

Resources and opportunities for young people and Youth Peer Advocates while social distancing.

We are young. We are strong. We are Youth Power.

Opportunities

Click for more details

Virtual Youth Fest Every Thursday @ 4pm

An inspiring online event designed for youth and young adults featuring speakers, entertainment, fun activities, and information on a variety of topics important to YOUth.

bit.ly/mylifeyouthfest

Click for more details

We are calling on YOU to Create and share something that expresses what mental health and wellness means to you and/or what you think others should know about mental health.

Spread hope and win prizes! Submissions accepted through May 31st, 2020. Learn more at www.ffcmh.org/mental-health-art-gallery

Click for more details

Statewide Peer Leaders Support and Development Meetings

Held biweekly for Youth Peer Advocates to connect, share resources, ideas, and explore the successes and challenges of providing Youth Peer Support while social distancing.

Contact your local Regional Youth Partner to join.

Click for more details

Apply for the YP! Network Leadership Council

Join forces with peers create systems change and empower young people across the state.

[Apply here.](#)

Click for more details

Use emails, social media and phone calls to fight for access to children's behavioral health, alternatives to school suspensions, youth justice reform and family-based foster care.

[Visit the digital advocacy center here.](#)

Click for more details

We are excited to announce our first podcast, Free to Be! Free to Be is about LGBTQ+ youth in New York State and the topics that matter to them. Hosted by Imari Wilson and Zack Kilmer, FTNYS staff members and LGBTQ+ identifying young adults.

We will be discussing the history of the LGBTQ+ pride movement in the United States and how it all started right here in NYS. View the full announcement to subscribe and learn how you can be featured on our first episode! <https://conta.cc/3dwG81U>

Resources

[New York State Updates](#)

[Office of Mental Health Guidance](#)

[State Education Department Updates](#)

[OASAS Updates & Resources](#)

- [Mental Health](#)
- [Online Support Groups](#)
- [Physical Health](#)
- [Financial Resources](#)
- [Activities & Art](#)
- [Education](#)
- [Additional Guidance](#)

Breathe2Relax – is a stress management app, which will help you learn how to perform and use diaphragmatic breathing techniques for stress control. ([Apple](#)) ([Google Play](#))

[Calm Harm](#) is an app that offers support to those that are considering self-harm. You have access to activities that help you identify what you're feeling and to take your mind away from it.

[Clear Fear](#) is an app that offers support and activities for people who suffer from mild to severe anxiety.

[Headspace](#) – short 10-minute meditations ([Apple](#)) ([Google Play](#))

[Mindshift CBT](#) – uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

[Stop, Breathe, and Think](#) – simple activities and meditation to help check in on your emotions PTSD Coach. PTSD Coach was designed for those who have, or may have, posttraumatic and feeling ([Apple](#)) ([Google Play](#))

[Vent](#) is a virtual resource for people to express their feelings to people who care.

[Woebot](#) – Anxiety, depression and mindfulness tool that provides tiny conversations to help you feel at your best. ([Apple](#)) ([Google Play](#))

[Worrykit](#) provides exercises and activities for people who need a moment to relax and clear their thoughts, fears, or worries.

[AA Virtual Meetings](#)– AA is meeting people where they are at by offering virtual meetings, click the link and put in your zip code to find a meeting.

[Anxiety and Depression Association of America \(ADAA\)](#) offers an anonymous peer-to-peer online anxiety and depression support group for individuals and their families to share information and experiences.

[Depression and Bipolar Support Alliance \(DBSA\)](#) provides online, peer-led support groups for people living with depression and bipolar disorder. DBSA support groups serve peers, young adults, and friends and family members.

[GovTeen](#) –Forum for and by teens with mental health conditions

[Mental Health America](#) has a webpage that serves as a discussion board for people who are looking for community and support on various topics.

[Narcotics Anonymous](#) – online meetings in various time zones using multiple platforms.

[OK2Talk](#)– online blog for teens and youth to share feelings about mental health.

[Open to Hope](#) offers an online support forum where individuals share their stories and connect to others coping with grief and loss.

