

Family & Children's

S E R V I C E O F I T H A C A

F&CS: Covid-19 Update

What F&CS is doing during this crisis:

The staff of Family & Children's Service has been extremely busy over the past two weeks cutting through red tape, navigating complex logistics, and getting set up to provide counseling and psychiatry services remotely to our current clients. In the interest of protecting our staff from exposure to the Coronavirus as much as possible, our counselors are now equipped to connect with their clients through video and phone sessions to ensure that they are still able to access life-saving mental health care, especially during this stressful time of uncertainty. As we become more adept at managing the challenges this operational change brings, we will be providing this service to some new clients as well.

For urgent needs, please call **(607)-273-7494** and our dedicated intake staff will help to connect you with the care you need.

How to support your mental health at home:

It can be hard to remember to care for one's own mental health when there is so much uncertainty in the world, but there are some simple things you can do each day to support your wellness:

- **Get some exercise!** Take a walk outside and get some fresh air. Try transforming the time you would usually spend commuting to work into

exercise time, either with a walk, yoga, or a home workout. Getting exercise can jump-start your mind and body in the morning, and help you get a better night's sleep at the end of the day.

- **Keep a regular schedule.** It can be hard to differentiate weekends with weekdays when you're home so much, but keeping a regular schedule can provide structure to your day, whether you're working from home, attending online classes, or just trying to combat boredom from home.
- **Do something to delight yourself.** Maybe it's stopping to listen to the rain, maybe it's kissing your kid on the head, or re-reading your favorite book. Maybe it's watching [videos of puppies](#) or a soothing [jellyfish cam](#). Maybe it's a 5-minute dance party in your kitchen, or maybe it's just a really juicy stretch-out-yawn.
- **Stay in touch with your friends and family.** Pick up the phone and give someone a call, or hop on a Hangout, a Zoom call, Skype, FaceTime, or try any number of video call programs. Your support networks are always within reach, and just knowing someone is thinking about them can help others immensely. Social isolation doesn't mean you have to lose contact with those who love and support you!

Giving Thanks:

With so many regular services shut down, your local non-profits are working incredibly hard to provide essential services to those most in need. Many of them operate on incredibly thin margins, so right now your support can be especially impactful for members of your community. Consider making a gift to support an organization that provides services to your neighbors.

And please remember the positive power of kind words. Tell a non-profit how thankful you are for their continued hard work, or let a staff member know how much you appreciate their efforts!

Donate Now

Resources:

You can reach [Family & Children's Service](#) at **607-273-7494**.
You can also find help 24/7 at the [National Suicide Prevention Lifeline](#) by calling **1-800-273-TALK**, or [The Crisis Text Line](#) by texting **HOME** to **741741**.

As we all get through this together, **please remember the resources available to you through [Tompkins/Cortland 2-1-1](#)**. Phone operators will be able to connect you to community resources and support that can help based on **your specific situation**.

Please share this resource with others, if you are worried about their health, age, or living situation.

HOW TO CONTACT 211

Call 24 hours a day, 365 days a year to get help from a live person!

**Dial 211 on your phone
(or 1.877.211.8667)**



*Get help by text message
Mon-Fri 9am-4pm*

**Text your zip code to
TXT211 or 898211.**



*Search their extensive
database of local and
national organizations
dedicated to getting you
what you need.*

Go to hsctc.org/211tompkins



Our mailing address is:

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