

Veteran Mental Health Resources

This guide consolidates veteran mental health, peer support, and caregiver resources across national hotlines, NYC-based providers, community nonprofits, government programs, and digital tools.

Core Crisis Resources

Veterans Crisis Line (NYC 988)

<https://www.veteranscrisisline.net>
988 (then press 1) or Text 838255

24/7 confidential support for veterans, service members, and families, linking to local mental health, substance use, and crisis services.

SAMHSA National Helpline

<https://findtreatment.samhsa.gov>
1-800-662-HELP (4357)
Free, confidential treatment referral and information.

Vet Center Call Center

<https://www.vetcenter.va.gov>
877-WAR-VETS (927-8387)

24/7 peer support from combat veterans and family members.

Connect to Care in NYC

Mission: VetCheck

<https://www.nyc.gov/site/veterans/initiatives/mission-vetcheck.page>

A partnership between NYC Veterans' Services and New York Cares, connects veterans to meals, housing, mental health resources, and provides supportive check-in calls.

PTSD Research and Treatment Program (Columbia)

<https://www.columbiapsychiatry.org/research-clinics/ptsd-research-and-treatment-program>
Program Coordinator Bradley Tao

646-774-8104 bradley.tao@nyspi.columbia.edu
Free specialized clinical program for veterans with PTSD.

VVA Vet Centers (Confidential Counseling)

Manhattan: 212-951-6866
Brooklyn: 718-630-2830
Queens: 718-296-2871
Bronx: 718-367-3500
Staten Island: 718-816-4499

VetConnectNYC (NYC Dept. of Veterans' Services)

<https://www.nyc.gov/vetconnectnyc>

Centralized intake with a "Mental/Behavioral Health" option for referrals to local services.

NYU Langone: Steven A. Cohen

Military Family Center

<https://nyulangone.org/care-services/nyu-langone-military-family-center>
855-698-4677

Free, confidential mental health care for veterans and their families.

NewYork-Presbyterian/Columbia:

Military Family Wellness Center

<https://www.columbiapsychiatry.org/research-research-clinics/anxiety-disorders-clinic/ptsd-research-and-treatment-program/programs-military-veterans-family-members>

212-821-0783

Counseling and research-based services for veterans and families.

Teacher's College Resilience Center for

Veterans & Families

<https://www.tc.columbia.edu/resilience-center/>
212-678-3000

Resilience training and therapy services for veterans and their families.

Learn more about the NYC Mayor's
Office of Community Mental Health:
<https://nyc.gov/mentalhealth>

NYC Borough-Based Nonprofits & CBOs

Manhattan

HELP USA – Supportive Services for Veteran Families (SSVF)

<https://helpusa.org/programs/supportive-services-for-veteran-families/>
SSVFNY@HELPUA.org
646-619-3277

Case management and behavioral health referrals for veterans and their families.

Hope For The Warriors – NYC Peer Support Group

423 E 23rd St, Manhattan VA (2nd Floor Clubhouse)
212-686-7500, ext. 13708 (call VA for more info)

Peer group for veterans, meets 1st & 3rd Wednesdays; wellness and clinical support programs for post 9-11 service members and vets.

Jericho Project – Veterans Initiative

<https://jerichoproject.org/veterans-initiative>
646-624-2341

Supportive housing, case management, and coordinated mental health care for veterans.

Brooklyn

Black Veterans for Social Justice (BVSJ)

<https://bvsj.org>
718-852-6004

Veteran-led CBO offering peer support, counseling referrals, and housing assistance.

Queens

GallopNYC – Veterans Programs

<https://gallopnyc.org/veterans-programs>

Free equine-assisted therapy and wellness programs for veterans and their families.

Veterans Rebuilding Life (VRL) – Project 360°

<https://veteransrebuildinglife.org/veteran-services/>

Peer mentorship, mental health support, and family mediation programs in Astoria.

Headstrong Project (NY)

<https://theheadstrongproject.org/get-help>

No-cost, trauma-informed therapy for veterans, in-person and via telehealth.

Services for the UnderServed (S:US)

Veterans Services

<https://sus.org/our-services/veterans/>
646-790-2449 (SSVF NYC, option 1)
877-583-5336 (Behavioral Health)

Housing, employment, and behavioral health/peer support services.

Team Red, White & Blue (RWB)-NYC Chapter

<https://teamrwb.org/find-your-chapter?l=55069657>

Peer-led social and fitness activities to support veteran mental wellness.

Volunteers of America–Greater New York

Veterans Services

<https://www.vo-a-gny.org/services/veterans>
212-369-8900

Counseling, housing, crisis services, and case management for veterans.

Bronx

Union Community Health Center (UCHC)

Veterans Liaison Program

<https://uchcbronx.org/veterans-liaison-program/>
718-618-8152 (Veterans Liaison)
718-220-2020 (main)

Navigation to behavioral health, primary care, housing, and legal supports for veterans.

