

COVID-19 Mental Health Resources Guide

in New York City

Manhattan

University Settlement / The Door

Phone: 212-941-9090, ext. 3542

Hours: Daily 10am-6pm

www.universitysettlement.org

Remote services offered through phone and video calls

- Individual and group counseling
- No new patients/referrals as of now

➤ **Hamilton-Madison House**

Phone: 212-720-4540

Hours: M-Sa 9am-5pm

www.hamiltonmadisonhouse.org

- Medication treatment offered in person
- Remote services through phone and video
- Individual counseling, substance abuse services, Personalized Recovery Oriented Services (PROS)
- Offers services in Mandarin, Cantonese, Vietnamese, and Japanese

➤ **Bellevue Hospital Center-Asian Inpatient Program**

Phone: 212-423-4500

Open 24/7

www.nychealthandhospitals.org/bellevue

For mental health support, contact NYC Well: 1-888-692-9355
<https://nycwell.cityofnewyork.us>

➤ **Henry Street Settlement**

Phone: 212-233-5032

Hours: M,W 9am-8pm T,Th,F 9am-5pm

www.henrystreet.org

- Remote services offered through phone and video calls
- Outpatient, individual therapy, support group for those who have lost someone to COVID-19, Personalized Recovery Oriented Services (PROS)
- Offers services in Mandarin, and Cantonese

➤ **Charles B. Wang Community Health Center**

Phone: 212-941-2213

Hours: Daily 10am-4pm

www.cbwcgc.org

- Remote services offered through video and phone for ongoing patients
- Behavioral / mental health services
- Taking new patients, but need to see the primary care doctor there first to get referral for mental health services.

➤ **Gouverneur Healthcare Service- Asian Bicultural Clinic**

Phone: 212-238-7332

Open 24/7

www.nychealthandhospitals.org/

For mental health support, contact NYC Well: 1-888-692-9355
<https://nycwell.cityofnewyork.us>

Brooklyn

- ➔ **Arab American Association**
Phone: 718-745-3523
Hours: M-F 10am-6pm
www.arabamericanny.org
- Remote services through phone and video
 - Individual counseling
 - Individual counseling for DV clients
 - Services in English and Arabic

- ➔ **Sunset Terrace Family Health Center at NYU Langone**
Phone: 718-630-7942
Hours: M-Th 8am-7pm, F 8am-5pm
www.nyulangone.org
- Remote services offered through phone and video calls
 - Behavioral/ mental health services

Queens

- ➔ **Elmhurst Hospital Center-Asian American Mental Health Program**
Phone: 718-334-6209
Open 24/7
https://www.nychealthandhospital.org/elmhurst
- Remote services through phone calls.
 - Medication treatment, therapy, grief counseling

- ➔ **The Korean Community Services of Metropolitan New York**
Phone: 718-366-9540
Hours: M,W,F, Sa 9am-5pm, Tu,Th 9am-8pm
www.kcsny.org
- Outpatient mental health services
 - Remote services through phone and video
 - Individual counseling
 - Services in English and Korean

LGBTQ

- PFLAG NYC - API Rainbow Parents**
Phone: 646-397-4032 / **Helpline:** 212-463-0629
Email: api@pflagnyc.org
www.pflagnyc.org
- Community education for Asian and Pacific Islander LGBT people and their families
 - Offering an online, once a month discussion group to discuss experiences and feelings about raising a child who is exploring their gender in an API community/family.

- Apicha Community Health Center**
Phone: 212-334-6029
Hours: Daily 10am-5pm
www.apicha.org
- Remote services offered through phone and video calls
 - Behavioral/mental health services

- Desi Rainbow Parents & Allies**
www.facebook.com/desirainbowparents
Support group for South Asian families and friends of LGBTQ+ individuals

- ➔ **The Child Center of NY**
Phone: (Elmhurst) 718-899-9810 ext. 2360
(Flushing) 718-358-8288
Hours: M-Th 9am-9pm, F 9am-7pm, Sa 9am-3:30pm
www.childcenterny.org
- Remote services offered through phone and video calls.
 - Multi-lingual and multi-cultural counseling
 - Wait time is approximately 1-2 weeks depending on language needs

Domestic Violence

➤ Turning Point

Helpline: 718-550-3586

Hours: M-F 10am-6pm

www.tpony.org

- Counselors provide remote individual counseling sessions for DV survivors
- Online support group for DV survivors and
- Online youth group for Muslim girls 13-20
- Services offered in Bangla, English, Hindi, Punjabi, Turkish, and Urdu

➤ Korean American Family Service Center

Phone: 718-460-3800 / **Helpline:** 718-460-3800

Hours: Free 24/7 bilingual hotline

www.kafsc.org

- Services available by appointment only. Please call the helpline first for details on available services
- 24/7 emergency shelter and long-term transitional housing program
- Online economic empowerment classes
- Youth program meetings

➤ Garden of Hope

Helpline: 877-990-8595

Hours: M-F 9am-5pm

https://gohny.org/

- Free bilingual helpline
- 14 bilingual Chinese counselors to provide remote counseling, advocacy, legal assistance, and case management to clients
- Online single parenting support group, safe houses

Suicide Prevention

The Samaritans

Phone: 212-673-3000 (Confidential hotline)

1-800-273-TALK (The National Suicide Prevention Hotline)

www.samaritansnyc.org

Crisis response; Community education; Suicide survivor support groups

National Alliance on Mental Illness

Phone : 518-462-2000; **Helpline:** 800-950-3228

www.naminys.org

Helpline; Support groups

➤ Womankind

Phone: Confidential **Helpline:** 1-888-888-7702

Hours: M-F 9am-5pm

www.iamwomankind.org

- Free 24/7 multilingual helpline with chat and text services available in English and Chinese
- Services available by appointment only
- Please call the helpline first for details on available services

➤ Sakhi for South Asian Women

Phone: 212-714-9153 / **Helpline:** 212-868-6741

Hours: M-F 10am-5pm

www.sakhi.org

Mental health counselors to provide tele-therapy sessions and remote social service and legal assistance