

# Community Resources



Chat at  
[nycwell.cityofnewyork.us/en](http://nycwell.cityofnewyork.us/en)

Text WELL to 65173

Call 1-888-NYC-  
WELL  
(1-888-692-9355)

Connect to the mental health support you need 24 hours a day, 7 days a week – **including holidays**. NYC Well provides the following services:

- Suicide prevention and crisis counseling by a licensed counselor
- Peer support and short-term counseling
- Assistance accessing mental health services and making appointments
- Follow-up to ensure services are working out

*Services available in 200+ languages.*

## Crime Victims Hotline (through Safe Horizon)

Domestic violence hotline:  
1-800-621-HOPE (4673)

All crimes and family support:  
1-866-689-HELP (4357)

Rape and sexual assault:  
1-212-227-3000.

Operates 24 hours a day, 7 days a week.

Call 911 in case of emergency!

## Hotlines

**NYC Emergency Food Line**  
1-866-888-8777

**Mayor's Office of Immigrant  
Affairs**  
(212) 788-7654

**National Runaway Helpline**  
1-800-786-2929

**Growing Up Healthy Hotline**  
(for teen pregnancy)  
1-800-522-5006

**The Trevor Project Lifeline**  
1-866-488-7386

**Students in Temporary  
Housing Infoline (TEACH-S)**  
800-388-2014

**National Suicide Prevention  
Lifeline**  
1-800-271-8255

## NYC Family Resource Centers

Individual and group-based family support services to parents/caregivers of children and youth at risk for developing emotional, behavioral, or mental health challenges. **They provide emotional support, advocacy, information and resources, referrals to community resources, educational workshops, recreational activities, and respite.**

Northern Bronx:  
718-220-0456

Southern Bronx:  
718-220-3868

Northern  
Manhattan:  
212-410-1820

Southern  
Manhattan:  
212-964-5253

Northern Brooklyn:  
718-290-8100

Southern Brooklyn:  
347-462-8124

Eastern Queens:  
347-644-5711

Western Queens:  
718-651-1960

Staten Island:  
718-698-5307