**OUR MISSION** 

" Everywhere immigrants have enriched and strengthened the fabric of American life."

John F. Kennedy





## Are you a new immigrant who's feeling blue or lost? If so...

mental health professionals that can help match callers to the most appropriate mental health and substance abuse services that fit their needs.

NYC Well is not only FREE but also

NYC Well has staff trained in

CONFIDENTIAL 24/7 via phone, text, and internet chat. NYC Well is also multilingual and multicultural.

711 (TTY for hearing impaired)
You can also text WELL to
65173 or visit NYC Well online

Call 1-888-NYC-WELL

(1-888-692-9355),

at nycwell.cityofnewyork.us





GETELP

Can't find a health center?

Go to

findahealthcenter.hrsa.gov

to find a health center closest

to you.

Want to find out about after

school programs?

Check out

www1.nyc.gov/site/dycd/

services/after-school.page

to learn more.

Want to check out some

community events near you?

Go to

www.eventbrite.com/d/

ny--new-york/events/

to find out more

about events.

OUR IVISSION



FEEL LIKE HUMANS is an organization whose primary goal is to help new immigrants, whether they are documented or not, adjust to their new environments and allow them to be aware that they have a safe place for them to express

the emotions they may be struggling to cope with.

Integration can be difficult for migrants, so FEEL LIKE HUMANS helps to make the transition not only easier for them, but also more knowledgable about the various services that are out there for their use. At the end of the day,

we are all humans and deserve to feel as such.