



## Mental Health & Wellness Resources for Aging New Yorkers

Aging New Yorkers, already at higher risk of depression and anxiety, face unique stressors that affect mental health, including social isolation, chronic health conditions, caregiving responsibilities, grief, and major life transitions. This resource connects aging New Yorkers with the care they need and deserve.

### Emergency & Immediate Help

#### **Call, Text, or Chat with 988**

<https://nyc988.cityofnewyork.us/en/>

9-8-8 is a free number you can call or text for 24/7 mental health support.

#### **Aging Connect**

<https://www.nyc.gov/site/dfta/services/find-help.page>

☎ 212-AGING-NYC

Links older New Yorkers (60+) to licensed clinicians at centers, by phone, or online.

### Priority NYC Mental Health Services

#### **Carter Burden Network**

<https://www.carterburdennetwork.org/>

☎ 212-879-7400

A network of centers, programs and services for aging NYC residents.

#### **DOROT**

<https://www.dorotusa.org/>

☎ 212-769-2850

Social connection & support groups to reduce isolation.

#### **Goddard Riverside**

<https://goddard.org/programs/older-adults/>

☎ 212-873-6600

Older adult programs & behavioral health support at home and on site.

#### **Henry Street Settlement**

<https://www.henrystreet.org/living-in-place/>

☎ 212-766-9200

Free home-visiting service for adults over age 55 living with serious mental illness.

#### **JASA**

<https://www.jasa.org/services/older-adult-centers>

☎ 212-273-5200

Find counseling, caregiver help, and senior centers.

#### **NAMI-NYC**

<https://naminycmetro.org/programs/nami-connection-55/>

☎ 212-684-3264

For adults ages 55+ with mental illness or any mental health challenge. Every 1st and 3rd Tuesday, 4 to 5:30pm ET.

#### **SAGE**

<https://sageserves.org/>

☎ 877-360-LGBT

LGBTQ+ older adult centers, support & advocacy.

#### **SPOP – Service Program for Older People**

<https://spop.org/>

☎ 212-787-7120

Therapy & psychiatric care for adults 55+.

#### **VNS Health**

<https://www.vnshealth.org/>

☎ 1-800-675-0391

In-home behavioral health & caregiver support.



## NY State Resources

### ***NY Connects- No Wrong Door***

<https://aging.ny.gov/ny-connects-your-link-long-term-services-and-supports>

☎ 1-800-342-9871

Information and assistance on available long-term services and supports options to the older population, individuals of all ages with disabilities, caregivers, and helping professionals.

### ***NYS OMH – Older Adult Mental Health***

<https://omh.ny.gov/omhweb/geriatric/>

Information on programs, conditions, treatment, and services for older adults throughout New York State.

## National Resources

### ***AARP Mental Health Resource Center***

<https://www.aarp.org/health/conditions-treatments/mental-health-resource-center/>

Resources for older adults including treatment, social groups, caregiving, mental health articles, and message boards.

### ***Alzheimer's Association***

<https://www.alz.org/help-support/resources/helpline>

☎ 1-800-272-3900

Free service offering support for people living with dementia, caregivers, families and the public. Connect with a live person who can provide information, local resources, crisis assistance and emotional support.

### ***Institute on Aging – Friendship Line (60+)***

<https://www.ioaging.org/mental-illness/ioas-friendship-line-offers-support-for-seniors-experiencing-social-isolation/>

☎ 1-800-971-0016

Toll-free, 24/7 phone service for adults living with a disability and adults 60+. Offers crisis intervention, suicide and grief counseling, elder-abuse prevention, and daily outreach calls regarding your well-being.

### ***NCOA (National Council on Aging)***

<https://www.ncoa.org/>

For most older adults, good health and financial wellness ensures independence, security, and the ability to afford a longer life. Discover tools and resources to improve your quality of life and tips to make the most of your money.

### ***SAMHSA – Older Adult MH Resources***

<https://www.samhsa.gov/communities/older-adults>

Resources serving older adults with mental and substance use disorders that can be useful to clinicians, other service providers, older adults, and caregivers.