



Parent Support Hotlines

National and local NYC hotlines for resources, emotional support, and guidance for parents in crisis and in need of a knowledgeable and helpful listening ear.

- **NY Foundling**
888-435-7553
Support by providing resources over the phone. The crisis nursery is closed.
- **Parents Helping Parents Stress Line**
1-800-632-8188
Support for parents feeling overwhelmed, stressed, etc.
- **Child Help National Child Abuse Hotline**
1-800-4-A-CHILD/1-800-422-4453
Parents can call to talk to a counselor about the stress they are under or young people can call to ask for help for themselves and talk to a counselor
- ***Su Familia*: The National Hispanic Family Health Helpline**
1-866-783-2645
Spanish helpline for families that need support and information
<https://www.healthyamericas.org/help-line>
- **National Parent Helpline**
1-855- 4A PARENT / 1-855-427-2736
Emotional support, resources, advice and more from a peer advocate
- **NYC Well**
1-888-NYC-WELL (1-888-692-9355), Text WELL to 65173,
Chat at <https://nycwell.cityofnewyork.us/en/>
Free, confidential, 24/7 mental health support by speaking to a local counselor via phone, text, or chat in more than 200 languages.
- **National Domestic Violence Hotline**
1-800-799-7233
Support for people with experiences of domestic violence. Resources for those quarantined with their abuser.
<https://www.thehotline.org/>
- **National Suicide Prevention Lifeline**
1-800-273-8255
Free, confidential, 24/7 support for people in mental health or suicide crises. Can call for yourself or on behalf of someone else.
<https://suicidepreventionlifeline.org/>