

## 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](http://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, Manhattan  
80 Centre Street, 5th Floor  
NY, NY 10013  
212-602-2800 (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](http://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:

Upper East Side, Carnegie Hill, Yorkville, Central Park South, Midtown East, Times Square, Koreatown, Stuyvesant Town and Peter Cooper Village, Waterside Plaza, Tudor City, Turtle Bay, Murray Hill, Sutton Place

**Council District 4  
Manhattan**

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](https://nyc.gov/nycwell)**

## Mental health libraries

Check out books on mental health topics, supportive resources, and regular mental health community events at New York Public Library branches.

**FIND a mental health library near you:**  
**[nypl.org/thrive](https://nypl.org/thrive)**

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

**VISIT a center near you:**  
**[tinyurl.com/NYCpathways](https://tinyurl.com/NYCpathways)**

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

**JOIN a conversation:**  
**[manhattan\\_covidconvo.timetap.com](https://manhattan_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:**

Woodstock Senior Center  
Mental Health Provider: SPOP  
212-787-7120 Ext. 521

**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](https://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](https://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](https://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:**

Northside Center for Child Development  
1475 Park Avenue, NY, NY 10029  
212-426-3400 (by appointment only)