



Veterans Crisis Line provides crisis support to veterans and their supporters. If you or your loved one is in crisis or having thoughts of suicide, please contact the Veterans Crisis Line. Caring, qualified VA responders are standing by to help 24 hours a day, 7 days a week. Connect with a responder by doing one of the following:

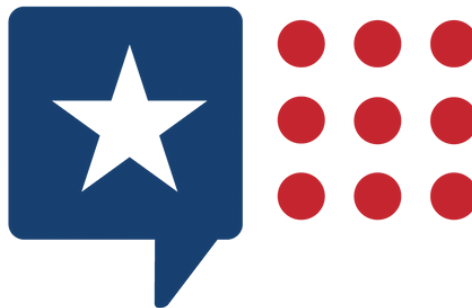
Call: 1-800-273-8255 and Press 1

Text: 838255

Chat Online: veteranscrisisline.net/get-help/chat

Learn more at veteranscrisisline.net.

Veterans Crisis Line



1-800-273-8255
PRESS 1



Counseling Services and Support Lines for Veterans in NYC

The **NYC Department of Veterans' Services (DVS)** connects veterans to services that can help them manage mental and behavioral health challenges. Connect to mental and behavioral health services by filling out the form at VetConnectNYC.org and selecting "Mental/Behavioral Health" as your preferred service.

Please review this pamphlet to find a list of free counseling services and support lines available to NYC veterans, their families, and caregivers.

NYC
Department of
Veterans' Services

nyc.gov/vets
(212) 416-5250
connect@veterans.nyc.gov
Follow us on social media:
[@nycveterans](https://www.instagram.com/nycveterans)

COUNSELING SERVICES

Headstrong matches veterans with a therapist:

Email: info@getheadstrong.org

Website: getheadstrong.org/get-help

NYU Steven Cohen Family Center provides free mental health services to veterans and military families:

1 Park Ave

New York, NY, 10016

Hours: Mon - Thurs | 9:00 am - 8:00 pm

Fri | 9:00 am - 6:00 pm

Phone: 855-698-4677

Email: militaryfamilyclinic@nyulangone.org

Website: nyulangone.org/locations/steven-a-cohen-military-family-center

New York-Presbyterian Military Family Wellness Center offers individual therapy, group therapy, couples therapy, telehealth, and virtual reality therapy to veterans and military families:

Website: nyp.org/mfwc

The New York-Presbyterian Military Family Wellness Center provides services at three locations:

- The Program for Anxiety and Traumatic Stress Studies:

25 East 61st St

Floor PH, Room 1301

New York, NY 10065

Hours: Mon - Fri | 9:00 am - 5:00 pm (evening appointments may be available)

Phone: 212-821-0783

Email: mae2050@med.cornell.edu

- New York-Presbyterian Westchester Behavioral Health Center:

21 Bloomingdale Rd

3A South, Room 420

White Plains, NY 10605

Hours: Mon - Fri | 9:00 am - 6:00 pm (evening appointments may be available)

Phone: 212-821-0783

Email: mae2050@med.cornell.edu

- PTSD Research and Treatment Program:
Herbert Pardes Building
1051 Riverside Drive, Suite 3200
New York, NY 10032
Hours: Mon, Wed, Fri | 9:00 am - 5:00 pm
Tues, Thurs | 9:00 am - 7:30 pm
Phone: 646-774-8142
Email: caroline.marohasy@nyspi.columbia.edu

Northwell Health Mildred and Frank Feinberg Division of the Unified Behavioral Health Center for Military Veterans and their Families

offers compassionate, evidence-based care to the families of veterans struggling with conditions related to military service. Please note: Northwell Health counseling services are not free but they accept most insurances:

132 East Main St

1st Floor

Bay Shore, NY 11706

Hours: Mon - Fri | 9:00 am - 5:00 pm

Phone: 631-647-2530

Website: northwell.edu/doctors-offices/northwell-health-mildred-and-frank-feinberg-division-of-the-unified-behavioral-health-center-for-military-veterans-and-their-families

VA Vet Centers provide a range of social and psychological services, including individual and group readjustment counseling to eligible veterans and active duty service members. Vet Center services are also provided to family members of veterans and service members for military-related issues when they aid in the readjustment of those who have served. VA Vet Center services are free and do not require someone to be enrolled in VA health care or have received care for conditions caused by military service. Services are also provided regardless of the nature of the veteran's discharge status.

Find a Vet Center near you and learn if you are eligible to receive counseling services at vetcenter.va.gov.

If you need to talk with someone confidentially, please call the **Vet Center Call Center** at 877-WAR-VETS (927-8387).

Trauma and Resiliency Resources (TRR)

provides behavioral health services for veterans and administers the Warrior Camp, a weeklong residential suicide prevention and trauma resolution program:

26 West 9th St, Ste 5-E

New York, NY 10011

Phone: 855- 877-4968

Email: support@trrhelpp.org

Website: trrhelpp.org

Stop Soldier Suicide connects veterans with Wellness Coordinators who develop personalized wellness plans:
Website: stopsoldiersuicide.org/get-help

SUPPORT HOTLINES

NYC Well offers free, confidential mental health support. Speak to a counselor via phone, text, or chat:

Hours: 24/7

Phone: 888-NYC-WELL (or text WELL to 65173)

Website: nyc.gov/nycwell

NY Project Hope provides support for those struggling with life during the pandemic:

Hours: Mon - Sun | 8:00 am - 10:00 pm

Phone: 844-863-9314

Website: nyprojecthope.org

VA Women Veterans Call Center helps women veterans navigate the VA and connects them with the Women Veterans Program Manager at their local VA medical center.

Hours: Mon - Fri | 8:00 am - 10:00 pm

Sat | 8:00 am - 6:30 pm

Phone: 855-829-6636 (call or text)

Website: va.gov/womenvet

VA Caregiver Support Line provides information on services available to those caring for veterans. Caregivers are also connected to a Caregiver Support Team at their local VA Medical Center.

Hours: Mon - Fri | 8:00 am - 10:00 pm

Sat | 8:00 am - 5:00 pm

Phone: 855-260-3274

Website: caregiver.va.gov