

Nie dajesz sobie rady?

NYC Well może pomóc Ci znaleźć stałe wsparcie w walce z takimi problemami, jak stres, depresja, lęk oraz nadużywanie narkotyków lub alkoholu. Zadzwoń pod numer **1-888-692-9355**, aby skorzystać z bezpłatnych, poufnych usług dostępnych całodobowo i przez cały rok.

האט איר שוועריגקייטן?

NYC Well (NYC געזונט) קען איך פארבינדן מיט אנגייענדע שטיצע פאר פראבלעמען ווי סטρες, דעפרעסיע, ענקזייטעט און דראג אדער אלקאהאל מיסבאנוץ. רופט **1-888-692-9355** פאר אומזיסטע, קאנפידענשל סערוויסעס, 24/7/365.

هل تواجه صعوبة في التعامل مع مشاكلك؟

يمكن أن تتواصل معك **NYC Well** لتقديم الدعم المستمر للمشكلات مثل الشعور بالضغط والإحباط والقلق وإدمان المخدرات أو الكحول. اتصل على **1-888-692-9355** مجاناً، لتحصل على خدمة سرية على مدار اليوم طوال الأسبوع على مدار العام.

Vous avez du mal à vous en sortir ?

NYC Well peut vous mettre en contact avec des services d'assistance pour des problèmes comme le stress, la dépression, l'anxiété et l'abus de drogues ou d'alcool. Appelez le **1-888-692-9355** pour des services gratuits et confidentiels, 24 h sur 24, 7 jours sur 7, 365 jours par an.

قالبو پاتے میں پریشانی ہے؟

NYC Well تناؤ، افسردگی، اضطراب اور منشیات یا الکحل کے بیجا استعمال جیسے مسائل کے مد نظر مسلسل تعاون سے آپ کا رابطہ کروا سکتا ہے۔ مفت، رازدارانہ سروس، 24/7/365 کے لیے **1-888-692-9355** پر کال کریں۔

Не справляетесь с проблемами?

NYC Well поможет получить поддержку, если вы испытываете стресс, страдаете от депрессии, тревожности, наркотической или алкогольной зависимости. Позвоните по телефону **1-888-692-9355**, чтобы получить бесплатную и конфиденциальную консультацию круглосуточно, без выходных.

Èske sitiyaşyon an twòp pou w jere?

NYC Well ka fè w jwenn sipò tout tan pou pwoblèm tankou estrès, depresyon, anksyete ak abi alkòl oswa dwòg. Rele nan **1-888-692-9355** pou jwenn sèvis gratis ak konfidansyèl, 24 sou 24/7 jou sou 7/365 jou nan ane a.

극복하는데 어려움을 겪고 계십니까?

NYC Well이 스트레스, 우울증, 불안, 약물 또는 알코올 남용과 같은 문제에 대해 지속적인 지원을 받으실 수 있도록 연결해 드릴 수 있습니다. **1-888-692-9355**번으로 전화하셔서 연중무휴 하루 24시간 언제든지 무료로 비밀 서비스를 받으세요.

সামলাতে সমস্যা হচ্ছে?

NYC Well মানসিক চাপ, অবসাদ, উদ্বেগ এবং মাদক ও মদের নেশার মত সমস্যাগুলির জন্য আপনাকে চলতি সহায়তার সঙ্গে যোগাযোগ করিয়ে দিতে পারে। বিনামূল্যে গোপনীয় পরিষেবাগুলির জন্য **1-888-692-9355** নম্বরে ফোন করুন, বছরের 365 দিন, সপ্তাহের 7 দিন, আর দিনের 24 ঘন্টা, যে কোনো সময়।

Difficoltà ad adattarsi?

NYC Well offre un aiuto costante per affrontare problemi quali stress, depressione, ansia e abuso di sostanze stupefacenti o alcol. Chiamare il numero **1-888-692-9355** per assistenza gratuita e confidenziale, 24/7/365.



CONNECT. HEAL. THRIVE.



Connection to mental health support is free and confidential

Free, confidential, 24/7.



The City of New York
Office of the Mayor

Thrive
NYC

NYC

Trouble coping?

NYC Well can connect you to ongoing support for problems like stress, depression, anxiety and drug or alcohol misuse.

