

NYC Well

Category: Mental Health and Wellness | - Community-based

Location

Website

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

Phone

(888) 692-9355

Description

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 operated by Vibrant Emotional Health on behalf of the NYC Department of Health and Mental Hygiene (NYCDOH).

NYC Well counselors are available via phone (888-NYC-WELL, 711 for Deaf/Hard of Hearing), text (Text WELL to 65173) or [online chat](#) and provide access to mental health and substance misuse services, in more than 200 languages.

HAVE NYC WELL'S SERVICES BEEN SUSPENDED DUE TO COVID-19? No. For a list of mental health apps (e.g., for anxiety, depression, sleep, peer support, self-care, recovery, etc.) that are free during the COVID-19 pandemic, please click here nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources.

Additionally, the NYCDOH has partnered with select CVS and Walgreens pharmacies across NYC to make [FREE Emergency Overdose Rescue Kits](#) available to any individual who requests one, no ID or insurance is required. For further information on kits, please email pharmacynaloxone@health.nyc.gov.

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