

NAMI-NYC Metro Transition-Age Resource List

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

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

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

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

Summary: National referral center; Ages 0-22. Disabilities, education and intervention.

Website: www.nichcy.org

NIMH-the National Institute of Mental Health

Phone: (301)443-4513 (local)

1 (866) 615-6464 (toll-free)

(301)443-8431 (TTY)

1(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

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

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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.whatadifference.samhsa.gov/index.html>

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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/youthpwr.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

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

1503-05 Walton Ave. Apt.B
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

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adolescents, adults, and the elderly

Website:

<http://www.nyc.gov/html/doh/html/dmh/dmh.shtml>

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

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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 DISORDER (ADD) AND

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-](mailto:ny-bronx@autismsocietyofamerica.org)

bronx@autismsocietyofamerica.org

Brooklyn Chapter-Autism Society of America

225 Avenue "S"
Brooklyn NY 11223-2745
Phone: (718) 336-9533
E-Mail: terryasbm@aol.com

Manhattan Chapter-Autism Society of America

370 E 76th Street #C1208
New York NY 10021-2558
Phone: (212) 628-0669
E-Mail: gdzucker@aol.com

Queens Chapter-Autism Society of America

18883 85th Road
Jamaica NY 11423-1123
Phone: (718) 464-5735
E-Mail: ny-queenscounty@autismsocietyofamerica.org

Camp Huntington

56 Bruceville Road
High Falls, NY 12440
Toll-Free Phone: (866) 514-5281-Camp Admissions
Phone: (845) 687-7840
Fax: (845) 853-1172

Summary: A co-ed, residential, seven-week camp for children and young adults with: Learning and Developmental Disabilities, Attention Deficit and Attention Deficit with Hyperactivity Disorders, Autism Spectrum Disorders, Asperger's Syndrome, Pervasive Developmental Disabilities and other special needs. For children and young adult ages 6-21.

Insurance: Does not take insurance. Tuition for full 6 weeks is 9,850.00.

Website:

<http://www.camphuntington.com/sitemap.html>

GRASP-The Global and Regional Asperger Syndrome

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Partnership

666 Broadway, Suite 830
New York, NY 10012

Phone: 1 (888)474-7277

Summary: Provides information, support, and links to local chapters and local therapists specializing in Asperger's.

Insurance: FREE

Website: www.grasp.org

Email: info@grasp.org

Local Chapters:

GRASP-Support Group - Manhattan

Community room of Allen
Markman's Housing Complex
339 West 24th Street

Email: Michael John Carley at
mjcarley@grasp.org

GRASP Asperger's Support Groups for teens-Long Island

AHANY's offices
4300 Hempstead Turnpike
Bethpage, NY
Phone: (516)470-0360

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) 675-0218

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: www.mdsg.org

Email: info@mdsg.org

East side location:

The Bernstein Pavilion of
Beth Israel Medical Center
Located on Nathan Perlmans
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>

BORDERLINE PERSONALITY DISORDER

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: Please call for
details.

Website:

<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/>

Email: csab@icpnyc.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:

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<http://www.columbia.edu/~ea12/>

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.nypppsychiatry.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://www.nypppsychiatry.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:

Website:

<http://www.nypppsychiatry.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,

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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.nyppsy psychiatry.org/>

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RESOURCES BY TOPIC

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. OYD 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

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105 East 22nd Street, 7th Floor,
NY, NY 10010

Phone: 212-673-1800

Fax: 212.979.5063

Summary: Public advocacy organization that seeks to promote the rights and interests of children.

Insurance: FREE

Email:

<http://www.cccnewyork.org/youthactionnyc.html>

The Empire State Coalition of Youth and Family Services

121 6th Avenue

New York, NY 10013-1510

Phone: 212 966-6477

Summary: The Empire State Coalition brings together agencies and individuals from throughout New York State who share ideals and who, by serving youth in the full context of their families, their cultures and their communities, increase quality services for youth.

Insurance: FREE

Website:

<http://www.EmpireStateCoalition.org>

Email:

info@EmpireStateCoalition.org

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.

Website:

<http://www.nyc.gov/html/doh/html/std/std2.shtml>

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

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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:

Website:

www.safespaceny.org/

E-mail:

twilliams@safespaceny.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: ramel@hmonline.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

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

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* 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

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

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 provide 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

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NAMI-NYC Metro Transition-Age Resource List

employed. They offer creative arts programs in dance, photography, web design, therapeutic drama workshops, culinary arts, poetry, etc. For ages 18-24.

Website:

www.childrensaidssociety.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 provide assessment, group therapy, psychiatry, psychotherapy, medication management, and neuropsychological evaluations.

Insurance:

Accepts Medicaid and Medicare

International Center for the Disabled

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

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

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,

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

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NAMI-NYC Metro Transition-Age Resource List

and supportive housing placements. For ages 16-24.

