



**NYC  
START**

Supporting your recovery.

**NYC START.**  
Supporting your recovery.

**NYC**  
Health

5.20



**NYC  
START**



**New York City Supportive  
Transition and Recovery Team**

# NYC START

## New York City Supportive Transition and Recovery Team

NYC START supports young adults who have been hospitalized for symptoms such as experiencing changed feelings, thoughts or behaviors, hearing or seeing things others don't, withdrawing from loved ones or having difficulty organizing thoughts.

If you have been hospitalized for any of these symptoms, this free program can help you achieve your goals while you're in the hospital and for the first three months after you leave.

## What to Expect

**During hospitalization**, social workers and Peer Specialists (people who have recovered from similar experiences) will work closely with you, hospital staff, and, with your permission, your family to create an after care plan that meets your needs. Your team will connect you to community resources that can help with your recovery, including educational or employment programs and treatment services.

**After you leave the hospital**, your team will work with you, service providers, and, with your permission, your family to support the transition home. At your request, team members can accompany you to appointments and meet with you at your home or a location you choose.

## Eligibility

NYC START serves New Yorkers between 16 and 30 years old. Participation is **optional** and **free**.

To get started, ask your hospital social worker or contact NYC START directly:

**Call**

**718-786-4777**

**Email**

**[nycstart@health.nyc.gov](mailto:nycstart@health.nyc.gov)**

