

New York City Mental Health Resource Guide

Emergency Services

[NYC Well](#)

1-888-692-9355

The NYC Well is a 24/7 crisis hotline that is able to provide you with confidential crisis counseling, mental health and substance use support, information and referrals by phone, text, or online chat. Call to request a mobile crisis team in case of a psychiatric emergency.

[Mount Sinai Emergency Psychiatric Services](#)

1-800-543-3638

Our psychiatric emergency care staff includes psychiatrists who have demonstrated special interest and skill in caring for patients in crisis. Patients in psychiatric crisis can call the 24-hour hotline.

South Asian Mental Health Services

[South Asian Sexual & Mental Health Alliance](#)

212-349 - 6009 EXT. 221

This program seeks to create a safe space for South Asian youth across the diaspora, focusing on adolescence to early adulthood. We offer virtual and in-person workshops, a resource hub, and a podcast.

[Sakhi for South Asian Women](#)

Helpline: 212-868-6741

This program is a survivor-led movement for gender-justice and to honor the collective and inherent power of all survivors of violence. Counseling services through telehealth, legal

counseling, and advocacy are available for survivors.

[Asian Outreach Program](#)

Hank Auffarth Family Center, 81-14 Queens Boulevard, Elmhurst, NY 11373
140-15B Sanford Avenue, Second Floor, Flushing, NY 11355
718-889-9699

The Child Center of NY's Asian Outreach Program breaks down language barriers and stigma to reach Asian children and families with mental health and substance abuse services. The center provides domestic violence counseling, parent education workshops and outreach, family-oriented academic enrichment, child abuse and neglect prevention, and individual counseling coupled with psychopharmacology, substance abuse treatment, and play therapy. Services are provided in Bengali, Cantonese, Mandarin, English, Hindi, Spanish, Urdu.

[Sanctuary for Families](#)

212-349 - 6009 EXT. 221

Provide clinical services to survivors of gender violence in the form of individual and group counseling, case management, crisis intervention, and survivor leadership. Clinical staff include counselors familiar with the unique needs of immigrant groups including the West African and South Asian communities.

[SapnaNYC](#)

212-349 - 6009 EXT. 221

Sapna NYC serves low-income South Asian immigrant women and offers culturally competent and linguistically accessible services.

South Asian Communities

[South Asia in NYC](#)

A list of South Asian based resources in the following categories: academic, advocacy, cultural, professional, and general.

Women's Services

Clarity Therapy

276 Fifth Avenue, Suite 605, New York, NY
10001

(917) 847-7556

A diverse team of therapists who specialize in working with women who experience the unique struggles of women.

Support Groups for Women in NYC

Support groups for women who are experience challenges in sexual abuse/incest, domestic violence, marriage/partner, career development, life transitions, gender identity and sexual orientation exploration. Groups are help bi-weekly and are held for 8 to 10 weeks.

Columbia Women's Mental Health Program

3 Columbus Circle, Suite 1430, New York, NY
10019

212-305-6001

The Program provides services to meet the mental health needs of women across the life cycle. The program also has a one of a kind program that focuses on problems that occur during the menstrual cycle, pregnancy and the post-partum period, and in the course of parenting.

Deaf and Hard of Hearing Services

NYC Baker Family and Emotional Health and Wellness Support

50 Broadway, 6th flr., New York, NY 10004
917-305-7700

The Center provides outpatient services with therapists fluent in American Sign Language catering to the Deaf, Hard-of-Hearing, and Deaf-Blind communities and their families. Services are geared towards emotional issues that the population commonly faces.

Children and Adolescent Services

Promise Zone

1-718-742-7109

A free, voluntary school-based mental health preventive program within 6 to 8 weeks. Services are provided to children between the ages of 5-17 to identify and target disruptive psychological symptoms being reported by guardians and/or schools.

VNSNY FRIENDS Program

1-718-742-7100

The VNSNY FRIENDS program offers a complete continuum of care for at-risk and emotionally disturbed children, adolescents, and their families in the Bronx. Services include groups, therapeutic recreational activities, respite, educational support, links to community resources, wrap-around funds.

