



Behavioral Health Mental Health & Support Resources

If you or a loved one has suicidal thoughts, are experiencing anxiety, depression, and/or facing unexpected life challenges, the following resources are available to assist you and help you with the care you need.

Suicide Prevention 24/7 Free and Confidential Hotlines

National Suicide Prevention Lifeline: 988, 988lifeline.org

NYC Well: 1-888-692-9355, Text WELL to 65173, <https://nycwell.cityofnewyork.us/en/>

Crisis Text Line: Text HOME to 741741, www.crisistextline.org

#BeThe1To: www.bethe1to.com

COVID-19 Emotional Support Hotline: 1-844-863-9314, www.omh.ny.gov

Trevor Project: 1-866-488-7386, www.trevorproject.org

Veterans Crisis Line: 1-800-273-8255, www.veteranscrisisline.net

Behavioral Health Resources

Behavioral Health at Mount Sinai: www.mountsinai.org/care/behavioral-health

New York Project Hope: 1-844-864-9314, www.nyprojecthope.org

Emotional/Disaster Distress

Substance Abuse and Mental Health Administration Disaster Distress Helpline: 1-800-985-5990

Domestic Violence Support

National Domestic Violence Hotline: 1-800-799-SAFE (7233), www.thehotline.org

New York State Domestic Violence Hotline: 1-800-621-HOPE (4673)

Mental Health /Substance Misuse Help

Substance Abuse and Mental Health Administration National Hotline: 1-800-662-HELP (4357)