

Mental health resources for young people

Support by phone, text and online chat

- **NYC Well** offers free and confidential mental health support, via text, chat or text, 24/7. NYC Well works to connect people to appropriate services regardless of insurance or immigration status. You can call 1-888-NYC-Well or Text "Well" to 65173 for crisis counseling or a referral to a mental health provider. Visit nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now
- **Crisis Text Line** provides free emotional support and crisis services, 24/7 support via text message. Text HOME to 741-741.
- **The Trevor Project** has a 24/7/365 suicide prevention and crisis intervention hotline for LGBTQ youth and their loved ones. Visit thetrevorproject.org or call 1-866-488-7386.
- **The National Suicide Prevention Lifeline** offers 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Visit suicidepreventionlifeline.org or call 1-800-273-8255.
- **Safe Horizon** operates NYC's 24-hour hotline providing one-on-one support to survivors of violence. You can also chat with a Safe Horizon advocate through SafeChat. Visit safehorizon.org/safechat or call 1-800-621-4673.
- **Trans Lifeline** is a peer support phone service run by trans people to support trans and questioning peers. Visit translifeline.org

Online support and information

- **HITE Site** lists mental health and other social services for low-income, uninsured, and underinsured individuals. Visit the Health Information Tool for Empowerment (HITE) website: hitesite.org
- **Join OK2TALK** is an online community for teens and young adults struggling with mental health problems, to share their personal stories of recovery, tragedy, struggle or hope. Visit ok2talk.org
- **Teen Mental Health** creates the highest quality mental health literacy information, research, education, and resources in a variety of mediums that include videos, animations, brochures, e-books, face-to-face training programs, and online training programs. Visit teenmentalhealth.org

Resource guides for staff, caregivers and youth

- **COVID-19 Guide to Mental Health Resources for Children, Teens & Young Adults**, includes COVID-19 mental health information and services for youth and their parents and caregivers from an array of nonprofit organizations and City agencies. Download it here: thrivenyc.cityofnewyork.us/wp-content/uploads/2020/08/082620-YouthServicesGuide-Mobile.pdf
- **Resource Guide: Teens and Abuse During the Coronavirus Crisis**, offers suggestions for what to do if you are in a home with someone who is causing you harm or if you are experiencing abuse online. Download it here: thrivenyc.cityofnewyork.us/wp-content/uploads/2020/10/100720-COVIDSupportforTeens-Mobile.pdf
- **COVID-19 Guide to Mental Health Resources for Justice-Involved People**, includes mental health resources and information that can help people with justice involvement, people with loved ones who are or were recently incarcerated, and caregivers of children with incarcerated parents find mental health support during the COVID-19 pandemic. Download it here: thrivenyc.cityofnewyork.us/wp-content/uploads/2020/12/112520-GuidetoMHResourcesforJusticeInvolvedPeople.pdf
- **Mental Health Resources for New Yorkers in the LGBTQI+ Community**, includes mental health information and resources available to support New Yorkers in the LGBTQI+ community, their families, and allies. Download it here: thrivenyc.cityofnewyork.us/wp-content/uploads/2020/12/121420-LGBTQ-Guide-FINAL.pdf