



Visit the [NYC Mayor's Office of Community Mental Health](https://mentalhealth.cityofnewyork.us/) at [mentalhealth.cityofnewyork.us/](https://mentalhealth.cityofnewyork.us/) to learn more about mental health resources available to all New Yorkers.



## Someone in Need

- **Call 911** for an emergency if someone is in immediate danger of hurting themselves or others or needs immediate medical attention.
- **Call, text, or chat 988** to speak with a crisis counselor 24/7 who can provide you with immediate suicide prevention counseling, emotional support, and coping strategies for non-emergency mental health and substance use crises.
- **Call 311 or visit [311 Online](#)** to request assistance for a homeless person.

## Young People

- **Call, text, or chat 988** for help, available anytime—calls are confidential. Caregivers can call and ask for help on behalf of their child.
- **Visit [talkspace.com/coverage/NYC](https://talkspace.com/coverage/NYC)** to connect to NYC Teenspace for free mental health support for NYC teens 13-17.

## Older Adults

- **Call, text, or chat 988** to ask for support for yourself or reach out on behalf of a loved one, you are not alone.

## Survivors of Dating, Domestic, or Gender Based Violence

- **Call 1-800-621-HOPE | (1-800-621-4673),** for 24/7 confidential help.

**SCAN this QR code to download this  
and other mental health guides**



1. Open the camera app on your device
2. Point the camera at the QR code
3. Tap the link that appears
4. Choose a guide and download