The American Foundation for Suicide Prevention (AFSP)
120 Wall Street, 22nd Floor New York, NY 10005
Phone: (212) 363-3500
Summary: AFSP is a not-for-profit organization exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those impacted by suicide.
Website: http://www.afsp.org/

Mental Health America
2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311
Phone (703) 684-7722
Fax (703) 684-5968
Summary: Mental Health America is a nonprofit dedicated to helping ALL people live mentally healthier lives. With more than 320 affiliates nationwide, they represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation - everyday and in times of crisis.
Website: http://www.mentalhealthamerica.net/index.cfm

Musicians for Mental Health (Mpower)
Mental Health America
2000 N. Beauregard St., 6th floor
Alexandria, VA 22311
Phone: 1-800-969-6642
Fax: 703-684-5968 (attn: mpower)
Summary: Through music, Mpower is dedicated to reaching out to today's youth about a range of mental health issues, including depression, substance abuse, anxiety, eating disorders and suicide, and providing important resources and information to encourage those in need to seek help.
Email: mpower@mentalhealthamerica.net
Website: http://www.mpoweryouth.org/index.html

The National Alliance for Research on Schizophrenia and Depression
Phone: 1-800-829-8289
Summary: The organization's mission is to raise and distribute funding for the most promising psychiatric disease research in order to develop new preventative measures, better diagnoses and improved treatments for these conditions. NARSAD also believes in educating the public about the value of psychiatric research.
Website: www.narsad.org

The National Institute of Mental Health
Phone: (301)443-4513 (local)
(866) 615-6464 (toll-free)
(301)443-8431 (TTY)
(866)415-8051 (TTY toll-free)
(301)443-4279 (Fax)
Summary: The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. The website includes information on mental illnesses, research, and relative scientific studies.
Website: http://www.nimh.nih.gov/

National Alliance on Mental Illness (NAMI)-National Office
Phone: 1-800-950-NAMI (6264)
Summary: NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. Information on mental illness, research, supports, education, state, local, and campus affiliates, as well as legislative action.
Website: www.nami.org

National Alliance on Mental Illness (NAMI)-Washington, D.C.
Phone: 1-800-950-NAMI (6264)
Summary: NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. Information on mental illness, research, supports, education, state, local, and campus affiliates, as well as legislative action.
Website: www.nami.org

National Youth Advocacy Coalition (NYAC)
Youth Connections
1638 R St., NW, Suite 300
Washington, D.C. 20009
Phone: 800.541.6922
Summary: NYAC is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. Information on mental illness, research, supports, education, state, local, and campus affiliates, as well as legislative action.
Website: www.nymac.org

National Youth Advocacy Coalition (NYAC)
Youth Connections
1638 R St., NW, Suite 300
Washington, D.C. 20009
Phone: 800.541.6922
Summary: NYAC is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. Information on mental illness, research, supports, education, state, local, and campus affiliates, as well as legislative action.
Website: www.nymac.org

NATIONAL RESOURCES-GENERAL MENTAL HEALTH INFORMATION FOR TRANSITION-AGE YOUTH

Toll free (800) 969-6642
TTY Line 800/433-5959
Summary: Mental Health America is a nonprofit dedicated to helping ALL people live mentally healthier lives. With more than 320 affiliates nationwide, they represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation - everyday and in times of crisis.
Website: http://www.mentalhealthamerica.net/index.cfm

Musicians for Mental Health (Mpower)
Mental Health America
2000 N. Beauregard St., 6th floor
Alexandria, VA 22311
Phone: 1-800-969-6642
Fax: 703-684-5968 (attn: mpower)
Summary: Through music, Mpower is dedicated to reaching out to today's youth about a range of mental health issues, including depression, substance abuse, anxiety, eating disorders and suicide, and providing important resources and information to encourage those in need to seek help.
Email: mpower@mentalhealthamerica.net
Website: http://www.mpoweryouth.org/index.html

National Alliance for Research on Schizophrenia and Depression
Phone: 1-800-829-8289
Summary: The organization's mission is to raise and distribute funding for the most promising psychiatric disease research in order to develop new preventative measures, better diagnoses and improved treatments for these conditions. NARSAD also believes in educating the public about the value of psychiatric research.
Website: www.narsad.org

NICHCY - the National Dissemination Center for Children with Disabilities
Phone: 1-800-695-0285
Website: www.nichcy.org

NIMH-the National Institute of Mental Health
Phone: (301)443-4513 (local)
(866) 615-6464 (toll-free)
(301)443-8431 (TTY)
(866)415-8051 (TTY toll-free)
(301)443-4279 (Fax)
Summary: The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. The website includes information on mental illnesses, research, and relative scientific studies.
Website: http://www.nimh.nih.gov/

National Youth Advocacy Coalition (NYAC)
Youth Connections
1638 R St., NW, Suite 300
Washington, D.C. 20009
Phone: 800.541.6922
Summary: NYAC is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. Information on mental illness, research, supports, education, state, local, and campus affiliates, as well as legislative action.
Website: www.nymac.org

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

* Indicates that a site visit was conducted and the more detailed program description is in the back of this resource list.
NAMI-NYC Metro Transition-Age Resource List

Youth Talkline: (Ages 23 and under)
800.96YOUTH

Trevor Suicide Prevention Line
800.850.8078

Alcohol and Drug Abuse Hotline
800.821.4357

Summary: The National Youth Advocacy Coalition is a social justice organization that advocates for and with young people who are lesbian, gay, bisexual, transgender, or questioning (LGBTQ).

Website: www.nyacyouth.org

What a Difference a Friend Makes - SAMHSA
Health Information Network
P.O. Box 2345
Rockville, MD 20847-2345
Phone: 1-877-SAMHSA-7 (1-877-726-4727)

Summary: The Substance Abuse and Mental Health Services Administration (SAMHSA) launched the Mental Health Campaign for Mental Health Recovery to encourage, educate, and inspire people between 18 and 25 to support their friends who are experiencing mental health problems.

Website:
http://www.whatabifference.samhsa.gov/index.html
NAMI-NYC Metro Transition-Age Resource List

NEW YORK RESOURCES—GENERAL MENTAL HEALTH INFORMATION FOR TRANSITION-AGE YOUTH

NAMI-NYC Metro: National Alliance for the Mentally Ill of New York City*
Helpline: 212-684-3264
(Helpline hours: Monday-Thursday, noon-7PM, Friday, noon-6PM)
Phone: 212-364-3365
Summary: Information and support for those who have mental illness, their family members and friends. Services include the Helpline for information, referral and support, support and education groups for consumers and family members, newsletter, parent matching for transition-age youth (18-24) and library. Specific support groups and resources for parents of children and adolescents available.
Email: www.naminycmetro.org

Columbia University Clinic for Anxiety and Related Disorders (CUCARD)*
1775 Broadway, Suite 601
New York, NY 10019
Phone: 212-246-5747
Summary: Clinic specializes in cognitive-behavioral therapies for children, adolescents, and young adults suffering from anxiety and anxiety-related disorders. Has support groups for children, teens and young adults.
Website: http://anxietytreatmentnyc.org

Families Together in NY State, Inc.
737 Madison Avenue,
Albany, NY 12208
Phone: 888-326-8644 (info & referral line)
518-432-0333 (office) Fax: 518.434.6478
Summary: Info, referrals, advocacy, support, and training regarding children's mental health. Has a young adult program for ages 14-24.
Websites: www.ftnys.org
http://www.ftnys.org/youth pwr.html

Jewish Board of Family and Children's Services
120 West 57th St., NY, NY 10019
Phone: 24 Hour Helpline: 1-888-523-2769
Office: 212-582-9100
Summary: Info, crisis intervention, legal protection, shelters, mental health; all 5 boroughs, all ages.
Email: www.jbfcs.org

Mental Health Association of NYC, Inc.
24 Hour Mental Health Crisis Hotline:
Phone: 1-800-LIFENET (1-800-543-3638)
1-877-298-3373 –Spanish
1-877-990-8585 –Asian Languages
1-212-982-5284 –TTY
Email: www.mhaofnyc.org

Website:
Mental Health Association of NYC Parent Resource Centers
Summary: Information, referral, advocacy, education, support groups and services.

