



## Mental Health Resource List

### **NYC & NYS Hotlines**

**Adult Protective Services** 212-630-1853

**Child Abuse And Neglect Hotline** - 311 OR 1-800-342-3720

#### **NYC Well – For Crisis Counseling and Guidance Services**

24/7/365 call NYC WELL 1-888-692-9355 or text “Well” TO 65173 or internet chat at website: <https://nycwell.cityofnewyork.us/en/>. They also can send MOBILE CRISIS to the home for a non- life threatening, behavioral health crisis.

#### **NYS Project Hope Crisis Counselors**

8am to 10pm 7days/week – free, confidential, anonymous counseling, 1-844-863-9314

#### **NYS CRISIS TEXT LINE**

Free, confidential, anonymous counseling 24/7, TEXT “Got5” to 741-741, for FRONTLINE WORKERS – TEXT “FRONTLINENY” to 741-741 for specialized support

**NYS Domestic Violence Hotline 24/7** – 1-800-942-6906 or text 844-997- 2121

#### **NEVER USE ALONE HOTLINE**

1-800-484-3731, if you call and cannot connect with operator, please call back up number 931-304-9452, they try to have 24/7 but not guaranteed.

### **NYC Organizatons & Websites**

#### **Henry Street Settlement**

<https://www.henrystreet.org/programs/primary-behaviorial-health/mental-health-services/>

#### **Hudson Guild**

<https://hudsonguild.org/Mental-Health-Services>

**NYC Department of Health and Mental Hygiene**  
[Mental Health - MOPD \(nyc.gov\)](#)

**NYS Office of Mental Health**  
[Resource Information Page With Link to Resource Agency \(msnavigator.org\)](#)

**NYC Health + Hospitals**  
[NYC Launches Comprehensive Mental Health Resources Website | NYC Health + Hospitals \(nychealthandhospitals.org\)](#)

**ThriveNYC**  
[ThriveNYC \(nycsmh.org\)](#)

**The Center**  
[The Lesbian, Gay, Bisexual & Transgender Community Center \(gaycenter.org\)](#)

**University Settlement**  
<https://www.universitysettlement.org/programs/mental-health-wellness>

### **National Resources**

**National Suicide Prevention Hotline 24/7– 1-800-237-8255**

**National Institute of Mental Health**  
[NIMH » Caring for Your Mental Health \(nih.gov\)](#)  
*Caring for Your Mental Health*

**National Alliance on Mental Illness**  
<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>

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