



Mental Health Resources

Citywide Resources:

NYC WELL: 1-888-NYC-WELL (692-9355)

- Free 24/7 crisis counseling, information, & linkage to mental health
- Call 1-888-NYC-WELL
- Text WELL to 65173
- Chat at nyc.gov/nycwell
- Services available in Spanish, Cantonese, Mandarin, and translators for 200 other languages

HITE (Health Information Tool for Empowerment): www.hitesite.org

- Directory for free/low-cost health and social services in NYC
- 1-866-370-HITE (4483)

Includenyc (formerly Resources for Children with Special Needs, Inc.)

- Information and referral to programs and services for parents of children with disabilities
- 212-677-4650
- www.includenyc.org

Early Intervention Services

- Supports families with children ages birth to three who have disabilities or developmental delays.
- Dial 311 and ask for “Early Intervention” for an evaluation and service plan.
- Free service
- Early Childhood Direction Centers: supports parents of children under 5 who have or at risk of developmental disability. www.p12.nysed.gov/specialed/teachassist/ecdc/locations.htm

Family Resource Centers

- Free individual and group-based peer support services from Family Peer Specialists who have their own experience helping their children with mental health challenges navigate the mental health system.
- Provides emotional support, parent education, skill development, and advocacy.

<http://ocfs.gov/main/publications/Pub5071.pdf>

Family Resource Centers		
<i>FRC of Northern Bronx – MHA of NYC</i> 975 Kelly Street, Suite 301 Bronx, NY 10459 Phone: 718-220-0456	<i>FRC of Southern Manhattan – MHA of NYC</i> 1 Penn Plaza 36 th floor Suites 3696 and 3697 New York NY 10019 Phone: 212 964 5253	<i>FRC of Northern Brooklyn – Institute for Community Living</i> 484 Rockaway Avenue Brooklyn, NY 11212 Phone: 718-290-8100

FRC of Southern Bronx – MHA of NYC 975 Kelly Street, Suite 301 Bronx, NY 10459 Phone: 718-220-3868	FRC of Western Queens – MHA of NYC 29-46 Northern Boulevard, 2nd Fl Long Island City, NY 11101 Phone: 718- 651-1960 Phone: 718-698-5307	FRC of Southern Brooklyn – Jewish Child Care Association 858 East 29 th St. Brooklyn, NY 11210 Phone: 347-462-8124
FRC of Northern Manhattan – MHA of NYC 1 Penn Plaza 36 th floor Suites 3696 and 3697 New York NY 10019 Phone: 212-410-1820	FRC of Eastern Queens – St. John’s Episcopal 148-45 Hillside Avenue, Suite 203 Jamaica, NY 11435 Phone: 347-644-5711	FRC of Staten Island – Jewish Board Family and Children Services 1765 South Avenue Staten Island, NY 10314 Phone: 718-698-5307

Maternal Depression Resources:

Postpartum Resource Center of New York

- Provides emotional support and education for women with perinatal mood and anxiety disorders and maintains a resource directory
- <https://postpartumny.org/>
- Helpline: 855-631-0001

Postpartum Support International (national)

- Provides support, education and local resource information.
- 1-800-944-4PPD (4773)
- <http://www.postpartum.net/>

The Motherhood Center of New York <https://www.themotherhoodcenter.com>

- Offers outpatient mental health services to new and expecting moms.
- Accepts Medicaid.
- 212-335-0034
- <https://www.themotherhoodcenter.com>

Resources for Children

Early Childhood Mental Health Resources

NYC Early Childhood Mental Health Network

- Licensed mental health clinics that specialize in services for children 5 and under and their families

Bronx (South)	Phone: 929-288-4320 Association to Benefit Children
Bronx (North)	Phone: 1-844-ONE-CALL or 1-844-663-2255 The Jewish Board of Family and Children’s Services

Brooklyn (Central and Southern)	Phone: 1-800-603-OHEL or 1-800-603-6435 OHEL Children's Home and Family Services
Brooklyn (Northern and Eastern)	Phone: 1-844-ONE-CALL or 1-844-663-2255 The Jewish Board of Family and Children's Services
Manhattan	Phone: 646-527-0684 or 212-426-3403 Northside Center For Child Development
Queens	Phone: 718-530-6892 The Child Center of New York
Staten Island	Phone: 718-448-9775, ext. 551 Staten Island Mental Health Society

University Settlement Society of New York - (Manhattan)
Children under 5 years - Butterflies Program - (212) 453-4510

NYC Family Justice Centers

- services for children & adult survivors of domestic violence, sex trafficking, and elder abuse
- free
- multiple locations
 - 198 E 161st St, 2nd floor (**Bronx**) 718-508-1220
 - 350 Jay St. (**Brooklyn**) 718-250-5111
 - 80 Centre St. (**Manhattan**) 212-602-2800
 - 126-02 82nd Ave. (Kew Gardens, **Queens**) 718-575-4545
 - 126 Stuyvesant Place (**Staten Island**) 718-697-4300

Resources for Adults

DOHMH linked clinics that see adults:

Bronx (North)	Phone: 1-844-ONE-CALL or 1-844-663-2255 The Jewish Board of Family and Children's Services
Brooklyn (Central and Southern)	Phone: 1-800-603-OHEL or 1-800-603-6435 OHEL Children's Home and Family Services
Brooklyn (Northern and Eastern)	Phone: 1-844-ONE-CALL or 1-844-663-2255 The Jewish Board of Family and Children's Services

Queens	Phone: 718-530-6892 The Child Center of New York
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Ackerman Institute for the Family: 212-879-4900 x122

- family and couples therapy
- sliding scale, Medicaid, & private insurance
- services available in Spanish
- 936 Broadway (**Manhattan**)