[Q Chat Space](#) is a virtual community for LGBTQ+ teens to find and give support in live chats facilitated by folks with lived experience.

[Schizophrenia & Related Disorders Alliance of America \(SARDA\)](#) offers conference call groups for individuals and family & friends.

[Support Group Central](#) offers virtual support groups on various mental health topics. Groups are typically run by mental health professionals from non-profit agencies. Group dates/times vary depending on the topics. Support groups are free or low-cost.

[Smart Recovery](#) provides free, peer-led support and chat groups. Conversations are moderated to prevent discrimination or aggression.

<https://teenlineonline.org/> – or get the Teen Talk App – text TEEN to 839863

[Unity Recovery](#) is offering virtual support groups. They offer one-on one meetings, group meetings, and family support meetings.

[Fiton](#) is a free app where many people post fitness/workout videos that you can follow along with.

YouTube- you can find many free fitness videos on YouTube to follow along to.

[AllTrails: Trail Guides & Maps for Hiking, Camping, and Running |](#)

[AllTrails](#)– While our day-to-day routines have changed pretty dramatically, it's important to remember that we need to find ways to take care of ourselves. We might need to keep some physical distance from each other for a while, but we don't need to shut ourselves in. The outdoors is still open for business (just remember to practice social distancing!). AllTrails is a website and app that helps you find local trails and open spaces.

Internet Service Providers (Free/Reduced Internet Access)

- [Charter Communications](#)
- [Comcast](#)
- [Spectrum](#)
- [Who is lifting data caps?](#)

Questions about the Federal Stimulus Package and What it Means for You?

- [English](#)
- [Spanish](#)

[Qualifying & Applying for Unemployment Benefits During COVID-19](#)

[Homeless Youth Access Guide to COVID Stimulus Payments](#)

[Economic Impact Payments for COVID-19: The Basics](#)

Grants

- [Robin Hood Relief Fund](#)
- [The Giving Compass](#) Has compiled a list of almost 100 (as of 3/24/2020) emergency COVID-19 funders across the country
- [The Community Foundations](#) blog has several resources for local funding divided by state
- [No Kid Hungry](#)
- The [CDC Foundation](#) and the [Center for Disaster Philanthropy](#)
- [Dunkin Joy Corona Virus \(Covid-19\) Emergency Grants](#)

U.S. Department of Housing and Urban Development [HUD](#) has released Guidance for individuals who are struggling to make mortgage or rent payments.

If you recently lost your job due to COVID-19 you may be eligible for [NYS unemployment benefits](#) .

[Finding Employment](#)

Mindful Coloring

- [Art by Lauren Bonney](#)
- [Color with Gabby Frost](#)
- [TWLOHA Coloring Pages](#)
- [This is My Brave Coloring Pages](#)

Journaling Resources, Prompts, and Templates

- [Bullet Journaling](#)
- [Bullet Journaling for Mental Health and Anxiety](#)
- [Future Self Journaling Worksheets](#)
- [I Am Grateful for... Worksheet](#)

[Happify](#) – Happify is an app that assesses a variety of domains in your life and takes you through modules (games, activities, exercises) that are designed to reflect those domains to increase happiness and reduce stress.

Gaming: [Kongregate](#) – Free online games ranging from casual if you just have a few minutes to longer-form games that you can come back to. Additionally, one can watch walkthroughs of new games when they come out on YouTube, if they cannot be afforded.

Art: [Google Doodles](#) – We've all seen the Google Doodles that appear during special events or to honor specific people. This is the archive that you can get lost in.

Music: [Song Maker](#) – A quick and fun way to let out some noise while on your computer. Song Maker lets you easily construct songs, play them back, and remix them.

Entertainment: [Open Culture](#) – 1,000's of movies for free, including classics, indies, film noir, documentaries and more.

Art: [Virtual Museum Tour](#) – Take a virtual tour of some of the world's greatest museums and heritage sites.

Nature: [Animal Cams](#) – Check out these amazing feeds! From jellyfish to an African watering hole.

[Hogwarts Digital Escape Room](#)

