

Personal Counseling Department

sunywcc.edu/PersonalCounseling
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Instagram: [@PersonalCounselingWCC](https://www.instagram.com/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

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| <ul style="list-style-type: none"> • Headspace • 7cups • Happify • Breathe2Relax • PTSD Coach • | <ul style="list-style-type: none"> • Calm • Nike Run Club • Good News Network • Insight Timer |
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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
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