

## Mental Health Supports for PTP Families:

**NYC DOE School Mental Health Program** has provided a list of Mental Health Agencies providing Remote TeleMental Health services to NYC community

<https://cdn-blob-prd.azureedge.net/prd-pws/docs/default-source/default-document-library/mental-health-telehealth-contacts-for-covid-19.pdf>

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### **NYC Well**

NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365

<https://nycwell.cityofnewyork.us/en>

NYC Well has also compiled a list of Free Digital Mental Health Resources

<https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources/>

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### **Latinx Therapy**

MH Resources/Counseling/Therapy services specifically for Latinx youth

<https://latinxtherapy.com/>

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### **Ok2Talk**

Online community where teens and young adults struggling with MH conditions can talk and share their personal stories of recovery, tragedy, struggle or hope.

<https://ok2talk.org/>

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### **FUN at Home**

Free new digital platform to provide safe, fun, and entertaining virtual activities for NYC's teens and young adults. This first-of-its-kind campaign combines city and community resources to engage teens who are at home during the COVID-19 crisis, and also provides tips to cope with the public and mental health challenges that may arise during this difficult time

<https://growingupnyc.cityofnewyork.us/generationnyc/fun-at-home/>

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## **The Dorm**

Support young adults going through challenging times and help them navigate a new path to independence. 100% virtual clinical care to help support our clients during the coronavirus pandemic

<https://thedorm.com/covid-19/>

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## **The Actor's Fund: Emergency Financial Assistance**

The Actors Fund has partnered with other entertainment industry organizations to provide emergency financial assistance to those in immediate financial need. Available to union and non-union workers in entertainment and the performing arts. You may be eligible for more than one fund.

<https://actorsfund.org/am-i-eligible-help>

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## **The Actor's Fund**

Additional resources and supports for artists

<https://actorsfund.org/services-and-programs/covid-19-resource-list>

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