Bronx Parent Resource Center HUB
400 E. Fordham Rd. 6th Fl., Bronx, NY 10458
Phone: 718-220-0456

Bronx Parent Resource Center South
Bronx, NY 10452
Phone: 718-292-8310

Bronx Parent Resource Center West
38 W. 182nd St., Bronx, NY 10453
Phone: 718-329-3854

Manhattan Parent Resource Center
50 Broadway, 19th Floor
New York, NY 10004
Tel: (212) 964-5253/ Español (212) 614-6378/ Mandarin (212) 614-6388
Fax: (212) 964-7302

Parent Resource Center of Queens
8708 Justice Ave. Rm. C-14
Elmhurst, NY 11373
Tel: (718) 651-1960
Fax: (917) 657-7657

New York City—Department of Mental Hygiene
Summary: DMH contracts for mental hygiene services in four areas: chemical dependency, early intervention, mental health, and mental retardation and developmental disabilities. Services are provided to infants and toddlers, children and

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

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adolescents, adults, and the elderly

New York State Office of Mental Health
Phone: OMH Customer Relations: 800-597-8481
Summary: Website includes information about mental health, the OMH system, services, and initiatives.
Website: www.omh.state.ny.us
NAMI-NYC Metro Transition-Age Resource List

RESOURCES AND WEBSITES-BY DIAGNOSIS

ANXIETY AND PHOBIAS

Columbia University Clinic for Anxiety and Related Disorders (CUCARD)*
1775 Broadway, Suite 601
New York, NY 10019
Phone: 212-246-5747
Summary: Clinic specializes in cognitive-behavioral therapies for children, adolescents, and young adults suffering from anxiety and anxiety-related disorders. Has support groups for children, teens and young adults.
Insurance: Does not take insurance.
Email: http://anxietytreatmentnyc.org

Weill Cornell-Anxiety and Mood Disorders Services
Payne Whitney
525 East 68th Street
New York, NY 10021
Phone: (888) 694-5700
Summary: They offer comprehensive services for adult outpatients with anxiety or mood disorders including individual therapy, group therapy, cognitive behavioral therapy, and medications. All programs are tailored to fit the individual.
Insurance: They accept managed care plans, other insurance, Medicaid, Medicare and private payment.

ATTENTION DEFICIT/HYPERACTIVITY DISORDER (ADHD)

Children and Adults With Attention-Deficit/Hyperactivity Disorder
Phone: (800) 233-4050
Summary: Non profit organization serving individuals with ADHD
Insurance: FREE
Website: www.chadd.org

AUTISM & ASPERGER’S SYNDROME

Autism Society of America
7910 Woodmont Avenue, Suite 300
Bethesda, Maryland 20814-3067
Phone: 1.800.3AUTISM (1.800.328.8476)
Summary: Provides support, resources, information about autism.
Insurance: FREE
Website: www.autism-society.org

Local chapters:

Bronx Chapter-Autism Society of America
FSPDD at North Central Bronx Hospital
3424 Kossuth Avenue, Room 15A11
Bronx NY 10467
Phone: (718) 519-4797
Fax: (718) 519-3634
E-Mail: ny-bronx@autismsocietyofamerica.org

Brooklyn Chapter-Autism Society of America

GRASP-The Global and Regional Asperger Syndrome

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

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### Bipolar Disorder and Depression

**MDSG-the Mood Disorders Support Group-Young Adults group (under 30)**
P.O. Box 30377
New York, N.Y. 10011
**Phone:** (212) 533-6374
**Fax:** (212) 675-2018

**Summary:**
The Mood Disorders Support Group (MDSG) is a non profit, self-help organization serving individuals with depression and manic-depression (bipolar disorder), as well as their families and friends. This support group specifically helps young adults.

**Insurance:** FREE

**Website:** [http://www.mdsg.org](http://www.mdsg.org)
**Email:** info@mdsg.org

**East side location:**
The Bernstein Pavilion of Beth Israel Medical Center Located on Nathan Perlman Place (in b/n 1st and 2nd) in b/n 15th and 16th. All groups begin at 7:30 PM Call for day. Free. $5 dollar suggested donation for non-members.

**West side location:**
St. Luke’s/Roosevelt Adult Outpatient Clinic at 910 Ninth Avenue (between 58th and 59th Street) All groups are on Wednesdays at 7:30 p.m. Free. $5 dollar suggested donation for non-members.

**Mental Health Sanctuary**
**Summary:** Website offers a wide variety of online bipolar resources
**Insurance:** FREE
**Website:** [http://www.mhsanctuary.com/bipolar/res.htm](http://www.mhsanctuary.com/bipolar/res.htm)

### Borderline Personality Disorder

**Weill Cornell Psychiatry**
**New York-Presbyterian Hospital/Weill Cornell Medical Center**
Payne Whitney Manhattan
525 East 68th Street
New York, NY 10021
**Phone:** (888) 694-5700

**Summary:** Offers evaluations, referrals, outpatient, inpatient, addiction programs, and emergency services. The hospital has specific groups within these categories.

**Insurance:** Please call for details.
**Website:** [http://www.nypppsychiatry.org](http://www.nypppsychiatry.org)

### Eating Disorders

**Center for the Study of Anorexia and Bulimia**
1841 Broadway, 4th Floor
New York, NY 10023
**Phone:** 212-333-3444
**Fax:** 212-333-5444

**Summary:** Services include outpatient, individual and group therapy on a sliding fee scale, medical consultations and referrals, a monthly Open House and support group for families and friends to help explore the best ways to talk about and deal with issues related to eating disorders, and a Teen Support Group.

**Insurance:** No. Fees for Treatment Services at CSAB are determined by income and frequency of sessions.
**Website:** [http://www.csabnyc.org/](http://www.csabnyc.org/)
**Email:** csab@icpny.org

**New York State Psychiatric Institute**
Eating Disorders Clinic
Unit 98
1051 Riverside Drive
New York, NY 10032
**Phone:** 212-543-5739

**Summary:** The research clinic provides inpatient, day-patient and outpatient services and the staff is trained and experienced in the treatment of eating disorders. Patients who are interested and eligible in the research will receive treatment at no cost.
**Insurance:** FREE
**Website:** [http://www.csabnyc.org/](http://www.csabnyc.org/)
Something Fishy
Summary: Website dedicated to eating disorders and recovery.
Insurance: FREE
Website: http://www.something-fishy.org/

Weill Cornell Psychiatry
NewYork-Presbyterian Hospital/Weill Cornell Medical Center
Payne Whitney Manhattan
525 East 68th Street
New York, NY 10021
Phone: (888) 694-5700
Summary: Offers evaluations, referrals, outpatient, inpatient, addiction programs, and emergency services. The hospital has specific groups within these categories.
Insurance: Managed care plans, other insurance, Medicare, Medicaid and private pay are accepted.
Website: http://www.nyppsychiatry.org

DUEL DIAGNOSIS
Please contact us for specific information about city-wide MICA programs.

Obsessive-Compulsive Disorder
Columbia University Clinic for Anxiety and Related Disorders (CUCARD)*
1775 Broadway, Suite 601
New York, NY 10019
Phone: 212-246-5747
Summary: Clinic specializes in cognitive-behavioral therapies for children, adolescents, and young adults suffering from anxiety and anxiety-related disorders. Has support groups for children, teens and young adults.
Insurance: They do not take insurance.
Website: http://anxietytreatmentnyc.org

Obsessive-Compulsive Foundation, Inc.-Organized Chaos
P.O. Box 961029
Boston, MA 02196
Summary: OCD Foundation offers support: education and advocacy on behalf of those living with Obsessive-Compulsive disorder. Organized Chaos is an online website just for teens and young adults to learn more about OCD.
Insurance: FREE
Website: http://www.ocfoundation.org/organizedchaos/

Weill Cornell Psychiatry
NewYork-Presbyterian Hospital/Weill Cornell Medical Center
Payne Whitney Manhattan
525 East 68th Street
New York, NY 10021
Phone: (888) 694-5700
Summary: Offers evaluations, referrals, outpatient, inpatient, addiction programs, and emergency services. The hospital has specific groups within these categories.
Insurance: Managed care plans, other insurance, Medicare, Medicaid and private pay are accepted.
Website: http://anxietytreatmentnyc.org

SCHIZOPHRENIA/SCHIZOAFFECTIVE DISORDER
Columbia Psychiatry
NewYork-Presbyterian Hospital/Columbia University Medical Center
622 West 168th Street
New York, NY 10032
Phone: (212) 305-6001
Summary: Offers evaluations, referrals, outpatient, inpatient, addiction programs, and emergency services. The hospital has specific groups within these categories.
Insurance: FREE
Website: http://www.nyppsychiatry.org

COPE-Center of Prevention and Evaluation
New York State Psychiatric Institute*
1051 Riverside Drive
Fourth Floor, Room 4820
Phone: (212) 543-5874
Summary: It's an outpatient research program for teens and young adults experiencing changes in thoughts and feelings that have led to problems in relationships, school, or work. For ages 12-25.
Insurance: Treatment is free once you are accepted into the program.