Brooklyn Center for Psychotherapy: 718-622-2000

- sliding scale, Medicaid, & private insurance
- services available in Spanish
- 300 Flatbush Ave. (**Brooklyn**)

Calvary Hospital Bereavement Support: 718-518-2173

- support groups for children, teens, and adults who have lost a loved one
- free
- multiple locations
 - 1740 Eastchester Blvd. (**Bronx**)
 - 80 Willoughby St. (**Brooklyn**)
 - 173 E 75th St (**Manhattan**)

Center for Modern Psychoanalytic Studies: 212-228-6036

- individual therapy for children & adults
- sliding scale
- services available in Spanish, Greek, Italian, Maltese, Swedish
- 16 W. 10th St. (**Manhattan**)

Community Counseling and Mediation: 718-802-0666

- mental health services for adults
- accepts most insurance
- services available in Spanish
- multiple locations
 - 1 Hoyt St. 7th floor (**Brooklyn**) 718-802-0666
 - 285 Livingston St. (**Brooklyn**) 718-935-9201
 - 810 Classon Ave (**Brooklyn**) 718-230-5100
 - 115 W. 31st St. 5th floor (**Manhattan**) 212-564-6006

Dean Hope Center for Educational & Psychological Services: 212-678-3262

- mental health services for adults & children
- low cost, sliding scale
- must submit application before intake appointment
- Teachers College, Columbia University
525 W. 120th St. 6th floor (**Manhattan**)

Institute for Contemporary Psychotherapy: 212-333-3444

- mental health services for children & adults, including specialized clinics for eating disorders, trauma, and LGBTQ-affirmative therapy
- low cost, sliding scale
- 1841 Broadway, 4th floor (**Manhattan**)

Interborough Developmental and Consultation Center – locations across (**Brooklyn**)

718-778-0485 (Crown Heights), 718-375-1200 Flatbush, 718-388-5176 Williamsburg

- early childhood and parenting services
- individual child play therapy
- individual parent therapy
- sliding scale structure – most insurance accepted

New Horizon Counseling Center: 718-845-2620

- mental health services for children & adults
- sliding scale, Medicaid & insurance accepted
- multiple locations
 - 66-03 Beach Channel Dr. (Arverne, **Queens**) 718-471-8671
 - 1622 Central Ave. (Far Rockaway, **Queens**) 718-327-9001
 - 156-28 Crossbay Blvd. (Howard Beach, **Queens**) 718-738-6800
 - 108-19 Rockaway Blvd. (Ozone Park, **Queens**) 718-845-2620
 - 88-02 Rockaway Beach Blvd (Rockaway Beach, **Queens**) 718-634-3461

NYC Family Justice Centers

- services for children & adult survivors of domestic violence, sex trafficking, and elder abuse
- free
- multiple locations
 - 198 E 161st St, 2nd floor (**Bronx**) 718-508-1220
 - 350 Jay St. (**Brooklyn**) 718-250-5111
 - 80 Centre St. (**Manhattan**) 212-602-2800
 - 126-02 82nd Ave. (Kew Gardens, **Queens**) 718-575-4545
 - 126 Stuyvesant Place (**Staten Island**) 718-697-4300

Puerto Rican Family Institute

- mental health services for children & adults
- services available in Spanish
- multiple locations
 - 4123 3rd Ave (**Bronx**) 718-299-3045
 - 28 Debevoise St. 5th floor (**Brooklyn**) 718-963-4430
 - 145 W 15th St. 5th floor (**Manhattan**) 212-229-6905

Richmond University Medical Center: 718-818-6132

- mental health services for children & adults
- sliding scale, Medicaid, insurance
- multiple locations in **Staten Island**

Safe Horizon Counseling Center: 347-328-8110

- trauma-focused treatment for survivors of crime and abuse (all ages)
- sliding scale, Medicaid, insurance
- locations in East Harlem (**Manhattan**) and downtown **Brooklyn**

The Institute for Family Health

- mental health services for children & adults
- sliding scale, Medicaid, insurance
- services available in Spanish
- multiple locations
 - Uran Horizons Family Health Center: 718-293-3900
50-98 E. 168th St. (**Bronx**)
 - Walton Family Center for Counseling: 718-583-2508
1894 Walton Ave. (**Bronx**)
 - Center for Counseling at Frisby Ave: 718-239-1610
2590 Frisby Ave. 1st floor (**Bronx**)
 - Stevenson Family Health Center: 718-589-8775
731 White Plains Rd. (**Bronx**)
 - Amsterdam Family Health Center: 212-865-4104
690 Amsterdam Ave. (**Manhattan**)
 - Center for Counseling at the Alliance: 646-741-9100
64 W. 35th St. 3rd floor (**Manhattan**)
 - Family Health Center of Harlem, Counseling Center: 212-423-4200
1824 Madison Ave (**Manhattan**)
 - Sidney Hillman/Phillips Family Practice: 212-206-5200
16 E. 16th St. (**Manhattan**)

University Settlement Society of New York – (Manhattan)

6 and up (adults) - Consultation center (212) 453-4522

- Services provided include for emotionally disturbed adolescents, families suffering with domestic violence and sexual abuse, and young children facing trauma at home and at school.
- Sliding Fee Schedule is available and clients are not denied services for inability to pay.
- Lower Manhattan location with services in Spanish, Cantonese, Mandarin

William F. Ryan Community Health Network

- mental health services for children & adults
- low cost, sliding scale, Medicaid
- services available in Spanish
- multiple locations
 - Ryan Women & Children's Center: 212-316-8300
801 Amsterdam Ave. (**Manhattan**)
 - Ryan-NENA Community Health Center: 212-477-8500
279 E. 3rd St. (**Manhattan**)
 - William F. Ryan Community Health Center: 212-749-1820
110 W. 97th St (**Manhattan**)