



WORKPLACE WELLNESS RESOURCE DIRECTORY

Americans continue to experience high rates of depression, anxiety, post-traumatic stress symptoms and substance use, and such challenges have an impact on the workforce. Employers are adapting by building wellness into the workplace. Offering information on available resources is one way to support workplace wellness. Please use this guide to navigate virtual and community resources.

Help Lines: immediate telephone counseling, free and confidential

Category of Support/Agency Name	Services Offered	Region/County Served	Contact Information
Adult Protective Services Helpline (<i>elder abuse</i>)	M-F 8:30am-8pm EST	NYS	1-844-697-3505
Alzheimer's Association Helpline	24/7	National	800-272-3900
Child Abuse Hotline	24/7 in 170 languages	National	Call 1-800-422-4453 or text HELP
Help and Hope support line (<i>text message</i>) * not for crisis	24/7	National	Text JOIN to 55753
Maternal Mental Health Hotline	24/7	National	1-833-TLC-MAMA (1-833-852-6262)
National Alliance for Eating Disorders Helpline	M-F 9am-7pm EST	National	1-866-662-1235
National Alliance on Mental Illness	M-F 10am-10pm EST	National	1-800-950-6264 or text "HelpLine" to 62640
National Domestic Violence Hotline	24/7	National	1-800-799-7233
National Runaway SafeLine	24/7	National	1-800-786-2929 https://www.1800runaway.org/
OASAS HOPEline (<i>drugs, alcohol, gambling</i>)	24/7 translation offered	NYS	1-877-846-7369 or text HOPENY (467369)
Office for the Prevention of Domestic Violence	24/7	NYS	1-800-942-6906
Poison Control	24/7	National	1-800-222-1222
SAMHSA Helpline (<i>alcohol/drug use support</i>)	24/7 English + Spanish	National	1-800-662-4357
Sexual Assault Hotline	24/7	National	1-800-656-4673
Suicide & Crisis Lifeline (<i>including self-harm</i>)	24/7	National	988
The Trevor Project (<i>supporting LGBTQ+ young adults</i>)	24/7	National	1-866-488-7386 or text START to 678-678
United Way social services (<i>including emergency shelter</i>)	24/7 in 180 languages	National	Call 211 or text 5-digit ZIP code to 898-211
Veteran's Crisis Line	24/7	National	988 then press 1

*Disclaimer: Information is based upon information posted for each resource. This is not an exhaustive list and additional resources may be available in your area.

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