



FOR IMMEDIATE RELEASE

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Mental Health Treatment Available for Frontline Workers during Pandemic

Cheektowaga, New York – April 24, 2020 – Endeavor Health Services is training its staff to use **COPE** and implementing the model in working with front line workers involved in the COVID-19 effort.

During this pandemic, frontline workers such as healthcare workers, police officers, and bus drivers are heroically serving their communities and not giving up. The force and need to continue working can be extremely stressful while feelings of isolation, distraction, helplessness, and fear can be increased. Endeavor Health Services is offering specific evidence based practice dedicated to helping people involved in this pandemic, called the **COPE** model.

The Centers of Psychiatric Excellence (COPE) model for COVID-19 is a six session, individual telehealth intervention based on Acceptance and Commitment Therapy (ACT) to address mental health consequences. This is an empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change approaches, to increase psychological flexibility. The goal of ACT specifically designed to help individuals adapt to the negative emotions and behaviors.

If you or anyone you know are having trouble and need mental health support, please call Endeavor Health Services at (716) 895-6701 to set up a telehealth appointment from your home. **There are no copays or fees associated with the services provided during this emergency.**

Serving the community of Western New York since 1972, Endeavor Health Services is a private, not for profit, behavioral health organization that serves individuals challenged by mental health and addiction. Our mission is to collaborate with clients, children, adults, families, and communities to promote wellness and recovery through a variety of mental health and chemical dependency treatment, education, and support services. For referrals or appointments, contact Central Intake at (716) 895-6701. Visit our website at www.ehsny.org for more information.

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