

Mental Health Services

1-800-LIFENET is a confidential, toll-free help line for New York City residents. The hotline's staff of mental health professionals helps callers find the most appropriate mental health and substance abuse services for their needs. This line is operated by the Mental Health Association of New York City in partnership with the Department of Health and Mental Hygiene. LIFENET operates 24 hours per day/7 days per week and offers separate toll lines for Spanish, Mandarin, Cantonese and Korean:
Spanish speakers: 1-877-298-3373
Mandarin, Cantonese and Korean speakers: 1-877-990-8585

Community Health Centers also provide mental health care on a sliding fee scale. Centers vary in range of services provided. Please contact center in which you are interested to verify if mental health services are offered as well as location and hours of operation.