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## Mental Health Resources & Hotlines

*New York*



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## Mental Health Resources & Hotlines: New York

***New York Farm Net Farm Stress Management:*** New York Farm Net has created a resource page for farm families struggling with excessive stress. This page contains a list of warning signs, a New York Mental Health Directory, and more. Access this resource page [here](#).

***NYC Well:*** This crisis line offers a staff of trained mental health professionals who can provide counseling, suicide prevention, crisis intervention, and more. The crisis line is free and available 24/7 at 1-888-692-9355 or by texting WELL to 65173.

***The Samaritans 24-Hour Crisis Hotline:*** This free, confidential hotline provides those in crisis with needed support. Available 24/7, this hotline can be reached at (212) 673-3000.

***New York Suicide Hotlines by County:*** The New York State Multiple Systems Navigator has compiled crisis and suicide hotlines across the state into a county-by-county resource page. Find a hotline serving your area [here](#).