

Self-Care Public Health Announcements
Developed by
The Staten Island Partnership for Community Wellness

Public health crises can lead to an increase in feelings of sadness & hopelessness

Stay connected to services through telehealth options

Stay connected to family and friends



Call NYC WELL if you need to speak with someone about your depression
1-888-692-9355
Text 65173




TACKLING YOUTH SUBSTANCE ABUSE

Coping with a public health crisis is hard

Take time to unwind

Remember to:

- Take a break from social media and the news
- Spend some time doing activities you enjoy
- Reach out for support if needed

Call NYC WELL to speak with a peer or clinician
1-888-692-9355
Text 65173







TACKLING YOUTH SUBSTANCE ABUSE

COVID-19 can be scary

Reach out if you need help. There are peers and clinicians ready to support you and your behavioral health needs.

Clinical & Peer Support:
Richmond University Medical Center: 718-818-6300
NYC Well: 1-888-692-9355 OR text 65173

Peer Support:
National Alliance on Mental Illness: Call 1-800-950-6264 or text NAMI to 741741

TACKLING YOUTH SUBSTANCE ABUSE

Coping with a public health crisis is hard

The stress can lead to:

- Difficulty sleeping & concentrating
- Feelings of sadness and hopelessness

These can be signs of depression

Remember to take care of your mind and body

NYC Well: 1-888-692-9355
OR text 65173
National Alliance on Mental Illness: Text 741741





TACKLING YOUTH SUBSTANCE ABUSE