

NYC RESOURCES FOR FAMILIES

Mental Health

- NYC Well: Description: Free, confidential mental health support 24/7. Available by phone, text, or chat in over 200 languages. **Contact:** 1-888-NYC-Well (1-888-692-9355)
- Immigrant Family Services: Description: Provides mental health counseling, family therapy, and support groups for immigrant families. **Website:** [Find their website online - search "Immigrant Family Services NYC"]
- The Trevor Project: Description: Crisis intervention and suicide prevention services specifically for LGBTQ youth. **Contact:** 1-866-488-7386
- National Alliance on Mental Illness (NAMI): Description: Provides support and education for people with mental illness and their families. **Website:** <https://www.nami.org/>
- Charlie Health: Description: Provides virtual mental health treatment, including group therapy, individual therapy, and family therapy, for teens and young adults. **Website:** <https://bit.ly/3X0cgnJ>

Please note:

This document is for informational purposes only and does not constitute professional advice.

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Other Support Resources

- New York Immigration Coalition (NYIC): Description: Advocates for and provides resources to immigrants and refugees in New York State. **Website:** nyic.org
- Catholic Migration Services (CMS): Description: Offers legal assistance, resettlement services, and other support to immigrants and refugees. **Website:** cmsny.org
- The Legal Aid Society: Description: Provides free legal services to low-income New Yorkers. **Website:** legalaidsociety.org
- Accion USA: Description: Provides financial services and support to immigrant entrepreneurs and small businesses. **Website:** accionusa.org
- ABC Association to Benefit Children: Description: Provides a variety of programs and services to support children and families in need. **Website:** <https://www.a-b-c.org/>
Phone Number: +1 929-288-4334

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