



WHERE TO GO FOR MENTAL HEALTH SUPPORT



Hotlines

NYC Well: offers free and confidential mental health support, via text or chat 24/7. NYC Well works to connect people to appropriate services **regardless of insurance or immigration status**. You can call 1-888-NYC-Well or Text "Well" to 65173 for crisis counseling or a referral to a mental health provider.

New York State COVID-19 Emotional Support Line: staffed by specially trained volunteers who can help. Call 1-844-863-9314.

Crisis Text Line: provides free, 24/7 support via text message. They offer emotional support and crisis services. To access, Text HOME to 741-741.

The Trevor Project: has a 24/7/365 suicide prevention and crisis intervention hotline for LGBTQ youth and their loved ones. Call 1-866-488-7386.

The National Suicide Prevention Lifeline: offers 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call at 1-800-273-8255.

Safe Horizon's 24-hour NYC Hotline: provides round-the-clock individual support from Safe Horizon advocates to survivors of violence. Call at 1-800-621-4673 or use **SafeChat**.

Trans Lifeline: is a peer support phone service run by trans people to support trans and questioning peers.

Vibrant Emotional Health: connects individuals and families with emotional support and care when, where, and how they need it.

Resource Database/Directory

HITE Site: helps individuals who are uninsured or underinsured find mental health and other social services using the Health Information Tool for Empowerment.

Additional Websites

OK2TALK: provides an online community for teens and young adults struggling with mental health problems where they can share personal stories of recovery, tragedy, struggle, or hope.

Teen Mental Health: offers mental health literacy information, research, education and resources through videos, animations, brochures, e-books, face-to-face and online training programs.

LoveisRespect: is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.





ONE-STOP MENTAL HEALTH RESOURCES

Directories of Mental Health Services

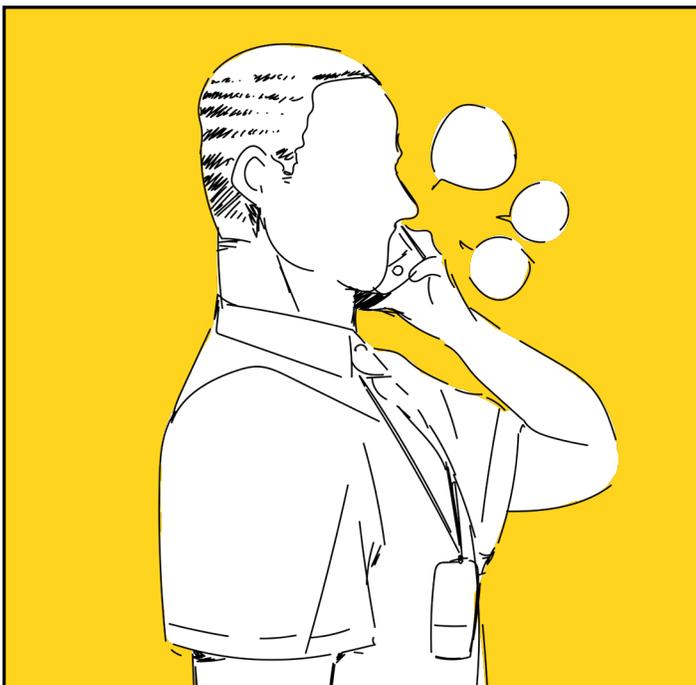
Service Finder Map: for city-run, non-profit, and private clinical services by location, visit the NYC mental health service finder map.

HITE Site: for mental health and other social services available to low-income, uninsured, and underinsured individuals.

Vibrant Emotional Health: for mental health programs, hotlines and resources.

Tele-mental health services: see the Department of Education's index of telehealth services available during COVID-19.

NYC Hope Resource Directory: for anyone needing resources to help themselves or a loved one experiencing dating, domestic, or gender-based violence.



Youth Campaigns

JED Foundation Campaigns: provide opportunities for teens to get involved in mental health in their communities.

Resources For City Employees

Employee Assistance Program (EAP): helps all city employees, including DOE staff, identify mental health needs, find counseling, and get specialized support for issues like addiction at no cost: eap@olr.nyc.gov or 212-306-7660.

UFT Member Assistance Program (MAP): has trained professional counselors who can guide you through problems that can affect your mental health and potentially your job. Services are free, confidential, and voluntary: mapinfo@uft.org or 212-701-9620.