



MENTAL HEALTH RESOURCES

NEW YORK

▶ **988 Lifeline**

Connection to free, confidential crisis counseling, mental health and substance use support, information and referrals. You can reach the toll-free help line 24 hours a day, 7 days a week by phone, text and online chat. Call or text 988. Chat online at [988lifeline.org](https://www.988lifeline.org).

▶ **Home - National Alliance on Mental Illness of New York City, Inc.**

National Alliance on Mental Illness of New York City, Inc. (NAMI-NYC) helps families and individuals affected by mental illnesses build better lives through [education](#), support, and [advocacy](#). You can call, chat or email: 212-684-3264, helpline@naminyc.org.

▶ **Mental Health Services - Citizen Complaint Review Board**

The Citizen Complaint Review Board has listed a variety of mental health services in NYC. These include [NYC Well](#), the [COVID-19 Emotional Support Helpline](#), the [Office of Addiction Services and Support HOPEline](#), the [Trevor Project](#), Domestic Violence Hotline (800-621-4673), Disability Services (866-946-9733), and the Veterans Crisis Line (call 988 then press 1).

▶ **Find Mental Health Services - Mayor's Office of Community Mental Health**

Use NYC's online database of mental health services and interactive map to find the services you are most interested in.

▶ **NOW NYC - National Organization for Women**

NOW NYC is an advocacy and support organization that provides online resources to women in New York City who have experienced harassment and employment discrimination in the workplace. Not all resources listed are exclusive to women. Call 212-627-9895.

▶ **New York LGBTQ+ Peer Counseling and Support Groups - Identity House**

Identity House is an all-volunteer community that provides counseling services to support and encourage LGBTQ+ adults who are working through issues around sexual orientation and gender identity & expression, including among other things alienation, relationships and family. Visit their Walk-In Center on Tuesdays 6:30 p.m. - 8:30 p.m. or Saturdays 6 p.m. - 8 p.m. at 208 West 13th Street or register for a virtual session.

▶ **New York InterGroup Home Page - InterGroup Association**

AA works through members telling their stories of what they used to be like, what happened and what they are like now. The AA program, known as The Twelve Steps, provides a framework for self-examination and a road to recovery, free of alcohol. Call 212-647-1680. Available 9 a.m. - 2 a.m. every day.