Weill Cornell Psychiatry
NewYork-Presbyterian Hospital/Weill Cornell Medical Center
Payne Whitney Manhattan
525 East 68th Street
New York, NY 10021
Phone: (888) 694-5700
Summary: Offers evaluations, referrals, outpatient, inpatient, addiction programs, and emergency services. The hospital has specific groups within these categories.
Insurance: Managed care plans, other insurance, Medicare, Medicaid and private pay are accepted.
Website: http://www.nyppsychiatry.org

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

* Indicates that a site visit was conducted and the more detailed program description is in the back of this resource list.
addiction programs, and
eargency services. The
hospital has specific groups
within these categories.
**Insurance:** Managed care plans,
other insurance, Medicare,
Medicaid and private pay are
accepted.
**Website:**
http://www.nyppsychiatry.org/
ABUSE-DOMESTIC, CHILD, SEXUAL, RAPE

The Door—Youth Development Services
555 Broome Street
New York, NY 10013
Phone: 212.941.9090
Ages: 12-21
Summary: Purpose is to empower youth. Free and confidential services that include: educational, health, nutritional, counseling, legal services, recreational, creative arts therapy, therapeutic counseling, crisis intervention, individual, group, and supportive counseling. Group counseling includes: substance, anger control, stress, sex abuse, HIV.
For Ages: 12-21.
Insurance: FREE
Website: www.door.org

Safe Horizon’s Streetwork Project
2 Lafayette Street, 3rd Floor
New York, NY 10007
Phone: 212.577.7700
Fax: 212.577.3897
Safe Horizon’s Hotlines
Domestic Violence Hotline: 800.621.HOPE (4673)
Crime Victims Hotline: 866.689.HELP
Rape, Sexual Assault & Incest Hotline: 212.227.3000
TDD phone number for all hotlines: 866.604.5350
Summary: Safe Horizon is a victim assistance organization. Their mission is to provide support, prevent violence, and promote justice for victims of crime and abuse, their families and communities.
Streetwork provides homeless or at-risk youth with a comprehensive array of services including individual counseling, crisis intervention, access to medical and psychiatric care, hot meals, showers, and emergency shelter. For children, teens, and young adults up to age 24.
Insurance: FREE
Website: http://www.safehorizon.org
Email: help@safehorizon.org.

Streetwork Midtown Drop-In Center
545 Eighth Avenue, 22nd floor
New York, NY 10018
Phone: 212-695-2220

Lower East Side Drop-In Center
33 Essex St
New York, NY 10002
Phone: 646-602-6404
Evening groups are also offered. Intakes are conducted each day. Syringe exchange available each day.

Advocacy

Asian Youth Center of NY
35-34 Union Street
Flushing, NY 11354
Phone: (718) 321-1010
Fax: (718) 321-8282
Summary: The Asian Youth Center of New York offers comprehensive program and services to immigrant and minority youth and their families in Queens. The Center provides ind./family counseling, vocational/educational counseling, advocacy, school mediation, street outreach, Youth Leadership Program (mentorship) and workshops, afterschool program, educational conferences for adults, Runaway and Homeless housing (Youth House) for youth age 16-20, translation, recreation and sports.
Languages: Chinese (Cantonese), Chinese (Mandarin), Hindi, Korean, Punjabi, Urdu, Other, Chinese (Taiwanese)
Insurance: FREE
Website: http://www.aaycny.org/
Email: nykyc@msn.com

ACS—Administration for Children’s Services
Office of Youth Development
2 Washington Street, 20th Floor
New York, NY 10004
Phone: 212.361.1974/5
Fax: 212.361.8729/30
Summary: ACS protects NYC children from abuse and neglect. It provides neighborhood based services to help ensure children grow up in safe, permanent homes with strong families. OVD focuses on age 14 and older living in foster care. It helps with education, employment, youth leadership, adulthood skills, and housing for ages 14-21.
Insurance: FREE
Website: www.nyc.gov/acs

Citizens Committee for Children
AIDS/HIV
The Ali Forney Center
527 West 22nd Street, 1st Floor
New York, NY 10011
Phone: 212 222-3427
Summary: The AFC Day Center in the Chelsea section of Manhattan is the entry point to our programs for homeless youths. There we offer street outreach, case management, primary medical care, HIV testing, mental health assessment and treatment, food and showers, an employment assistance program, and referral to our housing programs.
Insurance: Unknown
Website: www.aliforneycenter.org

Callen-Lorde Community Health Center*
356 W. 18th Street
New York, NY 10011
Phone: (212)271-7200
Summary: Callen-Lorde Community Health Center provides sensitive, quality health care and related services primarily to New York’s lesbian, gay, bisexual, and transgender communities regardless of ability to pay. To further this mission, Callen-Lorde promotes health education and wellness and advocates for gay, lesbian, bisexual, and transgender health issues.
Insurance: FREE
Website: www.callen-lorde.org

The Door-Youth Development Services
555 Broome Street
New York, NY 10013
Phone: 212.941.9090
Ages: 12-21
Summary: Purpose is to empower youth. Free and confidential services that include: educational, health, nutritional, counseling, legal services, recreational, creative arts therapy, therapeutic counseling, crisis intervention, individual, group, and supportive counseling. Group counseling includes:

- substance, anger control, stress, sex abuse, HIV. For Ages: 12-21.

Insurance: FREE
Website: www.door.org

Mount Sinai Adolescent Health Center*
312 E. 94th Street
New York, NY 10128
Phone: 212-423-3000
Summary: The Mount Sinai Adolescent Health Center (MSAHC) offers a comprehensive, interdisciplinary and integrated model of medical, mental health, and reproductive health services, plus prevention education. For ages 10-22.
Insurance: They accept Medicaid and most other medical insurance plans. They never turn away someone because of their inability to pay.

The NYC Dept. of Health and Mental Hygiene
Free and Confidential Clinics
Offers AIDS/HIV Counseling and Testing, Hepatitis Services, emergency contraception
Insurance: Services are free.

Safe Space’s SafeHome
295 Lafayette Street, Suite 920
New York, NY 10012
Phone: 212 226-3536
Fax: 212 226-1918
Summary: Safe Space’s SafeHome offers transitional housing to homeless HIV+ teenagers who are also recovering from drug addiction. They provide counseling and support, coordinated medical treatment, and offer recreation

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

* Indicates that a site visit was conducted and the more detailed program description is in the back of this resource list.
Residents, each of whom must obtain fulltime employment or attend school, may stay for up to 24 months. Safe Space offers several other programs for children, youth and their families, such as Child Abuse Prevention, Health and Mental Health Services, Adolescent Services, Creative and Performing Arts, and many other youth services. For ages 18-25.

**Insurance:**

**Website:**

www.safespacenyc.org/

**E-mail:**
twilliams@safespacenyc.org

**St. Vincent's Catholic Medical Center-The Positive Care for Positive Youth Program**

St. Vincent's Hospital Manhattan

Program for Youth

203 W. 12th Street

New York, NY 10011

**Phone:** 212-604.2011

**Summary:** Program offers comprehensive health care for HIV-infected youth ages 13-21. Free confidential HIV testing and counseling, and support groups

Insurance: Medicaid and ADAP

**COMMUNITY CENTERS/CLUBHOUSES**

**Fountain House**

425 West 47th Street

New York, NY 10036

**Phone:** (212) 582-0340

Young Adult Program: (212) 582-0340, extension 383

**Summary:** Fountain House is a unique self-help program where the members run and work in the clubhouse. Specialized programs include vocational placement, education classes, and young adult program for individuals 18-30.

Insurance: FREE

**Website:**

www.fountainhouse.org

**Hamilton Madison-Sunrise Clubhouse**

78-14 Roosevelt Ave

Jackson Heights, Queens

11372

**Phones:** (718) 779-9500

**Summary:** The goal of Hamilton-Madison House’s Asian Psychosocial Clubhouse/Sunrise Club is to create an environment where Asians struggling with mental illness can find the support and opportunities to learn life skills and vocational competencies to be self-sufficient in society. The clubhouse provides members opportunities for work, education and organized social activities.

Insurance: FREE

**Hamilton Madison-Teen Program**

50 Madison Street

New York, NY 10038

**Phone:** 212-349-3724, x 303

Teen Program - 50 Madison Street is open weeknights for the teens and gives them a safe environment to socialize with their friends, receive homework assistance, speak with a social worker, play pick-up basketball, engage in HIV/AIDS peer education, and surf the net. For ages 13-21.

Insurance: FREE

Email: ramei@hmhonline.org

**Rainbow Heights**

25 Flatbush Avenue,

Fourth Floor, Brooklyn, NY 11217

**Phone:** (718) 852-2584

**Fax:** (718) 852-5214

**Summary:** Rainbow Heights Club is an advocacy program for lesbian, gay, bisexual and transgender consumers requiring mental health services. They provide socialization, support, peer advocacy, and a safe place to take the next step on your road to emotional recovery and wellness. They also have specialized groups such as art therapy, empowerment groups, and a cooking club.

