

Resource	Type/For	Title	Contact Information	Info
Mental Health	Crisis Line/ Anyone	OMH Covid-19 Emotional Support Helpline	<ul style="list-style-type: none"> • 1-844-863-9314 	8 AM - 10 PM, 7 days a week. NYS Office of Mental Health support line, staffed by licensed behavioral health volunteers.
Mental Health/ Addiction	Crisis Line/ Anyone in NYC	New York City Well	<ul style="list-style-type: none"> • https://nycwell.cityofnewyork.us/en/ • Text WELL to 65173* • Call 1-888-NYC-WELL 	Free, confidential mental health support. 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. Contact CHAT via website. New York City-based.
Mental Health	Crisis Line/ Anyone	National Suicide Prevention Lifeline	<ul style="list-style-type: none"> • 1-800-273-TALK (8255) 	24/7 Nationwide Crisis and Suicide Hotline, Spanish Language operators available.
Mental Health/ Addiction	Crisis Line/ Anyone	SAMHSA--Substance Abuse and Mental Health Services Administration	<ul style="list-style-type: none"> • SAMHSA's National Helpline – 1-800-662-HELP (4357) 	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Available in Spanish. Free of charge.
Mental Health	Crisis Line/ Anyone	SAMHSA--Substance Abuse and Mental Health Services Administration	<ul style="list-style-type: none"> • The Disaster Distress Helpline: 1-800-985-5990 • Text TalkWithUs to 66746 	SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Available in Spanish and multiple languages.
Mental Health	Crisis Line/ Anyone	Crisis Text Line	<ul style="list-style-type: none"> • Text: Got5 to 741-741 	24/7 crisis and suicide text line, nationwide

Mental Health	Crisis Line/ Anyone experiencing DV	NY State Domestic Violence Hotline	<ul style="list-style-type: none"> • 1-800-942-6906 	Crisis line for individuals experiencing domestic violence.
Mental Health	Crisis Line/ Veterans, Service Members, National Guard, and Reserves	Veteran's Crisis Line	<ul style="list-style-type: none"> • https://www.veteranscrisisline.net/ to chat online • call 1-800-273-8255 Press 1 • Text 838255. • For deaf/hard of hearing 1-800-799-4899 	24/7 confidential crisis and suicide prevention line for veterans, service members, National Guard and Reserve, and their families.
Mental Health	Crisis Line/ For lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth	The Trevor Project	<ul style="list-style-type: none"> • 866-4-U-TREVOR, • www.TheTrevorProject.org 	Nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The Trevor Helpline is available as a resource to parents, family members and friends of young people as well.
Mental Health/ Addiction	Information and Assistance Helpline/Any NY'er facing barriers to MH or addiction care	CHAMP—Community Health Access to Addiction and Mental Healthcare Project	<ul style="list-style-type: none"> • 888-614-5400 	NY State's mental health and addiction care ombudsman program. For any New Yorker who needs help overcoming barriers to accessing mental health and/or addiction care. Confidential Helpline is open M-F, 8 AM to 4 PM.
Addiction	Support, Information, and Treatment Referral/ Anyone	OASAS 24/7 HOPEline	<ul style="list-style-type: none"> • Call: 1-877-8-HOPENY • Text: 467369 	The NYS HOPEline is a confidential support and addiction treatment referral hotline staffed by trained, masters-level clinicians 24 hours a day, seven days a week.
Mental Health	Support, Information and Treatment Referral/ Anyone	National Alliance of the Mentally Ill	<ul style="list-style-type: none"> • 1-800-950-6264 	Toll-free, confidential hotline operating Mon.-Fri., 10 am- 6 pm (EST). Trained volunteers provide information, referrals, and support to anyone with questions about mental illness.

Mental Health	Mindfulness/ Healthcare professionals	Headspace	<ul style="list-style-type: none"> • https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals 	Headspace is a meditation app that is being offered for free to all health care providers with an NPI number through 2020. If the provider doesn't have an NPI number, getting one is free, and instructions are on the site.
Mental Health	Recovery/ Anyone	Mental Health Empowerment Project	<ul style="list-style-type: none"> • Empowerment Exchange: • 518-2315-2173, • RISE Center: 914-664-3444, • Meagon at mnolasco@mhepinc.org, • Rob rrodger at mhepinc.org, or • John Lyn jlyn at mhepinc.org 	Virtual peer support groups, open to anyone. Contact the facilitators via phone or email for the Zoom link and password.
Addiction	Recovery/ Anyone	In the Rooms	<ul style="list-style-type: none"> • https://www.intherooms.com/home 	130 free weekly online meetings for those recovering from addiction and related issues. Multiple pathways.
Addiction	Recovery/ Anyone	Digital All Recovery Meetings	<ul style="list-style-type: none"> • unityrecovery.zoom.us/my/allrecovery 	5x daily, open formal all recovery meetings for anyone in the world.
Addiction	Recovery/ Anyone	Healing Springs Recovery Community & Outreach Center	<ul style="list-style-type: none"> • 518-306-3048, info@sararecovery.org, or on Facebook at Healing Springs Recovery Community & Outreach Center 	Online groups and activities via Zoom, 7 days per week. Open to anyone. Contact Healing Springs for the current schedule and meeting information to join. For peer support, phones are open 9 AM to 8 PM, and FB is monitored during other hours.
Addiction	Recovery/ Anyone	12Step.org	<ul style="list-style-type: none"> • 12step.org 	Download the app or visit the site online for a wide range of 12 step meetings online, including AA, NA, Marijuana Anonymous, Debtors Anonymous and more.
Addiction	Recovery/ Anyone	Alcoholics Anonymous	<ul style="list-style-type: none"> • www.aa-intergroup.org 	AA 12 step online groups.
Addiction	Recovery/ Anyone	LifeRing	<ul style="list-style-type: none"> • https://www.lifering.org/meetings 	Secular recovery support embraces what works for each individual.