

## Need To Talk?

COVID-19 has us all staying home more and socially distancing – including staying away from health and mental health clinics.

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Still, in this stressful time we all need someone to talk to – sometimes even a professional.

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If you need someone to talk to but aren't sure who, read through this list of **LIVE RESOURCES** to talk to someone when you need to.

### NYC Well

- Free, confidential, 24/7 mental health support by speaking to a local counselor via phone, text, or chat in more than 200 languages.
- 1-888-NYC-WELL (1-888-692-9355)
- Text WELL to 65173
- Chat at <https://nycwell.cityofnewyork.us/en/>

### Crisis Text Line

- Serves anyone, in any type of crisis, with free, 24/7 support and information via text.
- Text “Got5” to 741-741
- <https://www.crisistextline.org/>

### National Domestic Violence Hotline

- Support for people with experiences of domestic violence. Resources for those quarantined with their abuser.
- 1-800-273-8255
- <https://suicidepreventionlifeline.org/>

### National Suicide Prevention Lifeline

- Free, confidential, 24/7 support for people in mental health or suicide crises. Can call for yourself or on behalf of someone else.
- 1-800-273-8255
- <https://suicidepreventionlifeline.org/>

### NYC National Alliance on Mental Illness

- Free, confidential support between 10am and 6pm for people living with mental illness and their families. Public groups continue on conference lines.
- 212-684-3264
- <https://www.namincmetro.org/coronavirus-covid-19/>

### The Trevor Project

- Free, confidential, 24/7 crisis support for LGBTQIA people struggling with suicidal ideation and mental health issues
- 1-866-488-7386
- <https://www.thetrevorproject.org/>



*Many clinics have also been permitted to provide services over the phone to expand their crisis and mental health services during this time. Contact your local community clinic for more information.*