Insurance: FREE

**Website:**

www.rainbowheights.org

**CRISIS- MOBILE CRISIS UNITS**

See Appendix at end of Resource List for NYC Mobile Crisis Units

**EVALUATIONS**

(See also Public Hospitals)

**The Ali Forney Center**

527 West 22nd Street, 1st Floor

New York, NY 10011

**Phone:** 212-222-3427

**Summary:** The AFC Day Center in the Chelsea section of Manhattan is the entry point to our programs for homeless youths. There we offer street outreach, case management, primary medical care, HIV testing, mental health assessment and treatment, food and showers, an employment
assistance program, and referral

to our housing programs.

Insurance: Unknown

Website: www.aliforneycenter.org

Columbia University Clinic for Anxiety and Related Disorders (CUCARD)*
1775 Broadway, Suite 601
New York, NY 10019
Phone: 212-246-5747

Summary: Clinic specializes in cognitive-behavioral therapies for children, adolescents, and young adults suffering from anxiety and anxiety-related disorders. Has support groups for children, teens and young adults. Young adult program for ages 18-30.

Insurance: Does not accept insurance.

Website: http://anxietytreatmentnyc.org

COPE—Center of Prevention and Evaluation
New York State Psychiatric Institute*
1051 Riverside Drive
Fourth Floor, Room 4820
New York, NY 10030
Phone: (212) 543-5874

Summary: It’s an outpatient research program for teens and young adults experiencing changes in thoughts and feelings that have led to problems in relationships, school, or work. For ages 12-25.

Insurance: Treatment is free once you are accepted into the program.

International Center for the Disabled
ICD Mental Health Clinic
340 East 24th Street
New York, NY 10010
Phone: 212-585-6248 or 212-585-6270

Summary: Clinic provides assessment, group therapy, psychiatry, psychotherapy, medication management, and neuropsychological evaluations.

Insurance:
Accepts Medicaid and Medicare

Mount Sinai Adolescent Health Center*
312 E. 94th Street
New York, NY 10128
Phone: 212-423-3000

Summary: The Mount Sinai Adolescent Health Center (MSAHC) offers a comprehensive, interdisciplinary and integrated model of medical, mental health, and reproductive health services, plus prevention education. They accept Medicaid and most other medical insurance plans. For ages 10-22.

Insurance: They accept Medicaid and most other medical insurance plans. They never turn away someone because of their inability to pay.

Foster Care

ACS—Administration for Children’s Services
Office of Youth Development
2 Washington Street, 20th Floor
New York, NY 10004
Phone: (212) 361.1974/5

Fax: 212.361.8729/30

Summary: Organization protects NYC children from abuse and neglect. It provides neighborhood based services to help ensure children grow up in a safe, perm. homes with strong families. The OYD focuses on age 14 and older living in foster care. They help with education, employment, youth leadership, adulthood skills, and housing. For ages 14-21.

Insurance: FREE

Website: www.nyc.gov/acs

Jewish Board and Family Services—Bronx Young Adult Apartment Program
55 Westchester Square
Bronx, NY 10461
Phone: (718) 931-4045
Fax: (718) 828-1329

Summary: Provides housing and comprehensive services to 26 young adults, between the ages of 18 and 25 who have left foster care and are at risk of homelessness and need supportive services to achieve independent living. For ages 18-25.

Insurance: FREE

The Next Generation Center*
1327 Southern Blvd.
Bronx, NY 10460
Phone: (718) 589.4441

Summary: The NGC assists youth aging out of adolescence by helping them complete their education, gain employment, find housing, get health and mental health care, and learn life skills. There is access to medical and dental services at the nearby Children’s Aid Society Family Center. There is a day program for those NOT in school or

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION
employed. They offer creative arts programs in dance, photography, web design, therapeutic drama workshops, culinary arts, poetry, etc. For ages 18-24.
Website: www.childrensaidsociety.org
Insurance: Free.

HANDICAP SERVICES

International Center for the Disabled
ICD Mental Health Clinic
340 East 24th Street
New York, NY 10010
Phone: 212-585-6248 or 212-585-6270
Summary: Clinic provides assessment, group therapy, psychiatry, psychotherapy, medication management, and neuropsychological evaluations.
Insurance: Accepts Medicaid and Medicare

YES Adolescent Skill's Center
340 East 24th Street
New York, NY 10010
Phone: (212) 585-6043
YES Adolescent Skill's Center is a supportive and comprehensive vocational and educational program with a unique focus on mental health that serves adolescents ages 16-21 with emotional and psychiatric conditions. For ages 16-21.
Insurance: Accepts Medicaid and Medicare

The New York State Office of Children and Family Services-Commission for the Blind and Visually Handicapped-Transition Program

52 Washington Street
Rensselaer, NY 12144-2796
Phone: (518) 474-6956
Summary: CBVH provides rehabilitation services to assist in the transition of youth from school to adult opportunities. The Individuals with Disabilities Education Act requires that transition planning begin when the student is 14 and that services be coordinated between the school and the vocational rehabilitation agency. Transition planning encompasses how each student will be living, learning, and working in his community. For ages 14-21
Insurance: FREE

HOUSING-RESIDENTIAL AND EMERGENCY HOUSING

Asian Youth Center of NY
35-34 Union Street
Flushing, NY 11354
Phone: (718) 321-1010
tax: (718) 321-8282
Summary: The Asian Youth Center of New York offers comprehensive program and services to immigrant and minority youth and their families in Queens. The Center provides ind./family counseling, vocational/educational counseling, advocacy, school mediation, street outreach, Youth Leadership Program (mentorship) and workshops, afterschool program, educational conferences for adults, Runaway and Homeless housing (Youth House) for youth age 16-20, translation, recreation and sports. Languages: Chinese (Cantonese), Chinese (Mandarin), Hindi, Korean, Punjabi, Urdu, Other, Chinese (Taiwanese)
Insurance: Free
Website: http://www.aaycny.org/
Email: nykyc@msn.com

Chelsea Foyer*
202 W. 24th Street
New York, NY 10011
Phone: 646-485-3900
Summary: Provides 40 young adults between the ages of 18 and 25 who are aging out of foster care, homeless, or at-risk of homelessness with supported transitional housing in a co-ed setting. Residents participate in a personalized program of services for up to 24 months with the goal of preparing them for independent permanent housing, employment, and careers. Ages 18-25.
Website: www.goodshephers.org

Covenant House
460 W. 41st St.
New York, NY 10036
Phone: 212.613.0300
Helpline: 800.999.9999
Summary: Open 24 hrs/day 365 days a yr. It serves youth who are homeless, runaway or at-risk of becoming homeless. The transitional living program provides youth w/ 12 mo.-18 mo. of residence in conjunction with education, vocational, and life skills.
Mental Health Day Program provides psychiatric evaluation and treatment, educational, vocational services, case work planning, benefits assistance,
NAMI-NYC Metro Transition-Age Resource List

and supportive housing placements. For ages 16-24.
Insurance: Free
Website: www.covenanthouseny.org

DOHMH Office of Housing Services
93 Worth Street, Suite 611
New York, NY 10013
Phone: 212-219-5181
Fax: 212-219-5192
Summary: DOHMH Office of Housing Services promotes the development of supportive housing, which combines affordable housing with supportive, recovery-oriented services.
Insurance: Free

The Greenwich Village Youth Council-The Neutral Zone
2273 3rd Ave
New York, NY 10035-2231
Phone: 212-289-7121
Summary: The Neutral Zone is a drop-in center for gay, lesbian, bisexual, transgender and questioning runaway and homeless youth. Services include counseling/referrals and diverse activities such as HIV/AIDS counseling, substance abuse prevention, educational and recreational activities. For ages 15-22.
Insurance: FREE
Website: http://gvyc.net/neutralzone

Jewish Board and Family Services-Services to the Homeless
120 West 57th Street
New York, NY 10019

Phone: (212) 632-4707
Fax: (212) 956-3334
Summary: Homeless Services is an eviction prevention program and service for the homeless. Provides assistance with immediate needs for shelter, permanent housing, food, and clothing, as well as help with entitlements, job training, employment, and counseling services.
Insurance: FREE

Rita J. and Stanely Kaplan House
74 St. Marks Place
New York, NY 10003
Phone: (212) 477-1565
Fax: (212) 674-2513
Summary: An urban residential facility for 25 older adolescent males, ages 17 to 21. The facility provides an extensive independent living skills program and therapeutic and support services.
Insurance: Unknown

