

For Crisis Support

Mental Health Resources

If you are having an actual psychiatric emergency you must call 911.

New York City

[NYC.gov/311 Mental Health Support and NYC Well](https://nycwell.cityofnewyork.us/en/)

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

Select the Mental Health Support and NYC Well button, which will take you to a website with user friendly instructions. Click the NYC Well button which will take you to that website, on this website there are options for resources, and three options to seek support.

1. Call 888-692-9355
2. Text “Well” to 65173 to text with a counselor for support and
3. Chat now option where you can live chat for support to assist a person in a crisis.

Staten Island

Richmond University Medical Center has set up a 24-hour hotline the public can call and speak with clinical staff from the hospital’s department of psychiatry & behavioral sciences.

The number is 718-818-6300.

Westchester County

<https://mentalhealth.westchestergov.com/>

If you are experiencing anxiety or stress that has begun to affect your daily life and you feel you need support, call our office at (914) 995-1900.

St. Vincent's Crisis Prevention & Response Team (CPRT) (914) 925-5959

Rockland County

<http://rocklandgov.com/departments/mental-health/>

Rockland If you require Mental Health Outreach Services, help is available. Call the **Behavioral Health Response Team (BHRT)** at 845-517-0400 or toll-free at 1-844-255-BHRT (2478).

Dutchess County

<https://www.dutchessny.gov/Departments/DBCH/Mental-Health-Services.htm>

Call HELPLINE at **845-485-9700**, 24 hours a day, or walk into the Stabilization Center at **[230 North Road](#)** in Poughkeepsie. We're here 24/7/365 to help connect you to the services you need.

Orange County

<https://www.orangecountygov.com/1291/Mental-Health-Services>

Crisis Call Center - 1-800-832-1200

Ulster County

<https://ulstercountyny.gov/health/health-mental-health>

Mobile Mental Health 1-844-277-4820

New York State Hotlines

Crisis Text Line:

New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. **Text GOT5 to 741741.**

Domestic Violence:

If you or someone else is in a relationship is being controlled by another individual through verbal, physical, or sexual abuse, or other tactics, please call: **1-800-942-6906**

Crisis Services

Suicide Prevention:

If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call **(800) 273-8255**, 24/7.