

MENTAL HEALTH RESOURCES

The COVID-19 pandemic is disrupting lives and routines around the world. During this time of great upheaval and uncertainty, we want to remind you that while you are taking the important measures to prevent the spread of the coronavirus – through hand washing and social distancing-you **should not** forget about your mental health.

NYS COVID-19 Emotional Support Line

1(844) 863-9314

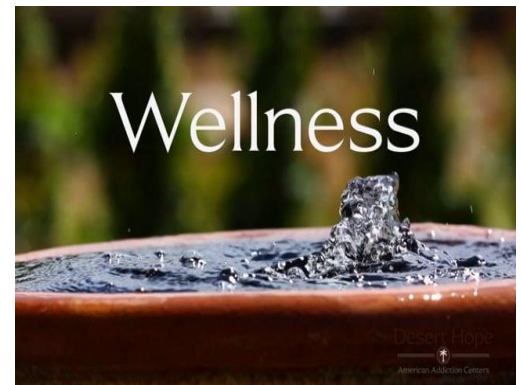
8AM-10PM, 7 Days a week

Self-care tips:

- **Take a walk**
- **Start journaling**
- **Have a home day spa**
- **Stimulate your brain**
- **Listen to an inspiring podcast**
- **Create a sense of normalcy and routine in your day**
- **Recreate a hobby / try a new recipe**

Managing Stress

- **Practice mindfulness**
- **Deep breathing**
- **Exercise**
- **Eat a well-balanced diet**
- **Wake up the same time every morning**
- **Stick to a routine**
- **Talk to a friend or family member**



Need someone to talk to?

Mobile Crisis Assessment Team
(MCAT)

1 (844) 732-6228

Available 24 hours 7 days a
week

Provides:

- Wellness calls
- Crisis support
- Information & linkages to services available
- All assessments are being done via phone.

Regional Warm Line

- NOT A CRISIS HOTLINE-

(607) 433-0661 or 1 (800) 377-3281

12:00PM-10:30PM

What is the warm line about?

- Confidential peer self-help
- Reduce isolation
- Non-judgement listener
- Time to talk to someone who has been there

Otsego County Behavioral Health

- Currently using audio/video tele-health including Peer Services
- Accepting new patients

Adult Mental Health
(P) (607) 433-2343

Children & Family Mental Health
(P) (607) 433-2334

Addiction Recovery Services
(P) (607) 431-1030

Mary Imogene Bassett Outpatient Psychiatry Services

Monday –Friday 8-5pm

- Currently using audio/video tele-health
- Accepting new patients

(P) (607) 547-3500



FORDO (Friends of Recovery of Delaware and Otsego

Monday –Friday 9-5pm

- Peer services
- Recovering coach
- Continuing to host self-help groups. Please refer to <https://www.friendsofrecoverydo.org/>
- Reach out to Kyle LeFever (Peer Specialist Coordinator) to coordinate peer services

(P) (607) 267-4435

Kyle LeFever- (607) 376-4388

Family Resource Network

8-4pm answering services available

- Accepting new referrals through SPOA or Families
- Advocates are available via phone/video-conferencing
- OPWDD in-person events are cancelled through mid-April, all other services are available
- Trainings are on-line, paper copies are available to families that does not have access to on-line

(P) (607) 432-0001

FOOD AND OTHER ESSENTIAL SERVICES

The following essential businesses are open and will continue to stay open:

