

MENTAL & PHYSICAL HEALTH SERVICES

ObamaCare-Plans

The Affordable Care Act, also known as "Obamacare", was developed to help individuals access affordable health insurance through a health insurance marketplace where Americans can purchase federally regulated and subsidized health insurance during open enrollment.

In order to qualify, you must sign up during Open Enrollment but could still be eligible if you had a qualifying life event such as changing jobs, getting married/divorced, moving, etc. We'll help determine if you are eligible and find you the best plan in any case. Once you provide us with the information required on our form, we attempt to match you with appropriate insurance agents, brokers, carriers or other service providers to help you acquire the best health insurance. Click [here](#) for more information.

The App Library

[The App Library](#) compiled by ThriveNYC features apps and online tools to help you manage your health and emotional wellbeing.

NYC Well

Through [NYC Well](#), our city offers free, confidential mental health support. It is available 24/7 to provide a range of mental health and substance misuse support and can be reached by calling 1-888-NYC-Well (692-9355), texting "Well" to 65173, or on the web at nyc.gov/nycwell.

NYC teenspace / talkspace

Free online therapy for [NYC teens](#). School stress, relationships, friend drama—teen life can be a lot. So, your city is stepping up to give you mental health support. Now anyone **13-17** living in New York City has access to a Talkspace therapist at no cost

Mental Health Resources in NYC

This guide, compiled by Barbara Eisold and Jacob Cohen, is intended to help find free or low-cost mental health services for asylum seekers and other vulnerable persons in the New York City area. Click [here](#) for more information.