Contact **NYC Well** for:

- Free and confidential information, help and emotional support
- Counselors who will respond without judgment
- Connection to ongoing support for you or someone you care about

If you are in danger or need immediate medical attention, call **911**.



Talk **1-888-NYCWELL**
(1-888-692-9355)



Text **WELL** to **65173***



Chat **nyc.gov/nycwell**

Texting and live chat services are available in English, Spanish and Chinese. For services in other languages, please call 1-888-692-9355.

* Standard text messaging rates may apply based on individual plans.

Don't struggle alone.
Contact NYC Well today.
Free, confidential, 24/7.

¿Estás atravesando momentos difíciles?

NYC Well (NYC Sana) puede conectarte con apoyo continuo para enfrentar problemas como estrés, depresión, ansiedad y el abuso de alcohol o drogas.

Contacta a **NYC Well** para:

- Información, ayuda y apoyo emocional de forma gratuita y confidencial
- Consejeros que te responderán sin juzgarte
- Conexión a apoyo continuo para ti o un ser querido

Si estás en peligro o necesitas atención médica inmediata, llama al **911**.



Llama al **1-888-NYCWELL**
(1-888-692-9355)



Envía el mensaje de texto **WELL** al **65173***



Chatea en **nyc.gov/nycwell**

Los mensajes de texto y la conversación de chat en vivo están disponibles en inglés, español y chino. Para servicios en otros idiomas, llama al 1-888-692-9355.

* Podrían aplicarse tarifas regulares de mensajes de texto, según el plan particular que tengas.

No batalles solo.
Contacta a NYC Well hoy mismo.
Gratis, confidencial, las 24/7.

覺得難以面對人生嗎？

NYC Well（紐約市迎向健康）能幫助您搭起橋樑，就憂鬱症、焦慮症、藥物濫用或酗酒等問題得到長期支援。

聯繫**NYC Well**可以：

- 取得資訊、幫助和情感支援，免費而且保密
- 得到諮商師的回應，不會受到批判
- 為您自己或是您關懷的親友取得長期支援

如果有危險情況或是需要立刻得到醫護服務，請撥打**911**。



通話 **1-888-NYCWELL**
(1-888-692-9355)



簡訊 **WELL** 到 **65173***



聊天 **nyc.gov/nycwell**

簡訊和即時通聊天服務僅以英文、西班牙文和中文提供。如需要這些服務用其他語言提供，請致電1-888-692-9355。

* 視個人手機收費計劃而定，可能會收取一般簡訊費用。

不要獨自煎熬。
請今天就聯繫 NYC Well。
免費、保密，每週7天，每天24小時待命。

感到人生难以应付吗？

NYC Well（纽约市迎向健康）能帮助您联系长期支援，面对忧郁症、焦虑症以及药物滥用或酗酒等问题。

联系**NYC Well**可以：

- 取得免费和保密的信息、帮助和情感支持
- 得到咨询师不加批判地对您做出回应
- 为您自己或是您关心的亲友联系长期支援服务

如果您状况危急，或是需要立刻接受医护服务，请致电**911**。



通话 **1-888-NYCWELL**
(1-888-692-9355)



短信发送 **WELL** 至 **65173***



聊天 **nyc.gov/nycwell**

短信或在线聊天服务仅以英语、西班牙语和中文提供。如果您需要该服务用其它语言提供，请致电1-888-692-9355。

* 根据个人手机套餐的不同，一般短信费可能适用。

不要自己一个人纠结。
请今天就联系 NYC Well。
服务免费、保密，每周7天，每天24小时在线。



We are here to support you.

24-Hour Hotlines and Emergency Help

For many, the journey to safety and healing starts with just a phone call. We provide help and referrals to any victim of crime or abuse in moments of crisis through our three confidential hotlines.

