

## Hotlines

### Physician Support Line

This is a national, free, and confidential support line service made up of volunteer psychiatrists providing peer support for physician colleagues during COVID-19 epidemic.

Open 7 days a week | 8:00AM - 1:00AM ET

Phone: **1-888-409-0141**

Website: <https://www.physiciansupportline.com/>

### National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Phone: **800-273-TALK (8255)** - Press 1 if you are Veteran

Website: <https://suicidepreventionlifeline.org/>

### Substance Abuse and Mental Health Services Administration Helpline

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Phone: **1-800-662-HELP (4357)**

Website: <https://www.samhsa.gov/find-help/national-helpline>



### **NYC WELL Telephonic Support Services**

Free, confidential mental health support for NYC residents to get access to mental health and substance use services, in more than 200 languages, 24/7/365.

Phone: **888-692-9355**

Website: <https://nycwell.cityofnewyork.us/en/>

### **National Domestic Violence Hotline**

“24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.”

Phone: 1-800-799-SAFE

Website: <https://www.thehotline.org/>

