

People harmed by crime, violence, or abuse

Through the Crime Victim Assistance Program (CVAP), advocates from Safe Horizon provide support and resources to survivors of all crimes.

CVAP advocates can:

- Talk with you about your safety concerns, rights, and options
- Connect you to mental health support and other resources
- Advocate on your behalf for practical needs like housing and public benefits

CVAP advocates are located in precincts and Police Service Areas (PSA).

FIND the crime victim advocates in your local precinct or PSA:
nyc.gov/cvap

Family Justice Centers support New Yorkers harmed by family or intimate partner violence. They offer legal and social service support for victims and their families, as well as mental health services including:

- Crisis counseling and connections to ongoing support
- Individual and group therapy
- Safety planning

VISIT the Family Justice Center in your borough:

NYC Family Justice Center, Queens
126-02 82nd Avenue
Kew Gardens, NY 11415
718-575-4545 (call for hours)

Help is a phone call away

1-888-NYC-Well - 24/7 free mental health and substance misuse support

311 - Government services to address issues such as immigration, neighborhood concerns, and homeless outreach

911 - Safety or medical emergencies

Help is a click away

Visit nyc.gov/mentalhealth for:

- Mental health support in every neighborhood
- Remote support you can access while staying home
- Guidance to help somebody who has mental health needs
- And more

Every year, millions of New Yorkers need support for **stress, anxiety, depression, PTSD, crime victimization, serious mental illness, or substance misuse.**

Look inside to find help in or near these neighborhoods:

Rego Park, Forest Hills,
Kew Gardens, Richmond Hill

**Council District 29
Queens**

This guide includes services supported by:



NYC Well

NYC Well is a confidential helpline for mental health and substance misuse services. Trained counselors provide support 24 hours a day, 7 days a week, in over 200 languages. Services include:

- Crisis counseling
- Peer support
- Short-term counseling
- Mobile crisis teams
- Connection to ongoing mental health and substance misuse services

CALL: 1-888-NYC-Well (692-9355)

TEXT: "Well" to 65173

VISIT ON THE WEB:

nyc.gov/nycwell

Mental health libraries

Young people can find mental health books and supportive staff at Cornerstone Community Centers.

VISIT a center near you:
tinyurl.com/NYCpathways

Attend a virtual community presentation for information on grief, trauma, coping and resilience.

JOIN a conversation:
queens_covidconvo.timetap.com

Older New Yorkers

If you feel lonely or isolated, trained clinicians can offer you individual and group counseling through many senior centers across the city.

FIND support at a nearby senior center:

Rego Park Senior Center
Mental Health Provider: Samuel Field Y/
Commonpoint Queens-CAPE
718-224-0566

CONNECT to a nearby home visiting program:

For homebound older adults, you can connect with a trained volunteer over the phone or online for friendly weekly check-in visits.

REQUEST a visit by calling Aging Connect at 212-244-6469

Veterans

Veterans can receive a check-in call from someone in the veteran community to learn more about:

- How to access social services and free meals
- COVID-19 testing and vaccine information
- Mental health resources

REQUEST a check-in call:
nyc.gov/vetcheck

Students and young people

Students enrolled in the City's public schools have access to on- and off-site mental health services.

FIND SUPPORT AVAILABLE TO YOU:
nyc.gov/schoolmentalhealth

Drop-in Centers provide youth up to the age of 24 and their families with essentials like food, clothing and immediate shelter as well as access to counseling, support, and referrals to relevant services.

FIND a drop-in center:
tinyurl.com/NYCdropins

Families with young children

If you are worried about your young child's mental health, the Early Childhood Mental Health Network can help. They provide:

- Mental health treatment for children up to five years old
- Supportive services for families, including access to peers who have been through similar experiences and can help you connect to ongoing support

VISIT the closest early childhood therapeutic center:

The Child Center of New York
163-18 Jamaica Avenue
Jamaica, NY 11432
718-530-6892 (by appointment only)