Help is available. Call our 24/7 hotlines:

The New York City Domestic Violence Hotline:
800-621-HOPE (4673)

The Rape and Sexual Assault Hotline:
212-227-3000

The Crime Victims Hotline:
866-689-HELP (4357)

TDD for all hotlines:
866-604-5350

To meet with an advocate in person at one of our **Community Programs**, call our **Helpline** at **855-234-1042**

If you are homeless and under the age of 24, contact the **Streetwork Project** at **800-708-6600**

If you or someone you know may be the victim of trafficking, call the **Anti-Trafficking Program** at **718-943-8652**

Safe Horizon envisions a society free of family and community violence. We will lead the way by empowering victims of domestic violence, child abuse, sexual assault and human trafficking to move from crisis to confidence. Our programs and services touch the lives of more than 250,000 children, adults, and families throughout New York City each year.



moving victims of violence
from crisis to confidence



"I feel very happy and, for the first time of my life, I feel safe."

—Aisha, Safe Horizon client*

*Not their real name

Headquarters:

2 Lafayette Street, 3rd Floor
New York, New York 10007
safehorizon.org
safehorizon.org/espanol



Safe Horizon is the largest non-profit victim services agency in the United States, providing compassionate and expert support for survivors to pave a path of hope and healing on their own terms.



Delivering Community-Based Support to Victims of Crime and Abuse

We work to ensure that survivors have ongoing support during a crisis and throughout their recovery through our Community Program sites. We offer counseling, advocacy, information, practical support, and referrals to survivors of crime and abuse – including victims of robbery, assault, stalking, domestic violence, and rape, and those coping with the murder of their loved ones.



Effectively Treating Trauma through Counseling

Our Counseling Center is the only New York State-licensed mental health clinic specializing exclusively in treating traumatized victims of crime and abuse. The Center uses proven treatments to help survivors of all ages through the healing process.



Restoring Hope for Victims of Domestic Violence

From support groups and counseling, to lock changes and an extensive referral network for jobs, housing, child care, and more, Safe Horizon ensures that victims of domestic violence find the help they need at all stages. For those who are able to escape violence through our shelters, Safe Horizon offers confidential locations across the five boroughs with spaces that give families the chance to recover in privacy and with dignity.



Aiding Homeless Young People

Our Streetwork Project provides homeless and street-involved youth with compassionate services, counseling, food, shelter, help during crises, and resources that promote health and safety. We assist young people who have experienced physical and sexual abuse, rejection, and instability, leading to their homelessness.



Guiding Families through the Court System

Interacting with the courts and law enforcement can be intimidating for victims of crime and abuse, so we help them better understand their rights and options in the family and criminal court systems as well as at the Family Justice Centers. Our court-based programs provide advocacy and crisis intervention, a safe place for victims to wait for hearings, and free nurturing care for their children. In cases where restitution is ordered by the court, our Restitution Program coordinates with NYC's Criminal, Family, and Supreme Courts to distribute reimbursements to victims for financial losses they have suffered as a result of a crime.



Offering Legal Help to Victims of Crime and Abuse

Attorneys in our Domestic Violence Law Project (DVLP) represent and advise domestic violence survivors in complex cases involving custody, visitation, divorce, orders of protection, and child support. Our Immigration Law Project (ILP) assists immigrant victims of crime, including children, in seeking temporary or permanent residency.



Helping Victims of Trafficking Find Safety

Our Anti-Trafficking Program (ATP) is dedicated to providing survivors of trafficking with personal support and legal services to help them heal emotionally, find justice, and recover their lives. ATP collaborates with our Child Advocacy Centers to detect the commercial sexual exploitation of children. Our Streetwork Project also aids teens and young adults who have been trafficked.



Assisting Crime Victims in Police Precincts

The Crime Victim Assistance Program (CVAP) places advocates in police precincts throughout New York City to respond to the immediate safety needs of victims, assist them in navigating the criminal justice system, inform them of their rights, advocate on their behalf, and link them to ongoing services. Advocates also provide training for police officers and conduct presentations in the community to raise awareness and discuss resources available for victims of crime.



Providing Healing and Justice to Child Victims of Abuse

At our Child Advocacy Centers (CACs), children who have experienced sexual or physical abuse are treated by caring teams that are fiercely dedicated to ending child abuse and helping children and families to heal. The centers bring together Safe Horizon specialists with child protection, prosecution, and law enforcement professionals, as well as expert pediatric medical providers, all working together under the same roof. These safe, child-friendly environments are designed to improve the investigation process and provide prompt, effective treatment to child abuse victims and their caregivers.

Our life-saving services are made possible by the generous gifts we receive from our loyal supporters.

