

Counseling Center Resources and Support

KNOW THE FACTS:

One way to decrease stress is to know the facts. Here are some resources that provide information on a college, local and national scale.

- [Lehman College](#)
- [NYC DOH](#)
- [CDC](#)
- [CDC recommendations for prevention](#)
- <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- <https://emergency.cdc.gov/coping/selfcare.asp>

SELF- CARE TIPS:

Here are some self-care tips that may be useful from CUNY Health and Wellness:

- Drink plenty of non-caffeinated, unsweetened fluids.
- Make good choices about what you eat, and eat regularly.
- Prioritize sleep and letting your minds and bodies rest and recover.
- Give yourself permission to take breaks.
- Make conscious choices to wait 5, 15, or 30 minutes before responding to communications that trigger strong emotions. This is a volatile time.
- Do less. Focus more.
- Be kind to yourself and others in speech and action.

STRESS MANAGEMENT RESOURCES:

Other ways to reduce anxiety include managing stress and utilizing coping techniques. Here are a few resources we've found to be helpful. We did not create them and there are many more available online.

- <https://positivepsychology.com/wp-content/uploads/The-Crisis-Kit.pdf>
- [10 Minute Mind](#) (CUNY Sponsored)
- **Stop Think Breathe App** for mindfulness activities
- **Insight Timer App** for guided meditations to help reduce anxiety and promote healthy sleep, plus coronavirus guided meditation
- **Daylio App** for mood monitoring and a reminder to practice healthy behaviors

Youtube

- Stress bucket <https://youtu.be/1KYC5SsJjx8>
- Struggle Switch <https://youtu.be/rCp1l16GCXI>
- 3 Happiness Myths <https://youtu.be/93LFNtcR1Ok>
- CBT Self Help Health Anxiety <https://youtu.be/ib0Mqc1joO8>

- CBT Self Help Thoughts are not Facts <https://youtu.be/QryhrGDKoEQ>

CBT SELF-HELP RESOURCES:

- [CCI Health Anxiety](#)
- [CCI Worry](#)

COUNSELING RESOURCES:

- <https://www.lehman.edu/counseling-center/documents/Mental-Health-Community-Resources.pdf>
- NYC WELL- <https://nycwell.cityofnewyork.us/en/get-help-now/>
- To talk to a counselor at any time, about anything: call **1-888-NYC-WELL** (1-888-692-9355) or text “WELL” to 65173.

CRISIS RESOURCES:

Call 911 or go to your local emergency room

- <https://nycwell.cityofnewyork.us/en/crisis-services/>
- For suicide prevention: **1-800-LIFENET (1-800-543-3638)** or **1-800-273-TALK** (1-800-273-8255)
- Text “START” to 741-741 to reach the **Crisis Text Line**
- Text “START” to **678-678** to reach **Trevor Project Helpline** for counselors trained to assist members of the **LGBTQ+ community**