Staten Island

Project Hospitality – Wellness &

Recovery Services

<https://projecthospitality.org>
718-447-3295

Outpatient mental health and recovery supports, with veteran-focused programming.

Veterans Yoga Project – Staten Island

<https://veteransyogaproject.org>

Mind-body wellness classes for veterans (yoga, breathwork), offered at American Legion Gold Star Post 1365

Learn more about the NYC Mayor's
Office of Community Mental Health:
<https://nyc.gov/mentalhealth>



Citywide / Special Populations

SAGEVets (LGBTQ+ Veterans 50+)

<https://sageserves.org/sagevets>
212-741-2247

Case management, benefits navigation, and peer support for LGBTQ+ veterans.

Wounded Warrior Project : Mental

Wellness Programs

<https://woundedwarriorproject.org/programs/mental-wellness>

Peer support groups, retreats, and tele-support (WWP Talk) available to NYC-area veterans.

Statewide (NYS)

HUD-VASH Supportive Housing Program

<https://veterans.ny.gov/supportive-housing-hud-vash-program>

Partnership between HUD and VA providing housing vouchers with case management and mental health/substance use support.

PTSD Coach App

<https://veterans.ny.gov/post-traumatic-stress-disorder-ptsd>

Self-help mobile app developed by the VA to manage PTSD symptoms and connect with care.

Trauma and Resiliency Resources (TRR)

Warrior Camp

<https://www.trrhelp.org>

Combat veteran-focused trauma programs, including residential retreats and digital behavioral health support.

Veteran Readiness & Employment (VR&E)

<https://veterans.ny.gov/veteran-readiness-and-employment>

VA program offering vocational counseling, employment readiness, and behavioral health referrals for veterans with service-connected disabilities.

Veterans Suicide Prevention Task Force

<https://veterans.ny.gov/state-boards>

State-level task force focused on expanding suicide prevention strategies for veterans.

Worried About a Veteran (NYS)

<https://worriedaboutaveteran.org>

Tools and resources for families and friends supporting a veteran in distress

Digital Tools, Family, Peer, & Caregiver Supports

American Red Cross – Military Veteran

Caregiver Network

<https://www.redcross.org>

Peer-based network providing support and connection for caregivers of service members and veterans.

Elizabeth Dole Foundation – Hidden

Heroes Community (HHCC)

<https://hiddenheroes.org>

202-249-7170

Online peer support and resources for military caregivers of all eras.

Guardian Revival

<https://guardianrevival.org>

Peer-to-peer mental health and wellbeing support for veterans and first responders through talk lines, gatherings, and mentorship.

MakeTheConnection.net

<https://maketheconnection.net>

Veteran-to-veteran stories, videos, and local resources

Military Veteran Peer Support (MVPS)

<https://www.hopeforthewarriors.org>

HOPE program offering peer mentorship, engagement, and tailored support for veterans and families.

Objective Zero App

<https://www.objectivezero.org>

Peer-support mobile app providing veterans with mental health tools and connection to a support network.

Digital Tools, Family, Peer, & Caregiver Supports Continued

Operation Family Resiliency (OFR)

Blue Star Families

<https://bluestarfam.org>

Program providing free wellness app subscriptions (Headspace, Thrive Market, Spiritune) to military and veteran families.

PFC Joseph P. Dwyer “Vet2Vet” Program

<https://www.nyc.gov/assets/veterans>

Peer mentoring, support groups, and navigation help — available in NYC and across NY State.

PROVE (Project for Return and Opportunity in Veterans Education)

<https://www.cuny.edu/current-students/military-veterans/prove/>

Student veteran support program at universities offering peer connection and transitional resources.

RallyPoint

<https://www.rallypoint.com>

Online social network for veterans and service members offering peer counseling and connection.

Together We Served

<https://www.togetherweserved.com>

Online platform for veterans to reconnect with fellow service members and share experiences.

Tragedy Assistance Program

For Survivors (TAPS)

<https://www.taps.org>

800-959-TAPS (8277)

Grief counseling and peer support for families of fallen service members and veterans.

VA Caregiver Support Line

<https://www.caregiver.va.gov>

855-260-3274

Coaching, resources, and respite support for veteran caregivers.

Vets4Warriors

<https://www.vets4warriors.com>

855-838-8255

24/7 confidential peer support by veterans for veterans.

Wounded Warrior Project (WWP)

Peer Support Groups

<https://www.woundedwarriorproject.org/programs/peer-support>

Small warrior-led groups (10–15 veterans) offering shared connection, coping skills, and ongoing support.

Learn more about the NYC Mayor's Office of Community Mental Health:
<https://nyc.gov/mentalhealth>