

Accessing Mental Health Services During Isolation

COVID-19 (or Coronavirus) is a global mental health crisis that we must all get through together. **Now more than ever NYC students, staff, and families may need additional support or continued support.** Here are some resources to help support your mental health as our lives continue to be disrupted, changed, and strained:

If you have a therapist or psychiatrist:

Ask them about telemental health – many clinics and therapists are able to provide phone or video services on a temporary basis

Stay current with medication – ask your doctor how you can continue to fill prescriptions

If you do not have a therapist:

Call NYC Well – to talk to a counselor on the phone

1-888-NYC-WELL

Text “WELL” to 65173

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

If you are having a mental health crisis:

Call NYC Well to talk to a counselor

Children’s Mobile Crisis remains open – contact through NYC Well

Message the Crisis Text Line at 741-741 Text “Got5”

Call The Trevor Project Lifeline for LGBTQIA supports at 1-866-488-7386

If you or someone else is at immediate risk of harm or suicide:

Call 9-1-1

or

Go the emergency room (*with caution*)