Supervised Independent Living Program (SILP)
315 Wyckoff Ave.
Brooklyn, NY 11237
Phone: (718)497-6090
Fax: (718)497-9495
Summary: The Supervised Independent Living Program (SILP) offers an opportunity for young adults ages 18-21 who are in school or are employed, to live in their own apartment under the guidance and supervision of the Coalition for Hispanic Family Services. For ages 18-21.
Insurance: Unknown
Website: http://www.hispanicfamilyservic esny.org/silp.htm

Promesa’s “El Centro”
Drop-Center
500 Bergen Avenue
Bronx, NY 10455
Phone: 718/401-5954
Fax: 718/401-5956
Hotline Number: 1-888-804-4092
Summary: In addition to food, shelter and crisis care, the center provides a variety of services including: group and individual counseling, independent life skills workshops, referrals to medical services, GED programs, computer skill training programs, job corps, substance abuse shelters, youth component programs, transitional living programs, housing programs, and social service agencies. For ages 13-21.
Insurance: FREE
Website: http://www.hispanicfamilyservic esny.org/silp.htm

EMERGENCY HOUSING:

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

* Indicates that a site visit was conducted and the more detailed program description is in the back of this resource list.
The Ali Forney Center  
527 West 22nd Street, 1st Floor  
New York, NY 10011  
Phone: 212 222-3427  
Summary: Emergency housing and assistance with locating safe transitional housing. The mission of the Ali Forney Center is to help homeless lesbian, gay, bisexual, transgendered and questioning youth be safe and become independent as they move from adolescence to adulthood. For ages 16-25.  
Insurance: FREE  
Website: www.aliforneycenter.org

Create Young Adult Center  
133-5 West 128th Street  
New York, NY 10026  
Phone: 212 662-2000  
Summary: Beds, transitional housing, meals, showers, savings programs, referrals. Residents share room with one to two other roommates. Clients need to be men from 18 to 25 years old. Clients need a TB clearance, HA#, copy of assessment and DHS referral. Go to Bellevue Men’s Shelter or Covenant House to get a DHS referral. Space is limited. For ages 18-25.  
Insurance: FREE

Covenant House  
460 W. 41st St.  
New York, NY 10036  
Phone: 212.613.0300  
Helpline: 800.999.9999  
Summary: Open 24 hrs/day 365 days a yr. It serves youth who are homeless, runaway or at-risk of becoming homeless. The transitional living program provides youth w/ 12 mo.-18 mo. of residence in conjunction with education, vocational, and life skills. Mental Health Day Program provides psychiatric evaluation and treatment, educational, vocational services, case work planning, benefits assistance, and supportive housing placements. For ages 16-24.  
Insurance: FREE  
Website: www.covenanthouseny.org

Green Chimneys  
400 Deansburg Road, Box 719  
Brewster, NY 10509-0719  
Phone: (845) 279-2995  
Summary: New York City Programs focus on the needs of Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth and their families. Services include a group residence, alternative secondary school, specialized training for professionals, counseling, transitional living and mentoring programs. For ages 16-21.  
Insurance: FREE

Safe Space  
295 Lafayette Street,  
Suite 920  
New York, NY 10012  
Phone: 212 226-3536  
Fax: 212 226-1918  
Summary: Safe Space offers transitional housing to homeless HIV+ teenagers who are also recovering from drug addiction. They provide counseling and support, coordinated medical treatment, and offer recreation and educational enrichment. Residents, each of whom must obtain fulltime employment or attend school, may stay for up to 24 months. Safe Space offers several other programs for children, youth and their families, such as Child Abuse Prevention, Health and Mental Health Services, Adolescent Services, Creative and Performing Arts, and many other youth services. For ages 18-25.  
Insurance: Unknown  
Website: www.safespacenyc.org/  
E-mail: twilliams@safespacenyc.org

Sylvia’s Place*  
Metro Community Church  
446 West 36th Street  
New York, NY 10018  
Phone: 718 300-0133  
Summary: Sylvia’s Place is an emergency overnight shelter for LGBTQ youth (under 24). They are open 365 days/year from 8pm-8am. Curfew is at 12am. They provide hot meals (dinner and breakfast); clothing; showers; case management; physical and mental health medical services; and court advocacy. For ages 18-24.  
Insurance: FREE  
Website: http://www.homelessyouthservices.org/index.html

Promesa-Transitional Independent Living Program (TILP)  
311 East 175th Street  
Bronx, NY 10457  
Phone: 718-960-7500  
Fax: 718-583-6366  
Summary: Promesa’s Transitional Independent Living
Program (TILP) is a 1 year residential program that prepares adolescent homeless male youths between 16-20 years of age to live on their own. Services include: independent living skills training, housing assistance, educational/vocational training, social work services (short-term individual and group counseling), AIDS/health education, medical and parenting/family planning, recreational programs and related services. For ages 16-21.

**Insurance:** Unknown

**St. Christopher-Ottilie Family of Services**  
1 Alexander Place  
Glen Cove, N.Y. 11542  
**Phone:** (516) 671-1253

**Summary:** SCO Family of Services provides programs and homes for adolescents in need of temporary respite and, while in our care, helps these young people to obtain the independent living skills they will need as they approach adulthood. At the same time we work diligently to help the youth strengthen attachments to their family and community.

**Insurance:** Unknown  
**Website:** [http://www.sco.org](http://www.sco.org)

**Safe Horizon’s Streetwork Project**  
2 Lafayette Street, 3rd Floor  
New York, NY 10007  
**Phone:** 212.577.7700  
**Fax:** 212.577.3897

**Summary:** Streetwork provides homeless or at-risk youth with a comprehensive array of services including individual counseling, crisis intervention, access to medical and psychiatric care, hot meals, showers, and emergency shelter. For children, teens, and young adults up to age 24.

**Insurance:** Unknown  
**Website:** [http://www.safehorizon.org](http://www.safehorizon.org)  
**Email:** help@safehorizon.org.

**Streetwork Midtown Drop-In Center**  
545 Eighth Avenue, 22nd floor  
New York, NY 10018  
**Phone:** 212-695-2220

**Lower East Side Drop-In Center**  
33 Essex St  
New York, NY 10002  
**Phone:** 646-602-6404  
Evening groups are also offered. Intakes are conducted each day. Syringe exchange available each day.

**LEGAL ASSISTANCE**

**The Door-Youth Development Services**  
555 Broome Street  
New York, NY 10013  
**Phone:** 212.941.9090

**Summary:** Purpose is to empower youth. Free and confidential services that include: educational, health, nutritional, counseling, legal services, recreational, creative arts therapy, therapeutic counseling, crisis intervention, individual, group, and supportive counseling. Group counseling includes: substance, anger control, stress, sex abuse, HIV.

**Insurance:** FREE  
**Website:** [www.door.org](http://www.door.org)

**Urban Justice Center-Mental Health Project**  
123 William Street 16th Floor  
New York, NY, 10038  
**Phone:** 1-877-MHPLAW1

**Summary:** The Mental Health Project of the Urban Justice Center provides free legal and social work services to low-income people with psychiatric disabilities in New York City. Provides help with stopping evictions/Housing Court, food stamps, Medicaid, Medicare and Managed Care, public assistance, Welfare, and WeCARE, Social Security, discharge planning for psychiatric patients referrals to mental health services, applications for case management, and Family Court.

**Insurance:** FREE  
**Website:** [www.urbanjustice.org](http://www.urbanjustice.org)

**Urban Justice Center-Peter Cicchino Youth Project**  
123 William Street 16th Floor  
New York, NY, 10038  
**Phone:** 1-877-MHPLAW1

**Summary:** The Peter Cicchino Youth Project reaches out to...
LGBTQ young people and helps them stabilize their lives. They help teens navigate the complicated channels of government benefits, access permanent housing, and continue their education.

**Insurance:** FREE

**Website:** [www.urbanjustice.org](http://www.urbanjustice.org)

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**YES-Center CARE**

208 West 13th Street
New York, NY 10011

**Phone:** (212)620-7310

**Summary:** Membership organization that provides staff counselors who focus on depression and stress management, support groups, drop-in counseling, mental health services for those dealing with anxiety, depression, and other mental health concerns. Center CARE offers confidential assessment and referral services. They also have recreational clubs. Ages 13-21.

**Insurance:** Unknown

**Website:** [www.gaycenter.org](http://www.gaycenter.org)

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**Callen-Lorde Community Health Center**

356 W. 18th Street
New York, NY 10011

**Phone:** (212)271-7200

**Summary:** Callen-Lorde Community Health Center provides sensitive, quality health care and related services primarily to New York's lesbian, gay, bisexual, and transgender communities regardless of ability to pay. To further this mission, Callen-Lorde promotes health education and wellness and advocates for gay, lesbian, bisexual, and transgender health issues.

