

BEHAVIORAL HEALTH

Safe Pathways Program

This program is designed to provide a safe and inclusive space for BIPOC and LGBTQ+ youth who may be at risk of self-harm or suicide. Our team is here for you.



You Are Not Alone

Are you struggling with your emotions or experiencing any of the below? If so, our Safe Pathways program may be able to help.

- Difficulty concentrating or making decisions
- Isolation from family or friends
- Changes in eating or sleeping habits
- Constant feelings of sadness or hopelessness
- Anxiety or panic attacks



Visit vnshealth.org

Services and Benefits:



Free Counseling: Feel heard and understood by talking with our experienced team members.



Support Groups: Join a safe space and connect with others experiencing similar concerns.



Family Counseling: Strengthen relationships with your loved ones with professional guidance.



Connection to Resources: Get connected to community resources that can help support you.

Wherever you are in your personal experience, we welcome you to reach out and join the program.

This program is free of charge.

Call to speak with someone on our Safe Pathways team at 718-840-4988.

In case of an emergency or if you need immediate assistance, please call 911 or 988.