<p>Food related:</p> <p>Grocery Stores</p> <p>Convenience Stores</p> <p>Farmer's Markets</p> <p>Food Banks</p> <p>Restaurants (take out only)</p> <p>Agriculture / food processing services</p>	<p>Housing:</p> <p>Homeless Shelters/Domestic Violence Shelters</p> <p>Hotels</p> <p>Building cleaning/maintenance</p> <p>Hardware stores</p> <p>Code enforcement</p> <p>Security</p>
<p>Cleaning / Sanitation:</p> <p>Trash and recycling removal</p> <p>Cleaning services / Janitorial services</p> <p>Laundromats</p> <p>Building cleaning / maintenance</p>	<p>Manufacturing:</p> <p>Household paper production</p> <p>Food processing</p> <p>Medical equipment/instruments</p> <p>Pharmaceuticals</p> <p>Sanitation and personal care production</p>
<p>Other:</p> <p>Auto / bicycle repair</p> <p>Child / Elder care services</p> <p>Animal shelters / animal care</p> <p>Trucking, shipping, and mail services</p>	<p>Healthcare:</p> <p>All healthcare services</p> <p>Pharmacies</p> <p>Veterinary Services</p>

For a complete list of essential services, please visit esd.ny.gov/guidance-executive-order-2026



This popular delivery app has grocery deliver services in the following areas:

Town	Zip Code	Stores
Maryland	12064	Aldi, Price Chopper, Petco, BJ's Wholesale
Burlington Flats	13315	Price Chopper
Cooperstown	13326	Price Chopper, Tops Markets, CVS Pharmacy
Fly Creek	13337	Price Chopper, Tops Markets, CVS Pharmacy
Hartwick	13348	Price Chopper, Tops Markets, CVS Pharmacy
Richfield Springs	13439	Price Chopper
Springfield Center	13468	Price Chopper
Milford	13807	Price Chopper, Tops Markets, CVS Pharmacy
Oneonta	13820	Aldi, Price Chopper, Petco, BJ's Wholesale
Otego	13825	Aldi, Price Chopper, Petco, BJ's Wholesale
Unadilla	13849	Price Chopper
West Oneonta	13861	Aldi, Price Chopper, Petco, BJ's Wholesale

FOOD PANTRIES IN OTSEGO COUNTY

<p>Burlington Flats Food Pantry First Baptist Church 101 Arnold Rd, Burlington Flats 13315 607-965-6316 607-965-8914 Monday – Friday 8 AM – 3 PM Blanche Hurlbutt / 965-6316 or 965-8914 / blanche_13335@yahoo.com By Appointment Handicapped Accessible</p>	<p>Daily Bread Food Pantry The Community Center 2 Genesee St PO BOX 328 Cherry Valley NY 13320 Tues 9AM - 12 Noon Sat 10AM - 1PM or by appointment Handicapped Accessible Mary Fralick and Co-manager Tristan Sharratt 376-3969 / cherryvalleymom@gmail.com 282-0922 / davistralickt@gmail.com</p>
<p>Cooperstown Ecumenical Food Pantry First Presbyterian Church 25 Church Street, Cooperstown 13326 547-8902 Monday – Friday 10 AM – 4 PM Saturdays 10-12 PM www.cooperstownfoodpantry.org Julia Perdue, Director // directorcfp@gmail.com Audrey Murray - 547-8089 // Handicapped Accessible</p>	<p>Community Cupboard 7 North Street, Edmeston 13335 965-8540 1st Tuesday 10 am-12 pm Thursdays 4 - 7 pm NOT Handicapped Accessible Must live in Northern Otsego and Unadilla Valley School District (as of 9/24/18) Maggie Johnson 964-7915 edmeston2baptist@gmail.com maqj27@yahoo.com</p>
<p>Fly Creek Food Pantry Fire House, Fly Creek 13337 April - October Judy Cook 547-2195 // edwincook1234@gmail.com (437-7365 cell)</p>	<p>Butternut Valley Food Pantry At Christ Church Episcopal 166 Marion Avenue, Gilbertsville 13776 Thurs 3-6 PM / Sat 10 AM – 12 PM Also provides toiletries Handicapped Accessible Denise Talbot, Pres 244-0189 / 334-8438 denise_talbot@hotmail.com</p>
<p>Hartwick United Methodist Food Pantry 3080 County Hwy 11 (West Main Street), Hartwick 13348 Mon / Wed / Thur 10-12 PM NOT Handicapped Accessible Gina & Jim Palmer 293-7331 home // jpalm@stny.rr.com</p>	<p>St. Matthew Lutheran Food Pantry 125 Main Street, Laurens 13796 433-2615 (h) 432-9120 By appointment only Handicapped Accessible Jeff & Corinne Hahn jhahn1@stny.rr.com chahn805@gmail.com Rod & Patty Klafehn - 432-7883 // tricial3796@yahoo.com</p>
<p>Milford Food Pantry United Methodist Church West 1566 Community Center 113 N. Main Street / PO Box 127 Milford 13807 Saturdays 9:30 – 11:30 AM Clothes available Laura Eggleston rleggsonhill@gmail.com 286-7255 Handicapped Accessible</p>	<p>United Methodist Church Food Pantry 1739 St Hwy 8, Mount Upton 13809 By appointment only Carol Clum 764-8365 home // theclums@gmail.com</p>

