



254 West 54th Street, New York, NY 10019

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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. The resources below offer free or reduced-cost services to New Yorkers.

START HERE: NYC 988

NYC 988 Mental Health Support

Free, confidential support available 24 hours a day, 7 days a week. Counselors can help with stress, anxiety, depression, substance use, emotional distress, crisis situations, and referrals to ongoing mental-health care. Health insurance is not required, and telephone interpretation is available in more than 200 languages.

Call: Call or text 988

FREE COUNSELING FOR STUDENTS & YOUNG ADULTS

Mount Sinai Adolescent Health Center

An excellent option for students ages 10-26. The Center 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, relationship concerns, substance use, and other challenges.

Call: 212-423-3000

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

LOW-COST / SAFETY-NET MENTAL HEALTH CARE

NYC Health + Hospitals

New York City's public health system provides behavioral and mental-health services and will not deny care because of inability to pay or immigration status. Financial assistance and sliding-fee programs are available for eligible patients; fees may be as low as \$0. Ask about outpatient behavioral-health services and financial assistance.

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. Services include therapy, crisis intervention, case management, and other behavioral-health support. Medicaid, Medicare, and other

insurance are accepted; a sliding-scale fee is available for people who are not eligible for health insurance. Services are available in multiple languages.

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.

Resource information verified September 2026. Services, eligibility, and availability may change; contact the provider directly for current information.