

UPDATE

April 2020

We Are Here To Help

This is a challenging time as we are all faced with the Coronavirus health crisis. The constant 24-hour news cycle as well as the changing guidelines that emerge on a daily basis in response to this pandemic are intense. Common reactions to this type of crisis can include increased worry and anxiety, panic, feelings of helplessness, difficulty concentrating and sleeping, as well as hypervigilance about your health and symptoms.

While it is important to remain aware of the changing landscape, it is also important to protect your mental health. Four Winds Hospital is here if you need our help. Our treatment teams of psychiatrists, psychiatric nurse practitioners, social workers and nurses remain dedicated to providing mental health services without interruption.

Emergency rooms are urging those who are not having an acute medical issue to stay away. If you or a family member are in need of a psychiatric assessment during a crisis, you can call us directly and do NOT need to go through an emergency room. Our inpatient programs for children, adolescents, and adults are open and accepting patients. Please call our Admissions Department directly at 1-800-528-6624 or 914-763-8151 if we can help.

As always, the health and safety of our patients and staff is our highest priority. We have screening procedures in place for all patients and staff which follow the directions of both the Centers for Disease Control and NYS Department of Health for healthcare providers. You can visit our website at www.fourwindshospital.com for more information in addition to the enclosure.



We wish you and your family all the best in this time of crisis. Please do not hesitate to call us if we can assist you in any way.

Links to information for support:

7 Ways To Support Kids And Teens Through Coronavirus Pandemic

<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

COVID-19 Managing Stress and Anxiety

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>