

UFT WF Retiree Social Services - (212) 598-6880

UFT MAP Self Care During the Coronavirus Crisis:

www.uft.org/your-rights/safety-health/coronavirus/self-care-during-coronavirus-crisis

UFT MAP Bereavement Groups - www.uft.org/grief-support-group

24/7 Mental Health Support Hotlines

- NYC Well – (888) 692-9355
- NYS COVID-19 Emotional Support Line – (844) 863-9314
- SAMHSA Disaster Distress Helpline – (800) 985-5990
- National Suicide Prevention Lifeline – (800) 273-8255