

# COVID-19 Therapy: Allaying Mental Health Concerns

Concerns around COVID-19 and its impact on our health and economy may lead to mental health concerns, including anxiety, depression, adjustment disorders, and unhealthy behaviors such as excessive substance use, aggression, or unhealthy eating habits. The **Centers of Psychiatric Excellence (COPE)** has partnered with BryLin Behavioral Health System to service some of these most difficult to treat cases of depression, anxiety (specifically PTSD), and opioid dependence.

COPE has developed an individualized therapy for mental health issues, related to or exacerbated by COVID-19, that has been implemented at **BryLin's Outpatient Mental Health Clinic** in Williamsville.

The therapy's model is based on:

- Acceptance and Commitment Therapy (ACT)
- Mindfulness-based stress reduction (MBSR)
- Resiliency training, and crisis counseling

**This treatment is administered in six weekly individual therapy sessions (40 – 50 mins) by BryLin's COPE-trained therapists via a telehealth platform.**

This treatment regimen is specifically designed to help patients adapt to the negative emotions and behaviors associated with COVID-19 concerns. COPE's unique approach allows individuals to learn values that inform and guide healthy behavioral decisions and improve their resilience during these challenging times.

## BryLin Behavioral Health Center

Outpatient Mental Health Clinic  
531 Farber Lakes Dr.  
Williamsville, NY 14221  
(716) 632-5450

\* Specialized programming for  
children, adolescents and adults




Sanjay Gupta, MD  
Chief Medical Officer  
BryLin Behavioral  
Health System



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