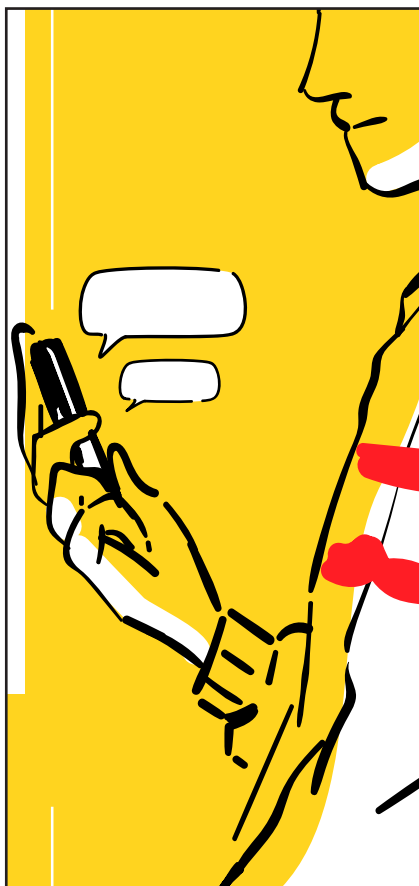




WHERE TO GO FOR MENTAL HEALTH SUPPORT



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.

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.

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.

988 Suicide and Crisis Lifeline: 988 is the new three-digit dialing code that offers 24/7 call, text and chat access to trained crisis counselors offering support for people experiencing mental health-related crises including thoughts of suicide or a substance-use crisis.

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

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

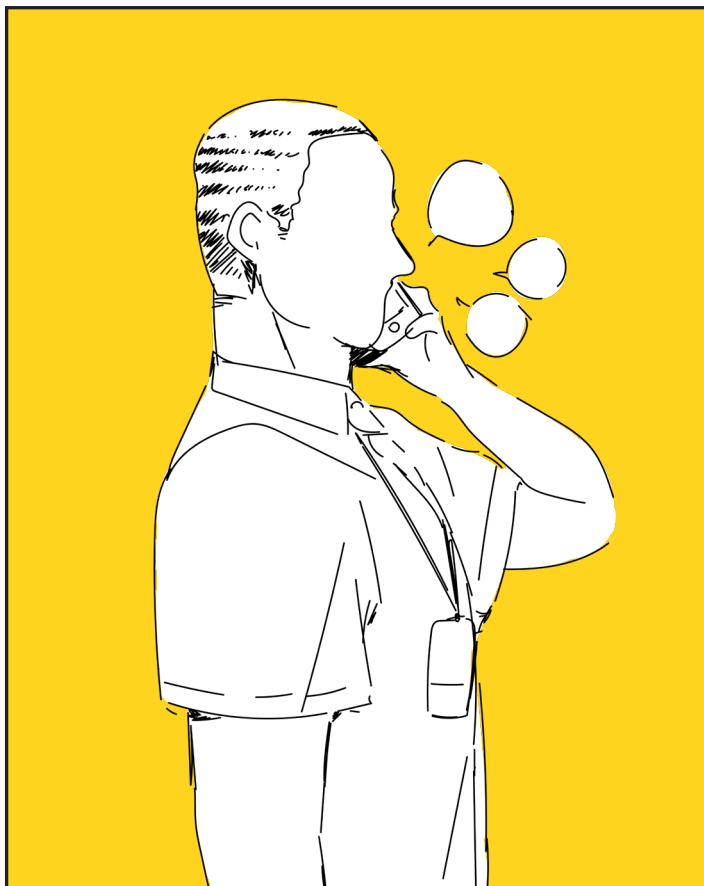
Directories of Mental Health Services

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.

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

Jed Foundation's Mental Health Resource Center: provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.



Youth Campaigns

Pressure to Be Perfect: is here to help you be your whole self safely and take care of others on

Sieze the Awkard Campaign: It's often easy to procrastinate starting that conversation, but it's important to trust your instincts and not ignore the situation. JED understands that it might feel awkward for friends and family members to tell others when they're struggling. That's where the power of friendship comes into play. You can help by simply starting the conversation and letting them know they aren't alone.

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,