



# Vibrant

## Emotional Health

- ! For 50 years, Vibrant Emotional Health, formerly the Mental Health Association of New York City (MHA-NYC), has been at the forefront of promoting emotional well-being for all people. As leaders, advocates, educators, and innovators in mental health, we have been raising awareness and offering support to everyone who is struggling. We work every single day to help save lives and assist people to get care anytime, anywhere and in any way that works for them. We are unwavering in our belief that everyone can achieve emotional wellness with the right care and support.
- ! We provide state of the art crisis services through public partnerships with the city, state, and federal government and with corporate sponsors like Facebook and the NFL.
- ! We administer national networks of crisis call centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), including the National Suicide Prevention Lifeline, which since 2005 has offered confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week. In 2019 the National Suicide Prevention Lifeline answered over 2.2 million calls, a new milestone for our national suicide prevention efforts.
- ! We oversee NYC Well a new comprehensive cutting-edge contact center program that uses state-of-the-art telephone, text, and web-based technologies to respond to the mental health needs of tens of thousands of New Yorkers, 24 hours a day, 7 days a week. NYC Well replaces Lifenet, a crisis call center, founded by Vibrant Emotional Health in 1996.
- ! We also administer the Veterans Crisis Line (VCL). Since its launch in 2007, the VCL, serving Veterans, Service members, and their families, has answered nearly 4.4 million calls.
- ! The Disaster Distress Helpline, administered by Vibrant Emotional Health and funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a national hotline dedicated to providing year-round immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. In 2020, the Disaster Distress Helpline has seen record-breaking numbers of calls and texts from individuals seeking emotional support and help with rebuilding their lives after multiple disasters, including COVID-19.



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- ! We have used our national crisis infrastructure and community building capacity to meet the emotional needs of National Football League players, former players, their families and league staff with the **NFL Life Line**. The Life Line provides confidential phone and chat counseling 24 hours a day, seven days a week and professionals provide an array of other mental health services to the league as well.
- ! With our **Adolescent Skills Centers**, **Family Resource Centers**, preventive service programs and recovery-oriented services, our trained specialists provide adolescents, adults, the elderly, and entire families with the tools and skills necessary to get back on track and lead healthy and fulfilled lives.

### Our Vision

Everyone can achieve emotional wellbeing with dignity and respect.

### Our Mission

We work with individuals and families to help them achieve mental and emotional wellbeing. Our groundbreaking solutions deliver high quality services and support, when, where and how they need it. Our education and advocacy work shift policy and public opinion so mental wellbeing becomes a social responsibility and is treated with the importance it deserves. We're advancing access, dignity and respect for all and revolutionizing the system for good.



[www.vibrant.org](http://www.vibrant.org)