

NYIT Center for Behavioral Health Resources

NEW YORK INSTITUTE
OF TECHNOLOGY

Center for
Behavioral Health

ON-CAMPUS RESOURCES:


- **Center for Behavioral Health – NYITCOM**
Academic Health Care Center
Riland Clinic
516-686-1274 or 516-686-1300
- **NYITCOM Counseling & Wellness**
SAC
516-686-7636 or 516-686-1328

Follow us on Social Media!

 @NYITCenterforBH

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 @nyitahcc

 (516) 686-1274
(516) 686-1300

 centerforbh@nyit.edu

LOCAL RESOURCES:

NASSAU COUNTY:

- **24/7 Behavioral Health Helpline – Mobile Crisis Team – Adults and Children**
516-227-TALK (516-227-8255)
10 am – 11 pm 7 days/week
- **Long Island Crisis Center – 24/7 Hot line**
516-679-1111
- **Nassau University Medical Center Psychiatric ER**
516-572-4775
- **Chat Live Long Island – Mobile Counseling**
<http://longislandcrisiscenter.org/webapp/>

SUFFOLK COUNTY:

- **Suffolk County Mobile Crisis**
631-952-3333
- **Crisis Response of Suffolk County 24/7 hot line**
631-751-7500
- **Chat online with a counselor at**
<https://www.responsecrisiscenter.org/chat>

NATIONAL RESOURCES:

- **National Suicide Prevention Lifeline**
1-800-273-TALK
1-800-SUICIDE
- **Vets4Warriors**
1-855-838-8255
Text: 741741-crisis
- **Text “WELL” to 65173**
Call 1-888-NYC-WELL
- **Disaster Distress Helpline (SAMHSA)**
1-800-985-5990
- **MY3 app-free app safety plan/contact supports**
- **Suicide Safety Plan App**
A free app that can be downloaded on iPhone/iPad and offers a step-by-step assessment for individuals to follow for self-help as well as a resource list
- **988: Suicide and Crisis Lifeline**
- **The Trevor Project:** Chat, text, or Call 1-866-488-7386 for suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer and questioning) young people.
- **The National Hispanic Family Health Helpline:** Call 1-866-783-2645 for free and confidential health info in Spanish and English.
- **Black Mental Health Alliance:** 410-338-2642
BEAM (Black Emotional and Mental Health Collective)

Let's D\$O This

