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## Crisis Respite Centers in New York City

### What is a crisis respite center?

Crisis respite centers offer an alternative to psychiatric hospitalization for eligible participants in mental health crisis. It is a short-term program that provides a warm, safe, home-like environment. Participants receive 24/7 support from peers (people with lived experience) and mental health professionals and are there by choice. Participants may continue with their daily activities (work, school, appointments) while at the program if they wish. All meals are included.

There are approximately 10 crisis respite centers across the city. These are small programs and have anywhere from 3 to 13 beds. Each center offers individual and group support, crisis prevention and intervention planning, assistance with strengthening coping skills, health and wellness coaching and more. Participants must voluntarily seek and accept services. Crisis respite is not for individuals who are imminently at risk of serious harm to themselves or others.

### How long can I stay at a crisis respite center?

Programs vary. Some have a maximum stay of 28 days, while others have a 3, 7 or 14-day maximum stay. You can learn more by calling the program or going to their website. Note that these programs do not help guests find housing. Participants are expected to have a plan for where they will live after they complete their stay.

### What are the eligibility criteria for a crisis respite center?

To be eligible for a crisis respite center you must:

- Be 18 or older
- Show signs of being in an emotional or mental health crisis. (You do not need a mental health diagnosis to be eligible)
- Be willing to participate in the program
- Not be an imminent risk to their own or others' safety

### How much does it cost to participate in a crisis respite program?

People who meet the criteria above are eligible regardless of their ability to pay. Insurance is not required.

### How do I access services?

All respite centers require a referral from a treatment provider. Here is a link to a [universal referral form](#), however before having a provider fill this out, call the individual respite center to find out if they have a referral process that is specific to that program. Please note that you cannot just drop in to a respite center; you must be referred. Once your referral is received, you will be contacted by the program to explore your needs to determine if the respite center is the right fit for your situation. If you do not have a treatment provider, call the respite program and ask for guidance.

**Do I have to go to a respite center in my borough?**

No. You can go to any respite center in New York City. Since these programs are small, you may find it helpful to call several to ask about availability.

**Will I be able to meet with clinical staff at the program? What about medication?**

Participants are expected to meet with their clinical providers outside of the program. For example, if you are at a respite center and have a regularly scheduled appointment with your therapist, you will be encouraged to keep that appointment in the community.

In addition, if you are taking prescribed medications, you will be encouraged to take the medications on your own. Assistance with medication reminders and storage is often available upon request. Be sure to ask the program if this is a concern for you.

**For a directory of respite programs in NYC, [click HERE](#)**

**[About NAMI-NYC](#)**

At the National Alliance on Mental Illness of New York City (NAMI-NYC), we assist thousands of families and individuals affected by mental illness annually through free education, support, and advocacy.

NAMI-NYC offers [mental health classes](#), [Support Groups](#), [family mentoring](#), and a [Helpline](#) with translation services in 180+ languages. Our support services are free regardless of income, insurance, or immigration status. Contact our Helpline **M-F from 10am to 5pm** and we'll connect you with NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

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