

STUDENT MENTAL HEALTH & COUNSELING RESOURCES

Free and Low-Cost Help in New York City

You do not have to manage a difficult situation alone. If you are experiencing stress, anxiety, depression, family or relationship difficulties, grief, trauma, substance-use concerns, or simply feel that you need someone to talk to, professional help is available.

Your well-being matters to us. If you feel that you could benefit from speaking with a professional counselor, use the Student Request for [Counseling Assistance Form](#) to ask for help connecting with an appropriate counseling or mental health resource. A member of the College will follow up with you to help make that connection.

START HERE: NYC 988

NYC 988 — Mental Health, Suicide & Crisis Support

Free, confidential mental health support is available 24 hours a day, 7 days a week, 365 days a year. Call or text 988 for stress, anxiety, depression, emotional distress, thoughts of suicide or self-harm, a mental health crisis, substance-use concerns, or when you simply need someone to talk to. Counselors provide suicide prevention and crisis counseling, referrals and warm transfers to other services, and follow-up to help connect you with care. Support is available in more than 200 languages.

Call or text: 988

FREE COUNSELING FOR STUDENTS & YOUNG ADULTS

Mount Sinai Adolescent Health Center

For young people ages 10-26. Provides confidential mental-health and counseling services at no cost, including individual and family therapy, support groups, psychiatric services, and help with anxiety, depression, stress, trauma, relationships, and substance use.

Call: 212-423-3000

Location: 312-320 East 94th Street, New York, NY 10128

CONFIDENTIAL SUPPORT FOR SURVIVORS OF VIOLENCE OR CRIME

Wyckoff Heights Medical Center - Violence Intervention and Treatment Program (VITP)

Mandl partners with VITP to support students affected by domestic violence, dating violence, sexual assault/rape, stalking, or other crimes. VITP services are free and confidential and may include 24-hour crisis intervention, in-person and telephone crisis counseling, advocacy, support groups, assistance accessing medical services and sexual assault forensic examinations, and referrals to other needed services. You may ask Student Services to help connect you with VITP; you do not need to describe what happened in order to request a referral.

LOW-COST / SAFETY-NET MENTAL HEALTH CARE

NYC Health + Hospitals

New York City's public health system provides behavioral and mental-health services regardless of ability to pay or immigration status. Financial assistance and sliding-fee programs are available for eligible patients.

Call: 1-844-NYC-4NYC (1-844-692-4692)

Henry Street Settlement - Community Consultation Center

Outpatient mental-health counseling for individuals age 9 and older, including therapy, crisis intervention and case management. Medicaid, Medicare and other insurance are accepted; sliding-scale fees are available for eligible uninsured patients.

Call: 212-233-5032

Location: 40 Montgomery Street, New York, NY 10002

IF YOU NEED HELP RIGHT NOW

Call or text 988 for immediate mental-health support. If you or someone else is in immediate physical danger or needs emergency medical attention, call 911 or go to the nearest emergency department.

A note from Student Services: Asking for help is a responsible step. If you would like assistance identifying an appropriate resource or making an initial connection, please speak with a member of Student Services. If you or someone else is in immediate physical danger or needs emergency medical attention, call 911.

Resource information updated September 2026. Services, eligibility, and availability may change; contact the provider d