**Insurance:** FREE

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**The Door-Youth Development Services**

555 Broome Street
New York, NY 10013

**Phone:** 212.941.9090

**Summary:** Purpose is to empower youth. Free and confidential services that include: educational, health, nutritional, counseling, legal services, recreational, creative arts therapy, therapeutic counseling, crisis intervention, individual, group, and supportive counseling. Group counseling includes: substance, anger control, stress, sex abuse, HIV. The Door has some LGBTQ-specific programs. For Ages: 12-21.

**Insurance:** FREE

**Website:** [www.door.org](http://www.door.org)

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**Sylvia's Place**

Metro Community Church
446 West 36th Street
New York, NY 10018

**Phone:** 718 300-0133

**Summary:** Sylvia's Place is an emergency overnight shelter for LGBTQ youth (under 24). They are open 365 days/year from 8pm-8am. Curfew is at 12am. They provide hot meals (dinner and breakfast); clothing; showers; case management; physical and mental health medical services; and court advocacy. For ages 18-24.

**Insurance:** FREE

**Website:** [http://www.homelessyouthservices.org/index.html](http://www.homelessyouthservices.org/index.html)

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**National Youth Advocacy Coalition (NYAC)**

Youth Connections
1638 R St., NW, Suite 300
Washington, D.C. 20009

**Phone:** 800.541.6922

**Youth Talkline:** (Ages 23 and under)
800.96YOUTH

**Trevor Suicide Prevention Line**
800.850.8078

**Alcohol and Drug Abuse Hotline**
800.821.4357

**Summary:** The National Youth Advocacy Coalition is a social justice organization that advocates for and with young people who are lesbian, gay, bisexual, transgender, or questioning (LGBTQ).

**Insurance:** FREE

**Website:** [www.nyacyouth.org](http://www.nyacyouth.org)

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**The Greenwich Village Youth Council-The Neutral Zone**

2273 3rd Ave
New York, NY 10035-2231

**Phone:** 212-289-7121

**Summary:** The Neutral Zone is a drop-in center for gay, lesbian, bisexual, transgender and questioning runaway and homeless youth. Services include counseling/referrals and diverse activities such as HIV/AIDS counseling, substance abuse prevention, educational and recreational activities. For ages 15-22.

**Insurance:** FREE

**Website:** [http://gvyc.net/neutralzone](http://gvyc.net/neutralzone)

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**Urban Justice Center-Peter Cicchino Youth Project**

123 William Street 16th Floor
New York, NY, 10038
NAMI-NYC Metro Transition-Age Resource List

**Phone:** 1-877-MHPLAW1
**Summary:** The Peter Cicchino Youth Project reaches out to LGBTQ young people and helps them stabilize their lives. They help teens navigate the complicated channels of government benefits, access permanent housing, and continue their education.
**Insurance:** FREE
**Website:** [www.urbanjustice.org](http://www.urbanjustice.org)

**Rainbow Heights**
25 Flatbush Avenue,
Fourth Floor, Brooklyn, NY 11217
**Phone:** (718) 852-2584
**Fax:** (718) 852-5214
**Summary:** Rainbow Heights Club is an advocacy program for lesbian, gay, bisexual and transgender consumers requiring mental health services. They provide socialization, support, peer advocacy, and a safe place to take the next step on your road to emotional recovery and wellness. They also have specialized groups such as art therapy, empowerment groups, and a cooking club.
**Insurance:** FREE
**Website:** [www.rainbowheights.org](http://www.rainbowheights.org)

**MENTAL HEALTH REFERRALS**

**American Psychiatric Association**
NY County-(212)685-9633
Brooklyn-(631)286-9193
Bronx-(914)967-7065
Queens-(877)612-7110

**Association for Behavioral and Cognitive Therapies**
**Phone:** 212-647-1890
**Email:** [www.abct.org](http://www.abct.org)

**National Association of Social Workers Referrals**
**Phone:** 1-800-724-6279

**NYS Psychological Association**
**Phone:** 1-800-445-0899
**Email:** [www.nyspa.org](http://www.nyspa.org)

**NYS Society for Clinical Social Work**
**Phone:** 1-800-288-4279

**PUBLIC HOSPITALS**

**Manhattan:**
Bellevue Hospital Center
462 First Avenue
New York, New York 10016
**Phone:** (212) 562-4141

**Gouverneur Healthcare Services**
227 Madison Street
New York, New York 10002
**Phone:** (212) 238-7000

**Harlem Hospital Center**
506 Lenox Avenue
New York, New York 10037
**Phone:** (212) 939-1000

**Metropolitan Hospital Center**
1901 First Avenue
New York, New York 10029
**Phone:** (212) 423-6262

**Bronx:**
Jacobi Medical Center
1400 Pelham Parkway South
Bronx, New York 10461
**Phone:** (718) 918-5000

**Lincoln Medical and Mental Health Center**
234 East 149th Street
Bronx, New York 10451
**Phone:** (718) 579-5000

**North Central Bronx Hospital**
3424 Kossuth Avenue
Bronx, New York 10467
**Phone:** (718) 519-5000

**Brooklyn:**
Coney Island Hospital
2601 Ocean Parkway
Brooklyn, New York 11235
**Phone:** (718) 616-3000

**Kings County Hospital Center**
451 Clarkson Avenue
Brooklyn, New York 11203
**Phone:** (718) 245-3131

**Woodhull Medical and Mental Health Center**
760 Broadway
Brooklyn, New York 11206
**General Information Number:** (718) 963-8000

**Queens:**
Elmhurst Hospital Center
79-01 Broadway
Elmhurst, New York 11373
**Phone:** (718) 334-4000

**Queens Hospital Center**
82-70 164th Street
Jamaica, New York 11432
**Phone:** (718) 883-3000

**SUBSTANCE ABUSE**

**Jewish Board of Family and Children's Services**
120 West 57th St., NY, NY 10019
**Phone:** 24 Hour Helpline: 1-888-523-2769
**Office:** 212-582-9100
**Summary:** Info, crisis intervention, legal protection, shelters, mental health; all 5 boroughs, all ages.
**Insurance:** Unknown
**Website:** [www.jbfc.org](http://www.jbfc.org)

* Indicates that a site visit was conducted and the more detailed program description is in the back of this resource list.
**Daytop**
Programs located in all five boroughs
Phone: 1-800-2-daytop (32-9867)

**Summary:** Adolescents come into the Daytop program with many kinds of behavioral issues with family, school, social, some of which were compounded by substance use. Because of this wide range of problems, adolescent clients may receive treatment in either a daycare or residential setting, short or long-term, according to an in-depth assessment of their needs. These services are available for youngsters ages 12-21.

**Insurance:** Takes any insurance and can charge on a sliding scale.

**SUICIDE PREVENTION**
**Mental Health Association of NYC, Inc.**
24 Hour Mental Health Crisis Hotline:
Phone: 1-800-LIFENET (1-800-543-3638)
1-877-298-3373 –Spanish
1-877-990-8585 –Asian Languages
1-212-982-5284 –TTY

**Insurance:** FREE

**Website:** www.mhaofnyc.org

**SOCIAL/CREATIVE/WELLNESS PROGRAMS**

**Six Weeks to Wellness by Dhara**
Phone: (718)909-6493

**Summary:** Six Weeks to Wellness is a six week course that teaches breathing, meditation, and yoga to individuals living with mental illness. To see when the next course is offered, please contact the NAMI-New York City Metro Helpline.

**Insurance:** FREE

**Email:** jenna@dharanyc.org

**The Breathing Project - Yoga for Mental Wellness**
15 W. 26th Street, 10th floor New York, NY 10010
Phone: 212-979-9642

**Summary:** Offers weekly yoga classes and touch therapy to individuals living with mental illness and their families. The class is by donation (recommended $5).

**Website:** http://www.breathingproject.org/classes.shtml#mental

**The Greenwich Village Youth Council**
The Jeanne Otter Memorial Youth Center
213-15 Eldridge Street
NY, NY 10002
Phone: (212) 979-2442
Fax: (212) 387-8276

**Summary:** JOY is a true community center. Located on the lower east side, we provide a fun and exciting range of activities to 7-21 year olds and their families. From art to basketball to trips to mental health services, every day is an adventure at JOY and we love taking the trip.

**Insurance:** FREE

**Website:** http://www.greenwichvillageyouthcouncil.net/programs.htm#joy

**Email:** joy@gvyc.net

**FACES-Maimonides Theatre Network for Teens**
902 48th Street
Brooklyn, NY 11219
Phone: (718)283-7861

**Summary:** The program, directed by one of our certified social workers, combines aspects of improvisational theater, group therapy, psychodrama and community outreach in an effort to promote self-exploration and expression for teenagers in our community. For ages: 13-25.

