



New York State welcomes you!

**No matter what
you've been through,
it's important that you
take care of your
mental health.**

*Here are some
resources that can help
you and your family.*



Here are some resources that can help you & your family:

(Interpretation services available for all)

NYS Office of New Americans Hotline:

1-800-566-7636

Get help navigating the services and supports available for New Americans

NYS Office of Mental Health's Customer Relations:

1-800-597-8481

Ask questions, report concerns and get help accessing New York State services

NY Project Hope COVID-19 Emotional Support Helpline:

1-844-863-9314

NY's free, confidential COVID-19 crisis counseling helpline

National Suicide Prevention Lifeline:

1-800-273-TALK (8255) or text Got5 to 741741

Confidential support and crisis resources

OMH Field Offices (Talk to someone about referrals and local services):

Central New York Field Office
Phone: (315) 426-3930

New York City Field Office
Phone: (212) 330-1650

Hudson River Field Office
Phone: (845) 454-8229

Western New York Field Office
Phone: (716) 533-4075

Long Island Field Office
Phone: (631) 761-2508