

Counseling Agencies/Psychologists

Below is a list of local counseling providers, psychologists, evaluators and hotlines that work with families in our area. They take a variety of insurance and medical coverage plans and some operate on a sliding scale with minimal payments. You are encouraged to contact several agencies in order to find one that best meets your family's needs.

Alfred University Child and Family Service Center(School Year Only) 607-871-2229
Sliding Scale/minimal payments/No charge for Medicaid eligible

Dr. Kevin Curtin 585-484-1899

Accepts: BC/BS, Fidelis, Pompc, Beacon Health, MHC, and Optum.
14 Broadway Mall in Hornell, suite 201

Stacey Farris, Cuba 716-307-2780

James Hunter, Cuba 585-808-9895

Dr. Lynn O'Connell,
118 North Main Street, Wellsville585-376-2529

Dr. Andrea Burch
118 North Main Street Wellsville585-466-4711

Caprice Murphy – Wellsville, self-pay only585-610-6264

Noyes Mental Health and Wellness Services 585- 335-4316

9221 Robert Hart Drive
Dansville, NY 14437

Rehabilitation Today 716-372-3550

Dr. Craig Zuckerman
Dr. Kevin Eagan
Dr. Deborah Marshall

Wellsville Counseling Center 585-593-6300

Autism Evaluations available at:

1. Oishei Children’s Hospital
818 Ellicott Street, Buffalo, NY 14203
(716) 323-6350

2. Levine Autism Clinic (Formerly Kirch Developmental Center)
200 East River Road, Rochester, NY 14623
(585) 275-2986

3. Michael P. Santa Maria, Ph.D.
DeGraff Memorial Hospital
445 Tremont St.; Ste. 331
North Tonawanda, NY 14120
(716)-690-2560

Crisis Hotlines

Crisis Hotline	583-5706 or 888-448-3367
Crisis Hotline of Cattaraugus County	800-339-5209
Teen Help Line	888-44TEENS
Domestic Violence Hotline	800-339-5322
Rape Crisis Hotline	888-945-3970
NYS Child Abuse Hotline	800-342-3720
www.suicidepreventionlifeline.org	800-273-TALK

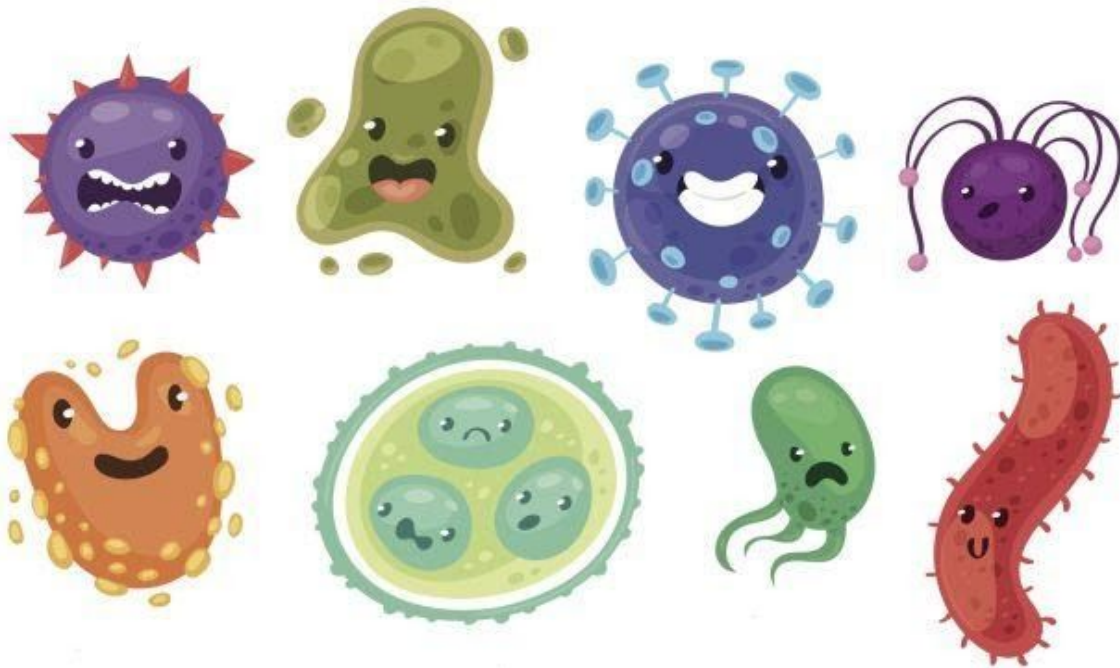
The ultimate kids' guide to the new coronavirus

Resource from:

(https://www.livescience.com/coronavirus-kids-guide.html?_gl=1*k75t9e*_ga*YW1wLWxMZGFWEWFYydTkWU0oyVXhhM0lxZkl4YzJZeGVPWkR5SE9CVUJzVnl1cGs0bnpvTUFkUF8zU2dFekhrQVFWYjM.)

A new coronavirus called SARS-CoV-2 is spreading across the globe. Kids like you are likely wondering, "Will school be closed?" and, "Should I be worried about getting sick?" To help guide you through a confusing situation, here are answers from science to all the questions you may have.

What is a virus?



(Image credit: Shutterstock)

A **virus** is a teensy, tiny germ, way smaller than anything you can see. Viruses can make us sick, but they can't do anything on their own — they need to live inside another creature (their host) to survive. To do that, they have to get into our cells.

