


Mental health services New Yorkers can access while staying home.

While our City stays home to stop the spread of coronavirus, New Yorkers can access a range of mental health services by phone or online. If you or someone you care about needs support, we encourage you to reach out to the programs listed in [ThriveNYC's guide to mental health services New Yorkers can access while staying home](#). Help is available.

[This guide](#) includes information on how City agencies are modifying mental health services during the COVID-19 crisis and identifies resources for all New Yorkers as well as services tailored to the needs of aging New Yorkers, veterans, students and young people, and people harmed by violence, crime or abuse.

All services are free to New Yorkers, regardless of insurance coverage or immigration status. We will update [this resource guide](#) regularly and encourage you to follow the Mayor's Office of ThriveNYC for the latest updates.  [@MentalHealthNYC](#)



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