



Mental health resources for parents and teens

The COVID-19 pandemic has placed new stress on families due to illness and loss, changes in employment and finances, remote schooling, and other disruptions. Parents can find free resources to promote mental health for the whole family below:

Resources for parent mental health:

- [NYC Well](#) is a confidential helpline for mental health and substance misuse services. Services include crisis counseling, peer support, short-term counseling, mobile crisis teams and connection to ongoing mental health and substance misuse services.
- [New York Project Hope](#) provides an emotional support helpline, educational materials, and referrals to trusted mental health providers.
- [NAMI-NYC's Parent Match Program](#) provides free, one-on-one emotional support from one parent to another by phone. The program connects you with a parent of a child or adolescent with a similar diagnosis or situation.
- [The Jed Foundation's COVID-19 Resource Guide for Parents & Guardians](#) offers guidance about how to support the mental health of children, young adults and parents.

Resources for teen mental health:

- [The Jed Foundation's Mental Health Resource Center](#) has numerous programs and resources to help teens have a healthy and positive high school experience.
- [Crisis Text Line](#) provides free, 24/7 support via text. Text HOME to 741741 to reach a crisis counselor.
- [Vibrant's Family & Youth Peer Support Services](#) are staffed by family and youth with lived experience who can offer free support for teens under 18 with emotional or behavioral health issues.
- [The Bring Change 2 Mind High School Program](#) offers student clubs that help change the negative perceptions surrounding mental health by increasing education and awareness, fostering student empowerment, and building mentoring opportunities.
- [OK2TALK](#) is a community run by the National Alliance on Mental Illness where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing.
- The [Children's Single Point of Access \(CSPOA\)](#) is a centralized referral system for children up to 21 years old with serious emotional disturbance who need intensive mental health services.

Resources for both parents and teens:

- The [COVID-19 Guide to Mental Health Resources for Children, Teens and Young Adults](#) includes free and high-quality mental health services that are accessible by phone, text or online.
- [The Let's Talk NYC Guide for Children and Young Adults](#) includes information about mental health and services that are free and accessible by phone, text or online.