

Veterans Crisis Line provides crisis support to veterans and their supporters. If you or your loved one is in crisis or having thoughts of suicide, please contact the Veterans Crisis Line. Caring, qualified VA responders are standing by to help 24 hours a day, 7 days a week. Connect with a responder by doing one of the following:

Call: 1-800-273-8255 and Press 1 **Text**: 838255 **Chat Online**: veteranscrisisline.net/gethelp/chat

Learn more at veteranscrisisline.net.

Veterans Crisis Line

VA Mental Health Services in NYC

The <u>NYC Department of Veterans'</u> <u>Services (DVS)</u> connects veterans to services that can help them manage mental and behavioral health challenges. Connect to mental and behavioral health services in NYC by filling out the form at **vetconnectnyc.org** and selecting "Mental/Behavioral Health" as your preferred service.

Please review this pamphlet to find a list of mental and behavioral health resources from the United States Department of Veterans Affairs that are available to NYC veterans, their families, and caregivers.

Department of Veterans' Services

nyc.gov/vets (212) 416-5250 connect@veterans.nyc.gov Follow us on social media: @nycveterans

VA VET CENTERS

VA Vet Centers provide a range of social and psychological services, including readjustment counseling to eligible veterans and active duty service members. Vet Center services are also provided to family members of veterans and service members for military-related issues when they aid in the readjustment of those who have served. VA Vet Center services are provided at no cost and do not require someone to be enrolled in VA health care or have received care for conditions caused by military service. Services are also provided regardless of the nature of the veteran's discharge status. Learn if you are eligible to receive counseling services at a VA Vet Center at vetcenter.va.gov/eligibility.asp.

If you need to talk with someone confidentially, please call the <u>Vet Center Call Center</u> at 877–WAR–VETS (927–8387).

VA Vet Center Locations in NYC

Please note: VA Vet Centers may have limited in-person service or may currently conduct all appointments virtually due to COVID-19. VA Vet Centers may also refer those seeking individual and group counseling to their telehealth services. Please contact the VA Vet Center near you to learn about potential service changes.

Manhattan Vet Center:

32 Broadway, Suite 200 New York, NY 10004–1637 Hours: Mon-Fri | 8:00 am – 4:30 pm Phone: 212–951–6866 Website: va.gov/find– locations/facility/vc_0106V

Brooklyn Vet Center:

25 Chapel Street, Suite 604 Brooklyn, NY 11201–1954 Hours: Mon–Wed, Fri | 8:00 am – 4:30 pm Thurs | 8:00 am – 5:00 pm Phone: 718–630–2830 Website: va.gov/find– locations/facility/vc_0105V

Harlem Vet Center:

2279 3rd Avenue, 2nd Floor New York, NY 10035–2249 Hours: Mon–Fri | 8:00 am – 4:30 pm Phone: 646–273–8139 Website: va.gov/find– locations/facility/vc_0133V

Queens Vet Center:

75–10B 91 Avenue Woodhaven, NY 11421–2824 Hours: Mon – Fri | 8:00 am – 4:30 pm Phone: 718–296–2871 Website: va.gov/queens-vet-center

Staten Island Vet Center:

60 Bay Street Staten Island, NY 10301 Hours: Mon – Fri | 9:00 am – 5:30 pm Phone: 718–816–4499 Website: va.gov/find– locations/facility/vc_0132V

Bronx Vet Center:

Bronx Vet Center: 2471 Morris Avenue, Suite 1A Bronx, NY 10468-5450 Hours: Mon – Fri | 8:00 am – 4:30 pm Phone: 718-367-3500 Website: va.gov/findlocations/facility/vc_0110V

For emergency mental health care, you can also go directly to your local VA medical center. Find a VA medical center near you at va.gov/find-locations.

VA SUPPORT LINES

VA Women Veterans Call Center helps women veterans navigate the VA and connects them with the Women Veterans Program Manager at their local VA medical center. This service is free and confidential. Hours: Mon – Fri | 8:00 am – 10:00 pm Sat | 8:00 am – 6:30 pm Phone: 1–855–829–6636 (call or text) Website: va.gov/womenvet VA Caregiver Support Line is a toll-free number that provides information on services available to those caring for veterans. Caregivers are also connected to a Caregiver Support Team at their local VA Medical Center.

Hours: Mon – Fri | 8:00 am – 10:00 pm Sat | 8:00 am – 5:00 pm Phone: 855–260–3274 Website: caregiver.va.gov

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VA ONLINE TOOLS

VA's Self-Help Apps offer tools for veterans to help manage PTSD and MST. The apps also include features to help with stress, sadness, and anxiety.

Website: ptsd.va.gov/appvid/mobile/

<u>MakeTheConnection.net</u> provides information, resources, and videos for challenging life events and experiences with mental health issues: Website: maketheconnection.net

