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/nyc<u>well</u>

## 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.

#### PPONI

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

#### BROOKLY

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

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

#### MANHATTA

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

#### QUEEN

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

#### STATEN ISLAN

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.

#### RRON

Children's Village (718) 583-2380

#### ROOKIVN

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

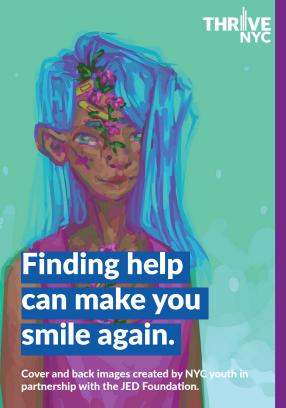
Sheltering Arms/Safe Space (917) 410-3791

### Services include:

Mental health services ● Housing referrals

Educational programs ● Vocational training

Job placement assistance ● Family reunification assistance



# **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:

