

New York Crisis Resources

<p style="text-align: center;"><u>NYC Well</u></p>	<p>NYC Well provides free, confidential mental health support that allows individuals to speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365. You can request a Mobile Crisis Team through NYC Well.</p>	<p style="text-align: center;">1-888-NYC-WELL (1-888-692-9355)</p>
<p style="text-align: center;"><u>New York State HOPEline</u></p>	<p>The New York State problem gambling and chemical dependency HOPEline is owned by the New York State Office of Addiction Services and Supports (OASAS) and operated by contractors to provide high quality, responsive information, and referral services via phone and text message to callers throughout New York State experiencing substance abuse and problem gambling. Services are free and confidential.</p>	<p style="text-align: center;">1-877-8-HOPENY</p>
<p style="text-align: center;"><u>The Samaritans NYC</u></p>	<p>With the goal of helping people in distress and preventing suicide, Samaritans free, confidential, 24-hour emotional support and crisis response hotline service is available on an immediate and ongoing basis to help people who are dealing with every kind of problem, illness, trauma or loss as they try to cope with their difficulties.</p>	<p style="text-align: center;">1-212-673-3000</p>
<p style="text-align: center;"><u>NYC Free Clinic</u></p>	<p>The NYC Free Clinic, a comprehensive free healthcare clinic, believes that high-quality healthcare is the right of all individuals. It provides, at no cost to patients, a range of healthcare services including specialty referrals, counseling, patient education, social services, and screening and registration for public health insurance.</p>	<p style="text-align: center;">1-212-206-5200</p>
<p style="text-align: center;"><u>Crisis Nursery</u></p>	<p>The Crisis Nursery is the only New York City-licensed emergency respite care facility of its kind. Staffed by trained professionals, the Crisis Nursery creates a loving environment for children at a time when their primary caregivers need a safe place for them to stay.</p>	<p style="text-align: center;">1-212-633-9300</p>
<p style="text-align: center;"><u>Response of Suffolk County</u></p>	<p>Response Crisis Center is a 24/7/365 crisis intervention and referral hotline. Professionally trained volunteers offer callers telephone support. They also can provide referrals for support groups, clinicians, mental health clinics, other hotlines, and community programs.</p>	<p style="text-align: center;">1-631-751-7500</p>
<p style="text-align: center;"><u>Contact Community Services (East Syracuse)</u></p>	<p>Contact Community Services 24-hour telephone counseling and crisis hotline is staffed entirely by volunteers. It is a confidential, anonymous, and free suicide prevention and crisis counseling hotline.</p>	<p style="text-align: center;">1-315-251-0600 (Onondaga County) 1-877-400-8740 (Cayuga County)</p>
<p style="text-align: center;"><u>Parent Helpline</u></p>	<p>The Parent Helpline is a free, confidential information and referral service for anyone who has questions or concerns about a child or family. Services are provided in many languages and specialists are available every day from 9 a.m. - 10 p.m. The helpline is sponsored by Prevent Child Abuse New York.</p>	<p style="text-align: center;">1-800-CHILDREN (244-5373)</p>

<u>Columbia Day Program</u>	The Columbia Day Program offers intensive, structured, state of the art therapy for people struggling with depression, anxiety and personality disorders that are affecting their ability to go to school or work.	1-212-305-6001
<p style="text-align: center;"><u>New York State Office of Mental Health's Program Directory:</u> A comprehensive directory of programs organized in NY State that are operated, licensed or funded by the State Office of Mental Health (OMH). This includes emergency and crisis intervention services.</p>		