

## **Reunion Church Mental Health Resources**

\*Updated November 11, 2022

\*\* Please confirm the usage of insurance on your own

### *Counseling Resources:*

- + Heart Matters NYC Counseling | [Heart Matters NYC Counseling | AEDP | CBT | EMDR | New York](#)
- + Redeemer Counseling Services | [Redeemer Counseling Services - Counseling](#)
- + Cornell Marriage Family Therapy | [In-Person or Online Therapy & Counseling - Marriage, Family, Individual, & Couples](#)
- + Manhattan Marriage and Family Therapy | [Manhattan Marriage and Family Therapy, PLLC - Home](#)
- + NYC Well | [NYC Well - Home](#)
- + Thrive NYC | [Thrive NYC - Resource Guides & Toolkits](#)

### *Emergency Hotlines:*

- **National Domestic Violence Hotline** ([www.thehotline.org](http://www.thehotline.org)) 1-800-799-7233
- **Free Addiction & Mental Health Hotline**  
(<https://www.samhsa.gov/find-help/national-helpline>). 1-800-662-HELP (4357)
- **National Suicide Hotline** (<https://suicidepreventionlifeline.org/>) 1-800-273-8255

### *Campus Resources for College Students:*

- [Baruch College](#)
- [New York University](#)
- [St. John's University](#)
- [The New School](#)

Further Questions? Email us at [info@reunionnyc.com](mailto:info@reunionnyc.com)

## **\*Rachel's Add\***

### **Mental Health & Wellness Resources**

#### **Immediate Support ("in crisis"):**

- **NYC Well (Thrive NYC Initiative)** - <https://nycwell.cityofnewyork.us/en/> - Text WELL to 65173 or Call 1-888-NYC-WELL
- **Crisis Text Line** - <https://www.crisistextline.org/> - Text HOME to 741741
- **3US National Suicide Prevention Lifeline** - <https://suicidepreventionlifeline.org/> - 1-800-273-8255,
- **IMAlive** - <https://www.imalive.org/> (online chat service)
- **Suicide and Crisis Hotline** - <https://988lifeline.org/> - Call 988

#### **Support Communities:**

- **7cups** - <https://www.7cups.com/>
- **Vent** (app) - <https://www.vent.co/>

#### **Relaxation/Meditation:**

- **Pixel Thoughts** - <http://www.pixelthoughts.co/>
- **Calm** (app) - <https://www.calm.com/>
- **Thisissand** (app) - <https://thisissand.com/>
- **Insight Timer** (faith-based app) - <https://insighttimer.com/>
- **Abide** (christian-based app) - <https://abide.com/>
- **SoulSpace** (christian-based app) - <https://www.soulspace.co>
- **Headspace** (app) - <https://www.headspace.com/>

#### **Other Apps:**

- **Daylio** (mood tracking app) - <https://daylio.net/>
- **MindShift CBT - Anxiety Relief** (tips, journaling, meditations and more for anxiety relief app) - <https://www.anxietycanada.com/resources/mindshift-cbt/>
- **One Mind PsyberGuide** - <https://onemindpsyberguide.org/apps/>

#### **Websites to Find Therapists/Psychiatrists:**

- **Psychology Today** - <https://www.psychologytoday.com/>
- **Alma** - <https://helloalma.com/>
- **Zencare** - <https://zencare.co/>

#### **Mental Health Focused Organizations:**

- **NAMI NYC** (National Alliance for Mental Illness - NYC Chapter) -

<https://www.naminycmetro.org/>

- **Therapy for Black Girls** - <https://www.therapyforblackgirls.com/>
- **Black Psychiatrists of Greater New York & Associates in New York State** - <http://bpgny.org/find-a-provider/>
- **Dear Black Women** - <https://www.dearblackwomenproject.com/todaysaffirmation/mental-health-resources-therapists/crisis-support>
- **Latinx Therapy** - <https://latinxtherapy.com/>
- **Therapy for Latinx** - <https://therapyforlatinx.com/>
- **Counseling Space** (for women of color) - <http://www.counselingpc.com/solutions#counseling-services>
- **The Steve Fund** (for college students of color) - <https://www.stevelfund.org/>
- **Nalgona Positivity Pride** (POC w/ disordered eating and/or body-image issues) - <https://www.nalgonapositivitypride.com/>
- **Charles B. Wang Community Health Center** (for AAPI) - <http://www.cbwchc.org/mh.asp>
- **Arab American Association of NY** - <http://www.arabamericanny.org/mental-healthservices>