<p>Unadilla Valley Food Pantry First United Methodist Church 51 South Main Street, New Berlin 13411 334-8803 or 847-6350 Mondays 3-5 PM Lynn Walton emmanuelmissionny@gmail.com Handicapped Accessible</p>	<p>Loaves & Fishes Food Pantry St. James' Episcopal Church 18 Elm Street, Oneonta 13820 432-1458 432-3558 Monday – Friday 9 AM – 2 PM Joyce Mason, Director masonj@stjamesoneonta.org Joyce, ext. 103 at church number Handicapped Accessible</p>
<p>St. Mary's Food Pantry 38 Walnut Street, Oneonta 13820 432-3920 Ext 212 Monday – Friday 11 AM – 3 PM Provides dog food / toiletries Linda Burns , Outreach Coordinator 386-2623 cell linda@stmarysoneonta.org Handicapped Accessible</p>	<p>Salvation Army Food Pantry 25 River Street, Oneonta 13820 432-5960 Mon, Wed, Fri 9:30 AM – Noon Mon, Wed - 1-3/Fri - 1-4 PM Major Sharon Harford Sharon_Harford@use.salvationarmy.org Sharon Haines shaines@use.salvationarmy.org Major Cheryl Compton cheryl.compton@use.salvationarmy.org Major Roger Compton roger.compton@use.salvationarmy.org Handicapped Accessible</p>
<p>Otego Community Food Pantry 290 Main Street, Otego 13825 Thurs 3:15-5:15 PM / Sat 11 AM-1 PM Also provides toiletries Jan Lloyd 988-6503 // sjllo35@stny.rr.com Shelly Havens 369-7762 // shavens@unatego.stier.org Handicapped Accessible</p>	<p>Church of Christ Uniting Food Pantry 22 Church St, Richfield Springs 13439 (315) 858-1553 Tues & Thur 10 AM – 12 PM Every 2nd & 4th Sat 11 AM – 12 PM Jim & Polly Rennekens 315-858-7017 // pollyretired@gmail.com Pam Diliberto - pjdiliberto@gmail.com Handicapped Accessible</p>
<p>Tri-Valley Food Pantry United Methodist Church 66 Main Street, Schenevus 12155 638-5867 By appointment only Must live in immediate area Judy Staruck 547-9091 // jjstaruck@gmail.com Joanne Peterson 547-9091 Pat Hawver 638-5631 Handicapped Accessible</p>	<p>Unadilla Community Food Pantry 170 Main Street, Unadilla 13849 563-7713 (h) // 369-2416 Mon, Fri, Sat 11 AM – 12:30 PM Must live in Unadilla School District Claudia Jenkins cjgs@frontiernet.net Gloria Hall gloria.hall54@yahoo.com Handicapped Accessible</p>
<p>First Presbyterian Church Food Pantry 174 Main Street, Worcester 12197 397-1802 // 267-9180 cell By appointment only Gerry Roe gerryfr17@yahoo.com</p>	<p>W Oneonta Baptist Church Food Pantry 2845 County Hwy 8 West Oneonta 13861 432-2290 By appointment only Handicapped Accessible Debra Eramo debraanneramo@gmail.com</p>