Due to COVID-19, tribal meetings are being held virtually using the platform ZOOM until it is safe to meet face-to-face. You may also attend meetings by dialing in. Meeting links and phone numbers will be available on the Tribal Members portal at www.srmt-nsn.gov.

Below are some helpful tips on how to access meeting content on the Tribal Members Portal:

1. Go to www.srmt-nsn.gov and click “Tribal Members” on the top right corner of the web-page.

2. Input your login information. Your username is your name as it appears on your Tribal ID card, without any spaces. (e.g. MohawkTribalMember) Your password is “srmt” followed by your six-digit enrollment number. (e.g. srmt012345)

3. All current virtual meeting links will be located on the portal according to the meeting’s name.

Please call the Tribe’s Communications Department at (518) 358-2272 for additional assistance.
Pandemics can be stressful. Fear and anxiety about a new disease can be overwhelming. Social distancing can make people feel isolated and alone. The following services can help make coping with stress easier:

**Saint Regis Mohawk Tribe Mental Health Services**  
Monday - Friday | 9:00 a.m. - 5:00 p.m.  
(518) 358-3145  
SRMT After Hours Crisis Number  
(518) 651-4475

**Citizen Advocates Crisis & Recovery Center**  
Malone, NY  
24 hours, 7 days/week, 365 days/year  
(518) 481-8160

**National Suicide Prevention Lifeline**  
Available 24 hours/day  
1-800-273-8255

**Crisis Text Line (USA)**  
Available 24 hours/day  
Text “GOT5” to 741741

**Office of the Victim Advocate**  
(518) 358-3021 or (315) 296-7499

**Three Sisters Program**  
(518) 358-4406 or 855-3SISTER (855-374-7837)

**Seven Dancers Coalition**  
(518) 358-2916

**Alcohol/Chemical Dependency Program**  
(518) 358-3145

**Saint Regis Mohawk Tribal Police**  
(518) 358-9200

**Reminder – in case of an emergency, Dial 9-1-1**

---

### HEALTHY WAYS TO COPE WITH STRESS

1. **Taking care of your friends and family can be a stress reliever, but self-care is just as important.**
   - Know what to do if you are sick. Contact your healthcare provider if you have any symptoms of COVID-19

2. **Know where and how to get treatment including counseling or therapy.**

3. **Take care of your emotional health to help you think and react to urgent needs to protect yourself and your family.**

4. **Take breaks from watching, reading, or listening to news stories. This includes social media as well.**

5. **Take care of your body with regular exercise, meditation, plenty of sleep, and a well-balanced diet. Try to avoid excessive alcohol and drug use.**

6. **Make time to unwind with relaxing activities you enjoy.**

---

### GETTING TESTED FOR COVID-19

**KNOW FOR SURE – GET TESTED TODAY!**

COVID-19 testing is available and FREE for all Akwesasne residents and employees of local businesses. You must schedule an appointment at Massena Hospital, (315) 769-4321, or at Mountain Medical, (518) 521-3322. Call to book an appointment for testing today and help keep our community safe.

If you have a verified direct exposure to a person testing positive, and/or have possible symptoms, you are urged to contact your healthcare provider for immediate guidance.