

Mental Health Resources

NAMI-NYC Helpline
800-950-3228

NYC WELL
888-692-9355

Samaritans Crisis Hotline
212-673-3000

National Suicide Prevention Lifeline
800-273-8255

Hope Line (Substance Abuse)
877-846-7369

**SAMHSA(Substance Abuse and Mental
Health Service Administration)**
800-662-4357

Veterans Crisis Line
800-273-8255

Safe Horizon (Domestic Violence)
800-621-4673

National Runaway Safeline
800-786-2929

Trevor Project Help Line (LGBTQIA)
866-488-7386

BRC- Homeless Helpline
212-533-5151

Online Mental Health Resources

7 Cup of Tea
Download for IOS or Android

NYC WELL
Text "WELL" to 65173

BetterHelp
Download on IOS or Android

Woebot
Facebook Messenger chatbox

Talkspace
Download for IOS or Android

Sibly
Download on IOS or Android

Ginger.io
Download for IOS or Android

IPrevail
Download on IOS or Android

Lantern
Download on IOS or Android