What is Coronavirus?

Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it. The disease the virus causes is called COVID-19.

Where did the coronavirus come from?



(Image credit: Shutterstock)

The virus was first found in a city in China, called Wuhan, last December. But we think the virus actually comes from bats. From there, it hopped into another type of animal, who gave it to humans. No one knows for sure what this mystery animal was, but some people think it might have been a pangolin, a scaly animal that eats ants.

How will I know if I get it?



(Image credit: Shutterstock)

There's a special test to see if you have COVID-19. If you feel sick, tell your parents. They will call your doctor to see if you need the test. It's just like a flu test; they stick a Q-tip up your nose and test your snot for the virus. The results come back a day later.

What can I do to help?



(Image credit: Shutterstock)

You can help stop the virus by washing your hands. This means sudsing up with soap and rubbing your hands together to clean all your fingers, under the fingernails and between the fingers. You can sing the ABCs or come up with another tune that lasts about 20 seconds.

Also, try to keep your hands off your face, so no rubbing your eyes or nose or putting your hands in your mouth. That way, if there is any of the virus on your hands, you won't give it a way to enter the body where it can make you sick.

And remember to cough or sneeze into your elbow (like a vampire!), and stay home when you're sick.

Should I be worried?



(Image credit: Shutterstock)

There's no need for you to worry, because adults are working very hard to keep kids and other adults safe. Even if you do get this virus, kids usually don't get very sick from it. It's more like a mild cold.

But you still have a special role to play in protecting others! Older people, like grandparents, need your help to stay healthy. That means washing your hands and staying home if you're sick. It may also mean skipping your activities or not going to school if your principal and other grown-ups in charge decide that's best. That can slow down the spread of the virus and protect older and sicker people.



What is being done to keep us safe?

(Image credit: Shutterstock)

Doctors and government officials are working hard to make sure families stay safe. That's why they may ask people to cancel activities, like sports events. They may close schools to stop the virus from spreading. They may tell you to keep your distance from other people when you're out. All these tricks make it hard for the virus to jump from one person to the next. If the virus can't spread, fewer people get sick.

Doctors are also working hard to care for sick people. Scientists are trying to make a coronavirus vaccine — kind of like the shots you get at the doctor's office. Others are trying to make medicines to help sick people get better.

Will my school close?



(Image credit: Shutterstock)

Each school may make a different decision. Schools may close if there are lots of cases of COVID-19 in your area or if someone at the school gets the virus. But it's not easy to close schools. There are many things to think about before doing that. For example, some children eat school meals and may not have enough food at home if schools close. And parents who work in hospitals may not be able to care for sick people if they need to stay home with their children. Parents, teachers and principals probably won't decide to close a school on their own. City leaders will help make the decision.

If your school does close, they may teach your classes online. Or they may send home workbooks so you can still learn.

Will I be able to see my friends?

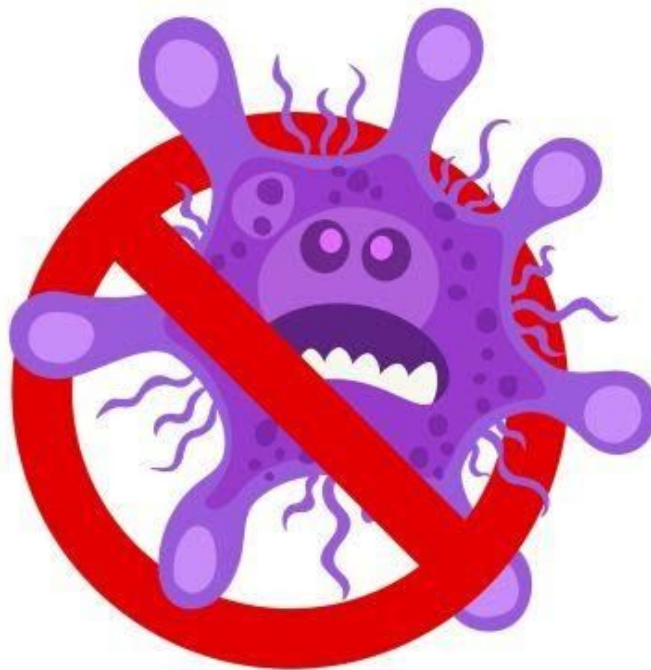


(Image credit: Shutterstock)

It may be harder to see your friends if you are told to stay in your home. However, there are lots of great ways to stay in touch online. You probably already know about these, and you can also get creative! There are ways to play games and have fun with friends, even if you're not able to see them in person.

If you can meet with friends, you'll probably have to keep the group small. So, no birthday parties for now. Meeting in large open spaces like parks, where you can keep lots of distance, is probably the best choice.

When could the coronavirus outbreak end?



(Image credit: Shutterstock)

We don't know for sure. (I know, not what you want to hear!) But using math, we can make educated guesses. Left on its own, the virus would take many months to spread

all around the world. But that doesn't mean your city would be affected for that long. And a vaccine could stop the virus sooner — if scientists can create one.

COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 

Fun Things to Do at Home as A Family

- Try a new recipe together
- Make slime
- Family Game Night
- Family Movie Night
- Color Together
- Bake Cookies
- Take up a new hobby (Sewing, Knitting)
- Read Together (YouTube Kids has several videos of books being read aloud)
- Do a puzzle as a family
- Dinner as a Family