

Life can be difficult for everyone at one time or another. But you don't need to go it alone. There's help, and it's easy to get.

# 1-800-LIFENET

Getting help is easy.

LifeNet is a confidential and free mental health information, referral, and crisis hotline available to anyone at anytime.

Is getting help that easy?

Yes. LifeNet referral specialists are experienced professionals. They have access to a database of thousands of community resources to address any issue you may have. They can provide appropriate referrals and direction to get you help in times of personal need.

It's difficult to talk about my problems. Will I feel comfortable when I call?

Yes. LifeNet referral specialists are trained, empathetic, and caring professionals who can speak with you about anything in confidence and without judgment.

For Mental Health Professionals:

The LifeNet information and referral service is also available to mental health professionals to call on behalf of their patients or clients.

English LifeNet:

1-800-LIFENET 1-800-543-3638

Spanish LifeNet:

1-877-AYUDESE 1-877-298-3373

Asian LifeNet:

1-877-990-8585

Deaf/Hearing Impaired (TTY)

212-982-5284

[www.mhaofnyc.org](http://www.mhaofnyc.org)

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## Coping with life can be difficult.

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## What can I call LifeNet about?

Any number of things. Many of us have concerns about emotional problems, whether they are our own or those of someone we care about. They can occur in the workplace, at school, or at home. They can seem overwhelming or small, but you know you need help. LifeNet referral specialists can help callers who are:

- *feeling worried, scared, nervous, or stressed.*
- *feeling sad or depressed.*
- *experiencing a recent shift in mood or behavior.*
- *concerned about family or other relationships.*
- *concerned about excessive alcohol and/or drug use.*
- *experiencing trauma or loss.*
- *afraid of hurting themselves or someone else.*

Confiding in someone you can trust can be an important first step in getting help and feeling better.

Everyone needs a friend or someone they can confide in about personal problems — it's perfectly normal.

## What happens when I call LifeNet?

We'll listen. An experienced referral specialist will take the time to hear your problem and assess the situation. The specialist will then work with you to decide on a comfortable next step in getting help. If needed, the specialist can also provide information and a referral in your area.

## Can LifeNet assist callers in specific crisis situations?

Yes. Our referral specialists are trained in assessing the problem and its immediate severity. If it is determined that a level of risk is present, our referral specialists will contact either 911 or a mobile crisis team to provide appropriate intervention.

Calling LifeNet will provide you with an important and productive first step to feeling better. Getting help is easy!

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