Mayor's Office of ThriveNYC

COVID-19 Guide to Mental Health Resources for Justice-Involved People

This guide includes mental health resources and information that can help people with justice involvement, people with loved ones who are or were recently incarcerated, and caregivers of children with incarcerated parents find mental health support during the COVID-19 pandemic. All resources in this guide are free, confidential, and accessible by phone, text, or online.

Resources for people with justice involvement

Free, confidential mental health and substance misuse services are available through the following organizations:

- **Tele-mental health services at CASES Nathaniel Clinic in Central Harlem** are available for new and existing clients ages 13 and above. For more information or to make a referral, visit their website or call 212-553-6708.
- **Mental health and substance use treatment programs at The Fortune Society** are accepting new referrals and conducting sessions via telephone or video:
  - The Mental Health program offers initial assessments, psychiatric evaluations, individual therapy, crisis intervention, and medication management follow-up sessions. For more information, contact Andrew Tate at 929-487-9916 or atate@fortunesociety.org.
  - The Substance Use Treatment program offers initial assessments, individual counseling, and group sessions. For more information, contact Jasmine Lastra at 929-487-9495 or jlastra@fortunesociety.org.
- **Trauma-focused therapy for all justice-involved women, including trans and cis women, as well as all non-binary and gender-nonconforming individuals** from the Women's Prison Association in partnership with the New York City Department of Homeless Services.
- **Mental health services, drug treatment, recovery support, and other services are available for people of every gender, sexual orientation, race, and age who are impacted by HIV/AIDS, incarceration, substance use, and behavioral health challenges**, from EXPONENT5. They also offer LGBT-specific programming. For more information or to schedule an appointment to meet with a counselor, call 212-243-3434. For emotional support, you can also call their 24/7 crisis support line 917-681-8531.

Accessing available reentry services can help as you or your loved ones transition home, including:

- **Full reentry services, including virtual group and individual services are available from the Osborne Association, including pre-release discharge planning and reentry case management.** Call the NYC Reentry Hotline (1-833-672-3733) any day between 8am-8pm for referral information for any reentry need, including mental health services.
- **PORTline is a helpline specifically designed to assist with reentry and transition from jail, an initiative of Correctional Health Services with NYC Health + Hospitals partners.** Point of Reentry and Transition (PORT) can assist with medical, mental health, and substance misuse needs, answer questions about benefits, and make referrals to other services. Call 646-614-1000 or email chsportline@nychhc.org.
- **Your Health Matters: How Criminal Justice Involvement May Affect Your Health** is a guide from the NYC Department of Health and Mental Hygiene (DOHMH) on how people reentering can manage their health and get the support they need.

Joining a virtual peer group with people who have had similar experiences can you cope and connect:

- **Virtual community, one-on-one peer support, and expedited psychiatrist appointments** are available through Fountain House's OnRamp program for justice-involved individuals with mental health concerns. Email onramp@fountainhouse.org or call 917-676-5157 for more information.

Resources for people with loved ones who are or were recently incarcerated

Age-appropriate activities, like reading and watching educational videos, can help children manage stress and develop resiliency. Available activities:

- **Resiliency resources designed for young children ages six and under coping with a parent's incarceration, from the Sesame Street Workshop.** It contains free educational resources including a children's storybook, videos, activities, and tip sheets for parents and caregivers.
- **Book recommendations for and about children of incarcerated parents from We Got Us Now,** an organization built and led by children of incarcerated parents and offers.
- **Recommended books for and about children of incarcerated parents** as well as some guiding tips to create a safe space **where children** and families feel comfortable expressing their emotions without feeling judged, blamed, or labeled, from the New York Initiative for Children of Incarcerated Parents.

Learning about how COVID-19 may be affecting the mental health of young people can help you better support them. Resources available:

- **Help for non-parent caregivers,** including a COVID-19 resources page, a webinar on talking with children about novel coronavirus, online education videos, from New York State Kinship Navigator.
- **Tips for caregivers from caregivers about common stress points for children whose parents are justice involved,** from the National Resource Center for Children and Families of the Incarcerated at Rutgers University's online library.
- **Resources to help support the mental health, social behavior, and education of children with incarcerated parents during the COVID-19 pandemic,** from Youth.gov.

Connecting with other caregivers or families impacted by incarceration can help you feel supported and reduce anxiety. Support available:

- **Virtual healthy relationship workshops and support groups for caregivers and adults who have a loved one incarcerated,** from the Osborne Association. To make a referral, contact Ivan Lucas at ilucas@osborneny.org or 929-514-0024.