

Resources

- **NYC Well**

- NYC Well is your connection to free, confidential crisis counseling, mental health and substance misuse support, information and referral. You can reach the toll-free help line 24 hours a day, 7 days a week by phone, text and online chat. Mental health professionals there can link you to the services you need.
- Phone: 888-692-9355

- **New York State – Emotional Support Helpline**

- The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
- Phone 1-844-863-9314

- **Lighthouse Guild's Behavioral Healthcare Program**

- As COVID-19 continues its rapid spread, Lighthouse Guild reaffirms its commitment to protecting the safety and wellbeing of those that they serve. The Behavioral Health specialists at Lighthouse Guild understand the distress you may be feeling and offer a range of services to support your emotional needs.
- Phone 212-769-7800