**Insurance:** FREE

**Website:** http://www.maimonidesmed.org/clinical.cfm?id=107

**Fountain House**
425 West 47th Street
New York, NY 10036
Phone: (212) 582-0340
Young Adult Program: (212) 582-0340, extension 383

**Summary:** Fountain House is a unique self-help program where the members run and work in the clubhouse. Specialized programs include vocational placement, education classes, and young adult program for individuals 18-30.

**Insurance:** FREE

**Website:** www.fountainhouse.org

**Voices for Youth-Youth Communication/NY Center, Inc.**
224 W. 29th St.
New York, NY 10001
Phone: (212)279-0708
Fax: (212)279-8856

**Summary:** Youth Communication helps teens develop reading and writing skills so they can acquire the information they need to make thoughtful choices about their lives. This is not a mental health program.

**Insurance:** FREE

**Website:** www.youthcomm.org

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**CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION**

* Indicates that a site visit was conducted and the more detailed program description is in the back of this resource list.
NAMI-NYC Metro Transition-Age Resource List

**YES-Center CARE**
208 West 13th Street
New York, NY 10011
Phone: (212)620-7310
Summary: Membership organization that provides staff counselors who focus on depression and stress management, support groups, drop-in counseling, mental health services for those dealing with anxiety, depression, and other mental health concern. Center CARE offers confidential assessment and referral services. They also have recreational clubs. Ages 13-21.
Insurance: Unknown
Website: www.gaycenter.org

**YES-Center CARE**
208 West 13th Street
New York, NY 10011
Phone: (212)620-7310
Summary: Membership organization that provides staff counselors who focus on depression and stress management, support groups, drop-in counseling, mental health services for those dealing with anxiety, depression, and other mental health concern. Center CARE offers confidential assessment and referral services. They also have recreational clubs. Ages 13-21.
Insurance: Unknown
Website: www.gaycenter.org

**VOCATIONAL SERVICES-EDUCATION AND WORK PROGRAMS**

**The Door-Youth Development Services**
555 Broome Street
New York, NY 10013
Phone: 212.941.9090
Summary: Purpose is to empower youth. Free and confidential services that include: educational, health, nutritional, counseling, legal services, recreational, creative arts therapy, therapeutic counseling, crisis intervention, individual, group, and supportive counseling. Group counseling includes: substance, anger control, stress, sex abuse, HIV.
For Ages: 12-21.
Insurance: FREE
Website: www.door.org

**The Next Generation Center***
1327 Southern Blvd.
Bronx, NY 10460
Phone: (718) 589.4441
Summary: The NGC assists youth aging out of adolescence by helping them complete their education, gain employment, find housing, get health and mental health care, and learn life skills. There is access to medical and dental services at the nearby Children's Aid Society Family Center. There is a day program for those NOT in school or employed. They offer creative arts programs in dance, photography, web design, therapeutic drama workshops, culinary arts, poetry, etc. For ages 18-24.
Insurance: FREE
Website: www.childrensaidssociety.org

**VESID - Vocational and Educational Services for Individuals with Disabilities***
One Commerce Plaza, Room 1603
Albany, New York 12234
Phone: 518-474-1711 or 1-800-222-JOBS(5627)
Summary: VESID coordinates policy and services relating to: transition services for infants and toddlers with disabilities (ages birth to two years); special education services for students with disabilities (3-21); transition services for students with disabilities from school to adult services; vocational rehabilitation services for individuals with disabilities, ages 16 and older; and independent living services for adults with disabilities.
Insurance: Unknown
Email: vesidadm@mail.nysed.gov
Website: www.vesid.nysed.gov/

**Locations:**

Bronx
1215 Zerega Avenue
Bronx, NY 10462
(718) 931-3500
(718) 828-4003 TTY

Brooklyn
New York State Office Building
55 Hanson Place, Second Floor
Brooklyn, NY 11217-1580
Phone: (718) 722-6701 or 722-6700
TTY: (718) 722-6736
Fax: (718) 722-6714

Harlem Satellite Office -
Adam Clayton Powell Jr. State Office Building
163 West 125th Street
7th Floor - Room 713
New York, NY 10027

Manhattan
116 West 32nd Street
NY, NY 10001

Queens
59-17 Junction Blvd.
20th Floor
Corona, NY 11368
Phone: (718) 271-8315
Reception Desk
TTY: (718) 760-8835
Fax: (718) 760-9554

Staten Island Satellite Office
1139 Hylan Boulevard
Staten Island, NY 10305

**NPower***
145 W. 30th Street, 8th Floor

CALL THE NAMI-NYC METRO HELPLINE AT 212-684-3264 FOR MORE INFORMATION

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New York, NY 10001  
Phone: (212)564-7010  
Fax: (212)564-7009  
**Summary:** The Technology Service Corps (TSC) is a unique NPower initiative that enlists and trains low-income urban youth to meet the demand for skilled technology workers in the U.S. It is goal is to break the cycle of poverty and give vulnerable youths a career path. This program is not a mental health program. For ages 18-25.  
**Insurance:** FREE  
**Website:** [www.npowerny.org](http://www.npowerny.org)

**ICD-YES/Adolescent Skills Center**  
340 E. 24th Street  
New York, NY 10010  
Phone: (212)585-6000  
**MH Services:** (212)585-6248  
Fax: (212)585-6052  
**Summary:** Free vocational and educational program prepares young adults with emotional problems for the world of work. Program includes career counseling, life skills training, GED preparation and job placement. At same time—receive mental health care.  
Eligibility-16-21, live in any of the 5 boroughs and concurrently enrolled in MH treatment, residential treatment, CDT, IPRR, or other MH programs.  
Ages 16-21.  
**Insurance:** FREE  
**Website:** [www.icdnyc.org](http://www.icdnyc.org)

**Yearup.org**  
55 Exchange Place  
Suite 403  
New York, New York 10005  
Phone: (212) 785-3340  
**Summary:** Year Up’s mission is to provide urban young adults with the skills, experience, and support that will empower them to reach their potential through professional careers and higher education. This is not a mental health program. For ages: 18-24  
**Insurance:** FREE  
**Website:** [www.yearup.org](http://www.yearup.org)

**Promesa-Transitional Independent Living Program (TILP)**  
311 East 175th Street  
Bronx, NY 10457  
Phone: 718-960-7500  
Fax: 718-583-6366  
**Summary:** Promesa’s Transitional Independent Living Program (TILP) is a 1 year residential program that prepares adolescent homeless male youths between 16-20 years of age to live on their own. Services include: independent living skills training, housing assistance, educational/vocational training, social work services (short-term individual and group counseling), AIDS/health education, medical and parenting/family planning, recreational programs and related services. For ages 16-21.  
**Insurance:** Unknown  
**Website:** [www.yearup.org](http://www.yearup.org)

**Fountain House**  
425 West 47th Street  
New York, NY 10036  
Phone: (212) 582-0340  
Young Adult Program: (212) 582-0340, extension 383  
**Summary:** Fountain House is a unique self-help program where the members run and work in the clubhouse. Specialized programs include vocational placement, education classes, and young adult program for individuals 18-30.  
**Insurance:** FREE  
**Website:** [www.fountainhouse.org](http://www.fountainhouse.org)

**Advocates for Children of New York**  
151 W. 30th Street, 5th Floor  
New York, NY 10001  
Phone: (212)947-9779  
Fax:212-947-9790  
**Summary:** AFC works on behalf of children from infancy to age 21 who are at greatest risk for school-based discrimination and/or academic failure. These include children with disabilities, ethnic minorities, immigrants, homeless children, foster care children, limited English proficient children and those living in poverty.  
**Insurance:** FREE (casework)  
**Website:** [http://www.advocatesforchildren.org/](http://www.advocatesforchildren.org/)

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# Mobile Crisis Team Directory

