



HASSENFELD
**CHILDREN'S
HOSPITAL**
AT NYU LANGONE

Helping New Yorkers in Crisis

Trouble coping? Don't struggle alone. We're here to listen and help with problems like stress, depression, anxiety or drug and alcohol misuse. For you or someone you care about.



TEXT:

Text **WELL** to **65173**
(Available 24/7/365)

CALL:

English: **1-888-NYC-WELL (1-888-692-9355), Press 2**

Call **711** (*Relay Service for Deaf/Hard of Hearing*)

Español: **1-888-692-9355, Press 3**

中文: **1-888-692-9355, Press 4**

NYC Well is your connection to free, confidential mental health support.

Speak to a counselor via phone, text or chat and get access to mental health and substance misuse services, 24/7/365.

Interpreters are available for 200+ languages. Stay on the line, and you will be connected with a counselor who can connect you to translator services.

NYC Well Counselors are trained to accept calls from deaf and hard of hearing individuals using video relay services.

At any hour of any day, in almost any language, from phone, tablet or computer, **NYC Well** is your connection to get the help you need. We can provide:

- Suicide prevention and crisis counseling
- Peer support and short-term counseling via telephone, text and web
- Assistance scheduling appointments or accessing other mental health services
- Follow-up to check that you have connected to care and it is working for you



<https://nycwell.cityofnewyork.us/en/>