SOCIAL DISTANCING doesn’t have to mean SOCIAL ISOLATION!

Many of us may not be with friends and loved ones during this stressful time or can’t communicate our pain. Please know that you are not alone in feeling lonely and afraid. We understand that you may be coping with different types of losses which can seem like it’s too much to bear at times. If you are feeling overwhelmed, please reach out to someone.

COURAGE IS ASKING FOR HELP

To reach someone NOW:
NYC Well CALL 1-888-NYC-WELL (888-692-9355)
National Suicide Prevention Hotline CALL 1-800-273-TALK (8255)
OR TEXT Got5 to 741741

To learn more, visit:
Suicide Prevention Resource Center (Click Here)
National Suicide Prevention Lifeline (Click Here)
NYC Well (Click Here)
Suicide Prevention Center NY (Click Here)
NYC Health - Suicide Prevention (Click Here)