

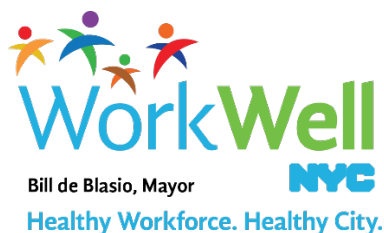


Mental health is more than the absence of a mental illness. Mental health refers to a person’s emotional, psychological and social well-being. It determines how we think, feel, act, handle stress and make choices.

At any given time, **more than half a million adult New Yorkers are estimated to have depression**, yet less than 40 percent report receiving care for it. If you or a dependent are experiencing mental or emotional distress that affects your ability to function at home, work, or school:

- ❖ Call the [NYC Employee Assistance Program \(EAP\)](#). The EAP offers free and confidential assistance to employees and family members. If treatment is necessary, the EAP can assist in making a referral to a provider that is **covered by your health benefits**. The EAP can be reached at **212-306-7660** or by email at eap@olr.nyc.gov.
- ❖ You can also find help by contacting [NYC Well](#), a free, confidential helpline, available 24/7: call **1-888-NYC-Well** or text **“WELL”** to **65173**.

Additionally, the New York City Department of Health offers free **Mental Health First Aid (MHFA) training** to all New Yorkers as part of the City’s **Thrive NYC** initiative. MHFA is a groundbreaking public education program that teaches the skills needed to identify, understand and respond to signs of mental health and substance misuse challenges and crises. Click [HERE](#) to sign up for a one-day training session.



www.nyc.gov/workwellnyc | workwell@olr.nyc.gov