

The Statue of Liberty stands prominently on the left side of the image, holding a torch aloft in her right hand and a tablet in her left. The background is a dramatic sky with soft, colorful clouds in shades of blue, orange, and yellow, suggesting a sunrise or sunset. The overall tone is warm and welcoming.

# **New York State welcomes you!**

**No matter what  
you've been through,  
it's important that you  
take care of your  
mental health.**



**Office of  
Mental Health**

## Here are some resources that can help you & your family:

*(Interpretation services available for all)*

### **Office for New Americans:**

**1-800-566-7636**

Get help navigating the services and supports available for New Americans

### **NYS Office of Mental Health's Customer Relations:**

**1-800-597-8481**

Ask questions, report concerns and get help accessing New York State services

### **NY Project Hope COVID-19 Emotional Support Helpline:**

**1-844-863-9314**

NY's free, confidential COVID-19 crisis counseling helpline

### **National Suicide Prevention Lifeline:**

**1-800-273-TALK (8255) or text Got5 to 741741**

Confidential support and crisis resources

**OMH Field Offices** (Talk to someone about referrals and local services):

Central New York Field Office  
Phone: (315) 426-3930

New York City Field Office  
Phone: (212) 330-1650

Hudson River Field Office  
Phone: (845) 454-8229

Western New York Field Office  
Phone: (716) 533-4075

Long Island Field Office  
Phone: (631) 761-2508