

## The 9/11 Mental Health and Substance Abuse Program

### Financial assistance for mental health treatment — for people affected by the events of 9/11.

- Flexible treatment options.
- Simple enrollment process.
- Free or low cost.

If you still don't feel like yourself, you may be feeling the effects of 9/11 – and so might your family. Not everyone reacts the same way, and it can take a while to recognize your symptoms: sleeplessness, headaches, feeling afraid to go out, or drinking too much.

If you were directly affected by the 9/11 attacks, the 9/11 Mental Health and Substance Abuse Program can help you and your family get mental health treatment for free or at low cost.

If you are eligible, this program is available regardless of where you live, your insurance coverage, or your immigration status. You choose the type of treatment and the licensed provider.

The 9/11 Mental Health and Substance Abuse Program is funded by the American Red Cross and The September 11th Fund, and administered by the Mental Health Association of New York City.

*“I keep thinking  
I should just get over it.”*

*“My daughter is  
afraid to go to  
the playground.”*

*“What I went through  
on 9/11 was nothing  
compared to the things  
that happened to  
other people.”*

### Who is Eligible?

You are eligible for the 9/11 Mental Health and Substance Abuse Program if you:

- lost a family member
- were physically injured
- lived below Canal Street
- worked in the World Trade Center area or the Pentagon – whether or not you were at work that day
- were evacuated from the World Trade Center area or the Pentagon
- attended a school near the World Trade Center or are the parent of a child who attended a school nearby
- were a rescue, recovery, or reconstruction worker assigned to a “restricted site”
- were an emergency dispatcher on 9/11 or worked in the morgues serving the attack sites
- worked at Ronald Reagan National Airport and were economically impacted, **or...**

if you are a family member or shared a home with any of the people whose situations are listed here.

Financial assistance for treatment is retroactive to September 11, 2001. That means if you are eligible and you received treatment after the initial attacks, your out-of-pocket costs may still be reimbursed.

Visit **[www.9-11MentalHealth.org](http://www.9-11MentalHealth.org)**

Call **1-800-LIFENET (1-800-543-3638)**

## You choose your treatment. You choose the provider.

The 9/11 Mental Health and Substance Abuse Program can help you get treatment from the licensed provider of your choice.

Some examples of treatment are:

**Counseling:** Provides support, advice and education about problems you are experiencing to help change thinking or behavior.

**Medication:** Can be used to treat some types of emotional problems, like depression or anxiety.

**Substance Abuse Programs:** Rehabilitation and detox services for alcohol and drug abuse.

**In-Patient Care:** Hospitalization and/or substance abuse treatment (applicable to some clients).

**Auricular Acupuncture:** A therapy that applies acupuncture to the outer ear. It can be used for alcohol or drug abuse, or for anxiety.

*“My wife and I fight  
constantly. It's like  
I'm talking to a  
stranger.”*

*“Talking won't help.  
If I could just pay  
the rent I'd feel fine.”*

## What is 1-800-LIFENET?

**1-800-LIFENET (1-800-543-3638)** is a toll-free hotline that makes it easy for you to get free or low-cost help with emotional, drug or alcohol problems, whether or not they are related to 9/11.

LifeNet professionals can help you enroll in the 9/11 Mental Health and Substance Abuse Program, answer your questions, and help you decide what kind of treatment is best for you and your family.

### 1-800-LIFENET is:

- Totally confidential, available 24 hours a day, 7 days a week.
- Staffed by trained mental health professionals.
- Operated by the Mental Health Association of New York City, a private, non-profit organization dedicated to promoting mental health awareness and access to treatment services.
- Available to English, Spanish, and Asian language speakers, with translation services available for all languages.

Spanish LifeNet  
**1-877-AYUDESE (877-298-3373)**

Asian LifeNet  
**1-877-990-8585**

All other languages  
**1-800-543-3638**  
**TTY 212-982-5284**

To learn more about the Mental Health Association of New York City visit  
**[www.mhaofnyc.org](http://www.mhaofnyc.org)**

## Do You Need Other Kinds of Help Related to 9/11?

If you are having other problems related to 9/11, there are programs that can help. To learn more about other available programs, and to find out whether you are eligible call:

**The September 11th Fund Support Line  
1-866-689-HELP (4357)**

Visit the **9/11 United Services Group Assistance Guide** at **[www.sept11help.org](http://www.sept11help.org)**

Contact the **American Red Cross September 11 Recovery Program** at **1-877-746-4987**.  
Or visit **[www.redcross.org/september11/help](http://www.redcross.org/september11/help)**

### If you would like to help a friend or family member,

Call **1-800-LIFENET** for guidance in helping your friend or family member enroll in the 9/11 Mental Health and Substance Abuse Program.

Visit **[www.911-MentalHealth.org](http://www.911-MentalHealth.org)** and use the option to send the link to others.

*“9/11 was a long time ago.  
But I still feel nervous.”*

*“My husband is  
drinking more  
than ever.”*

*“Our son is having  
trouble at school.”*

*“I’ve been out of work  
since 9/11 and I don’t  
know what’s going to  
happen next.”*

*“Using the benefit, I am going  
to therapy and I am feeling  
much better.”*

*“This process was much easier  
than I thought...  
thank you for your assistance.”*

# It's OK to get help.

Call **1-800-LIFENET** or visit  
**[www.9-11MentalHealth.org](http://www.9-11MentalHealth.org)**

