

NYC Mental Health Resources

All New Yorkers can access a range of **free, confidential mental health services by phone or online**. If you or someone you care about needs support, reach out to the programs below.

NYC Well: Right now, it's common to feel stressed, overwhelmed, sad, anxious or afraid. Free, confidential help is available from trained counselors 24/7 in over 200 languages.

- For coping tips, visit the NYC Well website at nycwell.cityofnewyork.us/
- If your symptoms of stress or anxiety become overwhelming, you can speak with a counselor 24/7 by calling **1-888-NYC-WELL (1-888-692-9355)** or texting **"WELL"** to **65173**

Support for people harmed by crime, violence or abuse:

- For immediate safety planning, shelter assistance, mental health support, and other resources, call Safe Horizon's **24-hour hotline at 1-800-621-4673** or chat with a Safe Horizon advocate at safehorizon.org/safechat
- For resources to help yourself or a loved one experiencing dating, domestic, or gender-based violence, visit **Love is Respect at loveisrespect.org** or **Day One at dayoney.org**.

Support for students and families: Mental health support and resources are available for all students and families during the COVID-19 pandemic.

- Ask your Parent Coordinator, School Social Worker, or Guidance Counselor for more information, or visit nyc.gov/schoolmentalhealth to learn how to access tele-mental health services and other remote mental health support.

Support for people with recent justice involvement and their families:

- Virtual healthy relationship workshops and support groups for caregivers and adults who have a loved one incarcerated, from the Osborne Association. To make a referral, contact Ivan Lucas at ilucas@osborneny.org or **929-514-0024**.

Support for aging New Yorkers:

- If you feel lonely or isolated or have questions about mental health services you currently receive through the NYC Department for the Aging, call the **Aging Connect hotline at 212-AGING-NYC (212-244-6469)**. The Aging Connect hotline also provides information for caregivers.

Find the complete list of mental health services available while New Yorkers stay home to stop the spread of the coronavirus at nyc.gov/mentalhealth