### Personal Counseling Department

sunywcc.edu/PersonalCounseling  
E-Mail: PersonalCounseling@sunywcc.edu  
Instagram: @PersonalCounselingWCC

### Westchester (+ Surrounding Area) Mental Health

- Westchester County Department of Community Mental Health COVID-19 Helpline (8am-8pm) – Call: 914-995-1900 or Text: 914-461-7281  
- Mental Health Association of Westchester: Call: 914-345-0700, x7350  
- St. Vincent’s Hospital Westchester: 24/7 Evaluation & Referral Call: 914-925-5320 or Walk-in (275 North St, Harrison, NY 10528)  
- The Guidance Center of Westchester – Call: 914-613-0700, x7104  
  E-Mail: MentalHealth@TheGuidanceCenter.org  
- Westchester Jewish Community Services – Call: 914-761-0600, x2207  
  E-Mail: info@wjcs.com  
- Bereavement Center of Westchester – Call: 914-787-6158, x1317  
  https://www.bcwtreehouse.org/  
- NY Presbyterian Behavioral Health Center (White Plains) –  
  Call: 1-888-694-5700

### Call & Text Support

- United Way of Westchester: Call 211  
- NY State COVID-19 Emotional Support Helpline (8am-10pm): 1-844-863-9314  
- National Suicide Prevention Lifeline: 1-800-273-8255  
- Crisis Text Line: Text HELLO to 741-741  
- National Domestic Violence Hotline: 1-800-799-7233  
- National Sexual Assault Hotline: 1-800-656-4673

### Links/Information

- WCC Updates  
- NY State Department of Health  
- Westchester Department of Health  
- CDC Coping with COVID-19 Stress

### Online Wellness Resources

- ULifeline Self-Evaluator  
- Mental Health America & COVID-19  
- Rape, Abuse, & Incest National Network  
- JED Foundation  
- Renfrew Center; Virtual Eating Disorder Treatment  
- Actively Moving Forward  
- Guide to Living with Worry and Anxiety

### Helpful Apps

- Headspace  
- 7cups  
- Happify  
- Breathe2Relax  
- PTSD Coach  
- Calm  
- Nike Run Club  
- Good News Network  
- Insight Timer

### Self-Care Tips

- Stick to a daily routine  
- Take care of your body (drink water, sleep, eat a healthy meal, & move)  
- Stay connected (reach out to friends, family members, classmates, professors, & acquaintances)  
- Be kind to yourself