

**Everybody needs help sometimes.
Whatever you are dealing with, you don't have to do it alone.**

NYC Well <https://nycwell.cityofnewyork.us/en/get-help-now/>

English: 1-888-NYC-WELL (1-888-692-9355)

NYC Well is New York City's free, confidential support, crisis intervention, and information and referral service for anyone seeking help for mental health and/or substance misuse concerns, available 24 hours a day, 7 days a week, 365 days a year. NYC Well is staffed by trained professionals who can help you find the services that best meet your needs.

Call NYC Well

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

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 hearing impaired individuals using Video Relay Services.

Text NYC Well

Text WELL to 65173

A service for NYC residents, available 24/7/365. Text anytime!

For English, when prompted text 1

For Spanish, when prompted text 2

For Chinese, when prompted text 3

Interpreters are available for 200+ languages. Call 1-888-NYC-WELL to be connected with a counselor who can connect you to translator services.

Chat with a Counselor Now

If you need support and prefer to chat, NYC Well Chat is here 24 hours a day, 7 days a week, 365 days a year. [Click here to chat now.](#)

In danger or need immediate medical attention? Call 911 Now