



HARLEM STRONG



Supporting emotional wellness for all New Yorkers in the greater Harlem area.

What Will Harlem Strong Offer Me?

- **Guidance and Support from a Navigator**
Harlem Strong Navigators are trained to help you identify your strengths and needs, and to support you in working to achieve your goals, manage your stress, and get connected to resources.

Navigators can provide **short-term counseling and stress management skills training**, to help you find your balance and make the changes you want in your life.

- **Additional Resources through the Harlem Strong Collaborative Care Network**
Navigators are part of a large network of organizations throughout Harlem and NYC which provide primary care, housing, faith-based support, social and legal services and advocacy, so they can connect you to services as needed.

Harlem Strong Navigators Can Support You To:

- 1 Identify Your Needs, Stressors, Supports and Goals**
This will occur in one-on-one conversations with your Navigator.
- 2 Learn Techniques for Achieving Your Goals**
Navigators can support you to develop an action plan.
- 3 Assess Your Existing Supports and Tools for Managing Stress**
Navigators can help you identify your coping strengths and areas for growth.
- 4 Strengthen and Broaden Your Stress Management Toolkit**
Navigators will offer training in skills used in therapy to help you support yourself.
- 5 Get Connected**
Navigators can also connect you to additional resources as needed.

Contact Information



These resources are brought to you by the Center for Innovation in Mental Health at the CUNY Graduate School of Public Health (CIMH).



Mental Health Hotlines

➤ 988 - Suicide & Crisis Lifeline

Description: Offers 24/7 free and confidential emotional support to individuals in suicidal crisis or emotional distress across the United States (formerly known as the National Suicide Prevention Lifeline).

Contact: Call or text 988, text 788 for deaf and hard of hearing

➤ LifeNet Hotline

Description: Offers 24/7 free and confidential support, providing information, referrals, and crisis assessments for mental health and substance use. Interpreter services are available in multiple languages.

Contact: 800-LIFENET (543-3638), 877-AYUDESE (298-3373), 877-990-8585 (Asian LifeNet), or 212-982-5284 (TTY)

➤ Crisis Text Line

Description: Connects individuals to live, trained crisis counselors who offer support for any crisis situation. Texts are responded to through a secure online platform.

Contact: Text HOME to 741741.

➤ Family Justice Center

Description: NYC has free social, legal, and mental health services for people who have experienced or are experiencing violence from an intimate partner. You can call 311 to be connected to an FJC, or the City's 24-hour Domestic Violence Hotline: 800-621-HOPE (4673) for immediate safety planning, shelter assistance, and other resources.

Contact: Call 311 to connect with an FJC
Call 800-621-4673 (24/7 for domestic abuse)

➤ National Alliance On Mental Illness (NAMI) Helpline

Description: Free, nationwide peer-support service offering information, resource referrals, and support to individuals living with a mental health condition, their family members, caregivers, mental health providers, and the public.

Contact: 1-800-950-6264 (Monday through Friday, 10am – 10pm ET)