Community Counseling and Mediation

212-564-3107

CCM works to improve the lives of at-risk children and families through innovative behavioral health, supportive housing, education, and youth services. They provide the following services: chemical dependence clinics, housing facilities, HIV and hepatitis prevention and care coordination, and after-school and child-welfare programs.

Geriatric Services

Geriatric Mental Health Outreach

1-212-609-7788

The CMHS's Geriatric Mental Health Outreach program was founded to improve access to mental health resources for seniors living in the Bronx or Manhattan. It provides short-term mental health services to adults 60 years of age or older who require assessment, in-home counseling, psychiatric consultation, case management, and/or linkage to community resources.

Immigrant and Refugee Services

Bellevue Program for Survivors of Torture

212-562-8713

The Bellevue Program for Survivors of Torture's mission is to assist individuals and families

subjected to torture and other human rights abuses to rebuild healthy, self-sufficient lives, and to contribute to global efforts to end torture. This program provides comprehensive medical and mental health care and legal assistance.

[Libertas Center for Human Rights](#)

*Annex G, 5th Floor, Elmhurst Hospital Center,
79-01 Broadway, Elmhurst, NY 11373
718-334-6209*

The Libertas Center provides strength's based, client centered and trauma informed counseling for survivors of torture. Alternative treatments such as yoga, meditation, and photography are provided.

[New York City Council Resources for Immigrant Communities](#)

This resource guide includes resources for immigrants and refugees regarding DACA renewal, health and child care, emergency food and shelter, and city wide initiatives with improve the population's quality of life.

Substance Use Recovery Services

[NYC AA Meetings](#)

A list of in-person and virtual AA meetings taking place in the NYC Area is provided.

[New York State HOPEline](#)

1-877-8-HOPENY

This 24-hour counseling hotline is for anyone seeking help with alcoholism, problem gambling, and drug abuse.

[Addiction Therapists in New York](#)

A list of vetted addiction specialists and treatment centers in the New York City area.

[Recovery Dharma Online](#)

Recovery Dharma is an international community which utilizes Buddhist practices to address addiction. Meetings are offered for specific groups (i.e. women, men, LGBTQIA+,

BIPOC), book studies, meditations, and noble inquiries.

LGBTQIA+ Services

[New York City LGBTQ Resources](#)

This site is a compilation of LGBTQ friendly services for support groups, housing services, youth and peer groups, violence victims, legal services, and senior services.

[The Center: The Lesbian, Gay, Bisexual & Transgender Community Center](#)

208 W 13 St, New York, NY 10011

212-620-7310

The Center provides counseling services for mental health and substance use struggles for the LGBTQ population. Services for HIV/AIDS, transgender support programming, and health insurance enrollment.

Sexual & Domestic Violence Services

[New York City Crime Victims' Hotline](#)

1-866-689-HELP (4357)

The hotline is able to refer victims to agencies providing individual counseling and other supportive services.

[The NYC Family Justice Centers](#)

*80 Centre Street, 5th Floor, New York, NY
10013*

1-617-592-2603

The Center provides criminal justice, civil legal, and social provides services all in one location for victims of domestic violence, elder abuse, and sex trafficking.

[Safe Horizon 24/7 Hotline](#)

212-227-3000

Safe Horizon provides a rape and sexual assault hotline that is available 24/7.

[SOHO Center for Mental Health Counseling](#)

159 Bleecker St, 2nd Floor, New York City, NY
10012

201-658-2785

The Center provides clinical services to help victims recover from the effects of sexual assault.

[Violence Intervention Program](#)

159 Bleecker St, 2nd Floor, New York City, NY
10012

1-800-664-5880

VIP provides non-residential counseling programs in Manhattan, Queens, and Bronx. Immediate support and referrals are provided in emergency situations. Ongoing counseling services are also provided to support domestic violence survivors.