

DOLPHIN Study Resources:

Suicide and Crisis Prevention 24-Hour Hotlines:

National Hotline	988 Español: 1-888-628-9454 Deaf/Hard of Hearing: 1-800-799-4889
Crisis Text Line	Text HOME to 741741
NYC WELL	Text WELL to 65173 1-888-692-9355
The Samaritans of New York	212-673-3000
Westchester County Crisis Intervention Service	914-493-7075
Mental Health Association of Westchester County	914-347-6400
Long Island Crisis Center	516-679-1111
NJ Hopeline	855-0654-6735
Lifenet (NYC)	800-543-3638 Español: 877-298-3373
Nassau County Behavioral Health Hotline	516-227-8255
Suffolk County Response Crisis Hotline	631-751-7500
New Jersey MentalHealthCares (weekdays 8AM-8PM)	866-202-4357 TTY:877-294-4356
THRIVE Lifeline	Text THRIVE to 313-662-8209

New York State Community Mental Health Promotion and Support (COMHPS)

Westchester County	Family Services of Westchester 2975 Westchester Avenue, Suite 401 Purchase, NY 10577 914-661-2182
Western Nassau County	Charles Evans Center 857 South Oyster Bay Road Bethpage, NY 11714 516-622-8888
Eastern Nassau/Western Suffolk Counties	Hispanic Counseling Center 344 Fulton Avenue Hempstead, NY 11550 516-538-2613
Bronx/Manhattan	Northside Center for Child Development 1475 Park Avenue New York, NY 10029 212-426-3400
Brooklyn	Institute for Community Living 1310 Rockaway Parkway Brooklyn, NY 11236 917-403-5743
Queens	Bleuler Psychotherapy Center, Inc. 104-70 Queens Blvd. Suite 200 Forest Hills, NY 11375

	718-275-6010
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Psychiatric Emergency Services:

New York City	718-883-3575
Westchester County	914-925-5959
Nassau County	516-572-4775
Suffolk County	631-952-3333
Bergen County	201-262-4357
Hudson County	866-367-6023

Crisis Nurseries

The New York Foundling (NYC)	212-633-9300
Pinwheel Place (New Jersey)	732-542-1026

Support Groups for Depression and Crisis Numbers:

National Alliance on Mental Illnesses (NAMI):

New York City Metro	212-684-3264
Queens/Nassau	516-326-0797
Suffolk County	516-330-9778
Westchester County	914-592-5458
Bergen County (NJ)	201-935-6264
Hudson County (NJ)	201-283-8776

IS SOMEONE HURTING YOU?

It's not your fault. It's against the law. It affects your health and your children.

<p>Local Agencies can provide:</p> <ul style="list-style-type: none"> • support in deciding what to do • legal advice • counseling for you and your children • a safe place to go if you need to leave quickly 	<p>Emergency 911</p> <p>If you call police:</p> <ul style="list-style-type: none"> • get name and badge # of officer • get police case # • you have a right to get a restraining order • county Legal Aid Society can help
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Community Resources and Hotlines:

New York City (All Boroughs)

NYC 24/7 Domestic Violence Hotline	800-621-HOPE
Barrier Free Living	212-533-4358
NYC LGBTQ Anti-Violence Project	212-714-1141
Safe Horizon	800-621-4673
W.A.R.M. Domestic Violence Rescue	917-736-1046

Manhattan

Sanctuary for Families	212-349-6009
STEPS to End Family Violence	877-783-7794
Violence Intervention Program	800-664-5880
Children's Aid/Family Wellness Program	212-949-4800
Jewish Board of Family and Children's Services	844-663-2255
New Destiny Housing Corp.	646-472-0262
Bronx	
Sanctuary for Families	212-349-6009
Violence Intervention Program	800-664-5880
Brooklyn	
HELP R.O.A.D.S.	718-922-7980
Urban Justice Center Domestic Violence Project	718-875-5062
Good Shepherd Services- Safe Homes Project	718-499-2151
Queens	
New York Asian Women's Center	212-732-5230
	888-888-7702
Urban Justice Center Domestic Violence Project	718-875-5062
Turning Point for Women and Families	718-550-3586
Westchester County	
First Steps to Heal Inc.	833-545-7283
Hope's Door	888-438-8700
My Sister's Place	800-298-7233
Westchester County Office for Women	
Family Helpline/Hotline weekdays 9am – 5pm	914-995-5972
Weekend and after-hours hotline	914-995-2099
Línea directa en Español (White Plains)	914-995-6581
Línea directa en Español (Yonkers)	914-231-2882
Suffolk County	
Long Island LGBTQ Anti-Violence Project	516-323-0011
Brighter Tomorrows	631-395-1800
Long Island Against Domestic Violence	631-666-8833
Nassau County	
Circulo de la Hispanidad	516-889-2849
The Safe Center, LI	516-542-0404
Domestic Harmony Foundation	516-385-8292
Hudson County	
Domestic Violence Hotline	800-572-7233
Women Rising Inc.	203-333-5700
Bergen County	
Alternatives to Domestic Violence	201-336-7575
Center for Hope and Safety	201-944-9600

National Resources and Hotlines:

National Domestic Violence.....1-800-799-7233
[TTY 1-800-787-3224]
National Sexual Assault.....1-800-656-4673
National Stalking Resource Center.....1-800-391-2255
Trans Lifeline.....1-877-565-8860
LGBT National Hotline.....1-888-843-4564