/virtual-meetings>  
    Online meetings for parents, grandparents, siblings, spouses, significant others, other family members and friends of those with a current, suspected or former drug problem.
  + Life Ring Recovery   
    <https://www.lifering.org/online-meetings>   
    Listing of online meetings.
  + The Temper  
    <https://www.thetemper.com/online-recovery-meetings-groups/>  
    An online publication/site that explores life through the lens of sobriety, addiction, and recovery. Includes links to resources
  + My Recovery   
    <https://www.myrecovery.com/online-meeting/>   
    Online 12-step meetings
  + Sober Grid  
    <https://www.sobergrid.com>  
    A free online social networking platform for people in recovery. Available in mobile app stores
  + Narcotics Anonymous   
    <https://www.na.org/meetingsearch/>

Listing of online meetings provided by NA.