

This guide contains mental health resources available during the **COVID-19** pandemic for people from birth to age 24.



Trouble coping? NYC Well can help

NYC Well is a free helpline that can connect you to confidential ongoing support for problems like stress, depression, anxiety, and drug or alcohol misuse.

Trained counselors provide free support 24 hours a day, 7 days a week, in over 200 languages.

Talk 1-888-NYCWELL (1-888-692-9355)

Text WELL to 65173

Chat nyc.gov/nycwell

For families with children up to 5 years old

Parents and caregivers looking for remote mental health support for children from birth to 5 can contact the nearest clinic participating in the Early Childhood Mental Health Network.

BRONX

Jewish Board of Family & Children's Services
(844) ONE-CALL
jewishboard.org

BROOKLYN

Jewish Board of Family & Children's Services
(844) ONE-CALL
jewishboard.org

OHEL Children's Home & Family Services
(800) 603-OHEL
ohelfamily.org

MANHATTAN

Northside Center For Child Development
(212) 426-3400
northsidecenter.org

QUEENS

The Child Center of New York
(718) 530-6892
childcenterny.org

STATEN ISLAND

Staten Island Mental Health Society
657 Castleton Avenue, Bldg A
(718) 448-9775, ext. 551

Youth Drop-in Centers for ages 14-24

Drop-in Centers offer snacks, clothing, showers, laundry, counseling, referrals to housing, and other services.

BRONX

Cardinal McCloskey Services*
333 East 149th Street
(718) 993-5495

BROOKLYN

SCO Family of Services*
774 Rockaway Avenue
(718) 277-6403

MANHATTAN

Ali Forney Center*
321 West 125th Street
(212) 206-0574

The Door

555 Broome Street
(212) 941-9090
Mon-Fri: 11am-8pm
Wed: 11am-10pm; Sat: 11am-7pm

Safe Horizon Streetwork Harlem
Mon-Tues and Thurs-Sun: 10am-6pm
209 West 125th Street
(212) 695-2220

QUEENS

Sheltering Arms/Safe Space (Jamaica site)*
89-74 162nd Street, 3rd Floor
(718) 526-2400 ext. 2077

Sheltering Arms

(Far Rockaway site)
1600 Central Avenue
(718) 471-6818 x2123
Mon-Thurs: 10am 8pm
Fri: 10am-7pm; Sat: 12pm-8pm

STATEN ISLAND

Project Hospitality*
27 Port Richmond Avenue
(718) 876-4752

* = Open 24 hours, 7 days a week

Youth residential programs for ages 16-20

Shelter and services are available at the following programs.

BRONX

Children's Village
(718) 583-2380

BROOKLYN

Ali Forney Center
(212) 206-0574
(Access through the drop-in center)

MANHATTAN

Covenant House
Under 21
(And mothers with children)
(212) 613-0300

Safe Horizon Streetwork Harlem
(917) 507-1562

Sheltering Arms/Safe Space
(917) 410-3791

Services include:
Mental health services • Housing referrals
Educational programs • Vocational training
Job placement assistance • Family reunification assistance

**Finding help
can make you
smile again.**

Cover and back images created by NYC youth in partnership with the JED Foundation.

Support in schools

Mental health support and resources are available for all students and families during the COVID-19 pandemic.

Ask your Parent Coordinator, School Social Worker, or Guidance Counselor for more information, or visit nyc.gov/schoolmentalhealth to learn how to access tele-mental health services and other remote mental health support

Support for victims of crime

We know that not every home is safe. If you need help, you can call Safe Horizon's 24-hour hotline at 1-800-621-4673. You can also chat with a Safe Horizon advocate, who can offer information, advocacy and support through **SafeChat** at safehorizon.org/safechat.

Anyone needing resources to help themselves or a loved one experiencing dating, domestic, or gender-based violence, can visit **Love is Respect** at loveisrespect.org or **Day One** at dayoneny.org.

Locate your precinct:
nyc.gov/cvap

**If you're having
trouble finding light
beyond the darkness,
there's help
available.**

**COVID-19 Mental
Health Services for
Young People**