**MOBILE CRISIS TEAMS THAT SERVE CHILDREN, ADOLESCENTS, and YOUNG ADULTS**

<table>
<thead>
<tr>
<th>TEAM</th>
<th>ADDRESS</th>
<th>HOURS OF OPERATION</th>
<th>COMMUNITY DISTRICTS (CD's) IN SERVICE AREA</th>
<th>PHONE NUMBER</th>
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<tbody>
<tr>
<td><strong>BRONX</strong></td>
<td></td>
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<tr>
<td>Bronx Lebanon Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)</td>
<td>Psychiatric E.R. 1276 Fulton Ave. Bronx, NY 10451</td>
<td>Mon.-Fri. 8 a.m.-7 p.m. Sat.-Sun. 9 a.m.-5 p.m.</td>
<td>Bronx CD's 3,5,6</td>
<td>(718) 901-8223</td>
</tr>
<tr>
<td>Jacobi Medical Center Comprehensive Psychiatric Emergency Program (CPEP)</td>
<td>1400 Pelham Parkway South Bronx, NY 10461</td>
<td>Mon.-Sat. 9:00am-7:00pm</td>
<td>Bronx CD's 9,10,11</td>
<td>(718) 918-4852</td>
</tr>
<tr>
<td>Lincoln Medical &amp; Mental Health Center</td>
<td>234 East 149th St., B77 Bronx, NY 10451</td>
<td>Mon.-Fri. 9 a.m.-5 p.m.</td>
<td>Bronx CD's 1,2,3,4,5,6</td>
<td>(718) 579-4627</td>
</tr>
<tr>
<td>Visiting Nurse Service/Homecare</td>
<td>1200 Waters Place, 3rd Fl. Bronx, NY 10461</td>
<td>Mon. - Fri. 8:30am - 4:30pm</td>
<td>Bronx CD's 7,8,9,10,11,12</td>
<td>(718) 536-3198</td>
</tr>
</tbody>
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<tr>
<td><strong>BROOKLYN</strong></td>
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<tr>
<td>Brookdale Medical Center Comprehensive Psychiatric Emergency Program (CPEP)</td>
<td>One Brookdale Plaza, Brooklyn NY 11212</td>
<td>Mon.-Fri. 9 am-9pm Sunday 9am-9pm</td>
<td>Brooklyn CD’s 5,7,8,18</td>
<td>(718) 240-6249</td>
</tr>
<tr>
<td>Coney Island Hospital *</td>
<td>2601 Ocean Parkway, Rm. 603 Brooklyn, NY 11235</td>
<td>Mon.-Fri. 8:30am-5pm</td>
<td>Brooklyn CD’s 10, 11, Part of 12, 13, 15, 18</td>
<td>(718) 616-4478</td>
</tr>
<tr>
<td>Interfaith Medical Center Mobile Crisis Team</td>
<td>1545 Atlantic Avenue Brooklyn, NY 11213</td>
<td>Mon.-Thurs. 9am-9:30pm Friday 9am-5pm Sat. and Sun. 10am-6pm</td>
<td>Brooklyn CD’s 3,5,6,7,8,9,14,16,17</td>
<td>(718) 613-6618 or (718) 613-6499</td>
</tr>
<tr>
<td>Kings County Hospital Comprehensive Psychiatric Emergency Program (CPEP)</td>
<td>606 Winthrop St. 7th floor, Room 6719 Brooklyn, NY 11203</td>
<td>Mon. - Fri. 9am - 10pm Saturday 10am - 6pm Sunday 11am - 7pm</td>
<td>Brooklyn CD’s 5,8,9,14,16,17,18</td>
<td>(718) 245-2350</td>
</tr>
<tr>
<td>Woodhull Medical and Mental Health Center</td>
<td>760 Broadway, 5th floor Brooklyn, NY 11206</td>
<td>Mon. - Fri. 8:30am - 5:30pm Sat. 8:30am - 4:30pm</td>
<td>Brooklyn CD’s 1,2,4,5,16</td>
<td>(718) 260-7725</td>
</tr>
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# Mobile Crisis Team Directory

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<tr>
<td><strong>St. Luke’s - Roosevelt Medical Center Comprehensive Psychiatric Emergency Program (CPEP)</strong></td>
<td>1111 Amsterdam Ave</td>
<td>Mon. - Fri. 8:00am - 7:00pm</td>
<td>Manhattan CD’s 4,7,9 Part of 10</td>
<td>(212) 523-6711</td>
</tr>
<tr>
<td><strong>Visiting Nurse Association to Benefit Children/FASTBREAK</strong> (children/adolescent’s only)</td>
<td>1250 Broadway, 22nd Floor</td>
<td>Mon. - Fri. 9:00am - 5:00pm</td>
<td>Manhattan CD’s 2,4,7,8</td>
<td>(347) 469-7799 24-Hour Crisis Line (212) 971-1200</td>
</tr>
<tr>
<td><strong>Bellevue Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)</strong></td>
<td>First Ave. &amp; E. 27th St. New York, NY 10016</td>
<td>Mon. - Sun. 10:00am - 6:00pm</td>
<td>Manhattan CD’s 5,6</td>
<td>(212) 562-4330</td>
</tr>
<tr>
<td><strong>Columbia Presbyterian Medical Center Comprehensive Psychiatric Emergency Program (CPEP)</strong></td>
<td>4588 Broadway New York, NY 10040</td>
<td>Mon. - Fri. 8am - 7pm Sat. - Sun. 9am - 5pm</td>
<td>Manhattan CD’s 12 (West 155th St. to 220th St. and Marble Hill)</td>
<td>(212) 342-5797</td>
</tr>
<tr>
<td><strong>Gouverneur Hospital</strong></td>
<td>227 Madison St. New York, NY 10002</td>
<td>Mon. - Fri. 9am - 5pm</td>
<td>Manhattan CD’s 1,3</td>
<td>(212) 238-7529</td>
</tr>
<tr>
<td><strong>Project H.E.L.P. Homeless Outreach Team</strong></td>
<td>227 Madison St. New York, NY 10002</td>
<td>Mon. - Fri. 9:00am - 12 Midnight Weekends/holidays 12 Noon - 8:00pm</td>
<td>Citywide Homeless</td>
<td>(212) 238-7777</td>
</tr>
<tr>
<td><strong>Harlem Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)</strong></td>
<td>506 Lenox Ave. New York, NY 10037</td>
<td>Mon. - Fri. 8am - 6pm Saturday 8am - 4pm</td>
<td>Manhattan CD’s 9,10,11 (96th St. River to River; North to 155th St.)</td>
<td>(212) 939-3016</td>
</tr>
</tbody>
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<tr>
<td><strong>QUEENS</strong></td>
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<tr>
<td>Builders for Family and Youth</td>
<td>13-29 Beach Channel Dr. Far Rockaway, NY 11691</td>
<td>Mon. - Fri. 9am - 10pm Sat. - Sun. 2:30pm - 10pm</td>
<td>Rockaway Peninsula; Broad Channel</td>
<td>Mon. -Fri. 9am-5pm (718)337-6800 Mon.-Fri. 5pm-10pm Sat. and Sun. 2:30pm-10pm (718)327-5267</td>
</tr>
<tr>
<td>Creedmoor Psychiatric Center Mobile Crisis Team</td>
<td>80-45 Winchester Blvd. Bldg. 21, Queens Village, NY 11427</td>
<td>Mon. - Sat. 12:00pm - 8:30pm</td>
<td>Queens CD’s 7,11,13</td>
<td>(718) 264-4025</td>
</tr>
<tr>
<td>Elmhurst Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)</td>
<td>79-01 Broadway Elmhurst, NY 11373</td>
<td>Mon. - Thurs. 9am - 9pm Fri. - Sat. 9am - 5pm</td>
<td>Queens CD’s 1,2,3,4,5</td>
<td>(718) 334-3443</td>
</tr>
<tr>
<td>Visiting Nurse Service</td>
<td>41-61 Kissena Blvd. Flushing, NY 11355 Do not give address out when making referrals</td>
<td>Mon. - Fri. 8:30am - 8:30pm Sat. - Sun. 9am - 5pm</td>
<td>Borough wide (except no Rockaways)</td>
<td>(718) 888-6940</td>
</tr>
<tr>
<td>Queens Hospital Center CPEP**</td>
<td>82-68 164 Street Jamaica, NY 11432</td>
<td>Mon, Tue, Wed, Fri 9:00pm-4:30pm Thurs 11:00am - 7:00pm</td>
<td>Queens CD’s 6,7,8,9,10,12, parts of 13 - Flushing, North of Union Tpk.</td>
<td>(718) 883-3522</td>
</tr>
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<td><strong>STATEN ISLAND</strong></td>
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<tr>
<td>St. Vincent’s Medical Center Comprehensive Psychiatric Emergency Program (CPEP)**</td>
<td>355 Bard Ave., Staten Island, NY 10310</td>
<td>Mon. - Fri. 8am - 8pm</td>
<td>Borough wide</td>
<td>(718) 818-6900</td>
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<td></td>
<td>75 Vanderbilt Ave., Staten Island, NY 10305</td>
<td>Saturday 11am - 5pm</td>
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<td>Sunday 10am - 6pm</td>
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<td>(718) 818-5339</td>
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<td>Line to Supervisor of CPEP</td>
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* Mobile Crisis Team is not 9.58 designated, but has services of a 9.37 designated psychiatrist who can order involuntary transport of persons to the psychiatric emergency room.

** Mobile Crisis Team is not 9.58 designated and does not have the services of a 9.37 psychiatrist.

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SITES VISITED – In Alphabetical Order

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