

National and State Guidance

These links provide the direct connection to state agency coronavirus updates and initiatives:

- [CDC](#)
- [SAMHSA](#)
- [DOH](#)
- [Governor's Office](#)
- [OMH](#)
- [OASAS](#)
- [OPWDD](#)

State and Regional Listservs

These organizations operate listservs for mental health announcements, events, trainings, etc. Please sign up to join to receive updates:

- **OMH Office of Consumer of Affairs (OCA)**, The Office of Consumer Affairs (OCA) is staffed by individuals who bring their expertise from not only work skills and formal education, but through awareness and experience of being former or current recipients of mental health services. The staff of the OCA, having first-hand knowledge of what assists or hinders one's journey of healing and recovery, focuses on improving all aspects of the mental health system. The OCA currently consists of two Bureaus that tackle unique issues and services affecting various targeted groups and integral parts of the mental health system. These Bureaus provide, but are not limited to, advocacy, trainings, technical assistance and peer support.

OCA Listserv subscription via email request:

Recipient Affairs State Listserv – RA-L@LISTSERV.OMH.NY.GOV

Recipient Affairs CNY Listserv – CNY-REGION-INFORMATION@LISTSERV.OMH.NY.GOV

- **New York Association of Psychiatric Rehabilitation Services, Inc. (NYAPRS)**, NYAPRS is a statewide coalition of people who use and/or provide recovery-oriented community based mental health services. We value difference and promote cultural competence in all aspects of our work. NYAPRS is dedicated to improving services and social conditions for people with psychiatric disabilities or diagnoses, and those with trauma-related conditions by promoting their recovery, rehabilitation and rights so that all people can participate freely in the opportunities of society. Please click here to subscribe, [NYAPRS E-News Bulletin signup](#).
- **National Alliance on Mental Illness – New York State (NAMI-NYS)**, NAMI-NYS is the state organization of the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country. NAMI-NYS provides support to family and friends of individuals with

mental illness and persons living with mental illnesses through more than 50 affiliates statewide. Please click here to subscribe, [NAMI-NYS Newsletter signup](#).

- **Families Together New York State (FTNYS)**, Families Together in New York State is a family-run organization that represents families of children with social, emotional, behavioral and cross-systems challenges. Our goal is to ensure that ALL children and youth have the support they need in order to succeed. We represent thousands of families from across the state whose children have been involved in many systems including mental health, substance abuse, special education, juvenile justice, and foster care. Our board and staff are made up primarily of family members and youth who have been involved in these systems. Please click here to subscribe, [FTNYS Mailing List signup](#).
- **Mental Health Association in New York State (MHANYS)**, MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State. MHANYS achieves this through training, education, advocacy and policy, community-based partnership programming, and by connecting individuals and families to help. Please click here to subscribe, [MHANYS Update signup](#).
- **Academy of Peer Services – Virtual Learning Community (APS-VLC)**, The Virtual Community of Support is a project of the Academy of Peer Services: a joint venture of the New York Association of Psychiatric Rehabilitation Services (NYAPRS) and Rutgers University School of Health Professions, made possible by funding from the New York State Office of Mental Health. Please click here to subscribe, [APS Virtual Community signup](#).
- **Youth POWER! YP!** is a New York State network hosted by Families Together in NYS that is run for and by youth and young adults. We work to ensure young people have meaningful involvement on all levels of the services they receive. We ensure the availability of Peer Support through persistent advocacy, technical assistance and by offering training and education opportunities. Please click here to subscribe, [YP! Newsletter](#).
- **Friends of Recovery – New York (FOR-NY)**, Friends of Recovery – New York (FOR-NY) is a 501(c)3 non-profit organization with a mission to demonstrate the power and promise of recovery from addictions and its value to individuals, families and communities throughout New York State and the nation. We actively seek to advance public policies and practices that promote and support recovery. Please click here to subscribe, [FOR-NY Mailing List signup](#).

Additionally for Delaware and Otsego counties, please visit [FOR-DO](#) for local/regional updates.

- **Regional Planning Consortia (RPC)**, The Regional Planning Consortium (RPC) is where collaboration, problem solving and system improvements for the integration of mental health, addiction treatment services and physical healthcare can occur in a way that is data informed, person and family centered, cost efficient and results in improved overall health for adults and children in our communities. Please click here to subscribe, [RPC Mailing List signup](#).

Resource Search Engines

- [The Mental Health Program Directory](#) provides information on all programs in New York State that are operated, licensed or funded by the State Office of Mental Health (OMH). This site includes three search options: Basic Search, Advanced Search, and Full Directory. Definitions for all programs are available under the Support tab, along with directory help and information on program data collection.
- [Aunt Bertha's](#) network connects people seeking help and verified social care providers that serve them. Thousands of nonprofits and social care providers serve their communities. But for most people, navigating the system to get help has been difficult, time consuming, and frustrating. Too many Americans are suffering, and they don't need to. So, at Aunt Bertha, we created a social care network that connects people and programs — making it easy for people to find social services in their communities, for nonprofits to coordinate their efforts, and for customers to integrate social care into the work they already do.
- [211 CNY](#) brings together organizations in the community to better serve the residents of five counties: Onondaga, Oswego, Jefferson, Lewis, and St. Lawrence. 211 is a helpful starting point for areas with small fragmented rural communities that may not be as connected as bigger cities. Under a simple, easy to remember, three-digit phone number, updated information is kept under national standards, and the call or use of the database is free and available 24/7.
- [The National Mental Health Consumer's Self-Help Clearinghouse](#) purpose is to provide consumers, researchers, administrators, service providers, and others with a comprehensive central resource for information on national and local consumer-driven programs. Such programs have a proven track record in helping people recover from mental illnesses.

Virtual Support Groups

- [The International Association of Peer Supporters \(iNAPS\)](#) is a 501(c)(3), non-profit organization. It was begun by a small group of peer specialists in Michigan interested in what was happening in other states. Founded in 2004, the organization now includes members from every state and several countries outside the US. Members of this

network can come together to share their ideas and innovations, exchange resources and information based on real world application, and add their voice to others when concerns and issues affecting all of us require a global response from a global community.

- [The Mighty](#) is a digital health community created to empower and connect people facing health challenges and disabilities. We have over 2 million registered users and are adding a new one every 20 seconds. Our stories and videos are viewed and shared more than 90 million times a month.
- [Hey Peers](#) is a video chat app that allows people to safely browse and join peer support conversations and meetings.
- [ForLikeMinds](#) is dedicated to the recovery and wellness of people living with or supporting someone with mental illness, substance use, or a stressful life event.
- [The Tribe](#) is home to 8 unique mental health support groups: AddictionTribe, AnxietyTribe, DepressionTribe, HIV/AidsTribe, LGBTribe, MarriageFamilyTribe, OCDTribe, and TeenTribe. The Tribe offers its members the latest in social network technology carefully tailored to create an environment of support and encouragement.
- [7 Cups](#) is an on-demand emotional health service and online therapy provider: bridging technology anonymously & securely connects real people to real listeners in one-on-one chat. Anyone who wants to talk about whatever is on their mind can quickly reach out to a trained, compassionate listener through our network. We have hundreds of listeners who come from all walks of life and have diverse experiences.
- [ADAA](#) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive, and trauma-related disorders through education, practice, and research. ADAA's mission focuses on improving quality of life for those with these disorders. ADAA provides education about the disorders and helps people find treatment, resources, and support.
- [DBSA](#) online support groups give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope. With the support of generous donors and friends, we are rapidly adding more groups to meet the urgent need for online support.