Insurance: Free

Website:

www.covenanthouseeny.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

Website:

<http://www.ci.nyc.ny.us/html/doh/html/dmh/dmh-housing.shtml>

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

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: Children's Residential Treatment Programs 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: Unknown

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

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.hispanicfamilyservice.org/silp.htm>

EMERGENCY HOUSING:

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

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NAMI-NYC Metro Transition-Age 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.covenanthouse.org

Green Chimneys

400 Doansburg 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.safespaceny.org/

E-mail:

twilliams@safespaceny.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

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

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NAMI-NYC Metro Transition-Age Resource List

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-Ottillie 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>

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: **Unknown**
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.

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. For Ages: 12-21.
Insurance: FREE
Website: 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

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

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

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NAMI-NYC Metro Transition-Age Resource List

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

LGBTQ

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

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

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

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

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>

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>

Urban Justice Center-Peter Cicchino Youth Project

123 William Street 16th Floor
New York, NY, 10038

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

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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

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

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

National Association of Social Workers Referrals

Phone: 1-800-724-6279

NYS Psychological Association

Phone: 1-800-445-0899

Email: 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

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

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NAMI-NYC Metro Transition-Age 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@धारानyc.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

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

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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

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.childrensaidsociety.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 20

* 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

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. Its 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

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

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

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

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/>

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

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NAMI-NYC Metro Transition-Age Resource List

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Mobile Crisis Team Directory-MOBILE CRISIS TEAMS THAT SEARVE CHILDREN, ADOLESCENTS, and YOUNG ADULTS

TEAM	ADDRESS	HOURS OF OPERATION	COMMUNITY DISTRICTS (CD'S) IN SERVICE AREA	PHONE NUMBER
BRONX				
Bronx Lebanon Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)	Psychiatric E.R. 1276 Fulton Ave. Bronx, NY 10451	Mon.-Fri. 8 a.m.-7 p.m. Sat.-Sun. 9 a.m.-5 p.m.	Bronx CD's 3,5,6	(718) 901-8223
Jacobi Medical Center Comprehensive Psychiatric Emergency Program (CPEP)	1400 Pelham Parkway South Bronx, NY 10461	Mon.-Sat. 9:00am- 7:00pm	Bronx CD's 9,10,11	(718) 918-4852
Lincoln Medical & Mental Health Center	234 East 149th St., B77 Bronx, NY 10451	Mon.-Fri. 9 a.m.-5 p.m.	Bronx CD's 1,2,3,4,5,6	(718)579-4627
Visiting Nurse Service/Homecare	1200 Waters Place, 3rd Fl. Bronx, NY. 10461	Mon. - Fri. 8:30am - 4:30pm	Bronx CD's 7,8,9,10,11,12	(718) 536-3198

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Mobile Crisis Team Directory-MOBILE CRISIS TEAMS THAT SEARVE CHILDREN, ADOLESCENTS, and YOUNG ADULTS

TEAM	ADDRESS	HOURS OF OPERATION	COMMUNITY DISTRICTS (CD'S) IN SERVICE AREA	PHONE NUMBER
BROOKLYN				
Brookdale Medical Center Comprehensive Psychiatric Emergency Program (CPEP)	One Brookdale Plaza, Brooklyn NY 11212	Mon.-Fri. 9 am-9pm Sunday 9am-9pm	Brooklyn CD's 5,7,8,18	(718) 240-6249
Coney Island Hospital *	2601 Ocean Parkway, Rm. 603 Brooklyn, NY 11235	Mon.-Fri. 8:30am-5pm	Brooklyn CD's 10, 11, Part of 12, 13, 15, 18	(718) 616-4478
Interfaith Medical Center Mobile Crisis Team	1545 Atlantic Avenue Brooklyn, NY 11213	Mon.-Thurs. 9am-9:30pm Friday 9am-5pm Sat. and Sun. 10am-6pm	Brooklyn CD's 3,5,6,7,8,9,14,16,17	(718) 613-6618 or (718) 613-6499
Kings County Hospital Comprehensive Psychiatric Emergency Program (CPEP)	606 Winthrop St. 7th floor, Room G719 Brooklyn, NY 11203	Mon. - Fri. 9am - 10pm Saturday 10am - 6pm Sunday 11am - 7pm	Brooklyn CD's 5,8,9,14,16,17,18	(718) 245-2350
Woodhull Medical and Mental Health Center	760 Broadway, 5th floor Brooklyn, NY 11206	Mon. - Fri. 8:30am - 5:30pm Sat. 8:30am - 4:30pm	Brooklyn CD's 1,2,4,5,16	(718) 260-7725

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Mobile Crisis Team Directory-MOBILE CRISIS TEAMS THAT SEARVE CHILDREN, ADOLESCENTS, and YOUNG ADULTS

TEAM	ADDRESS (At 113th St.) New York, NY 10001	HOURS OF OPERATION Mon. - Fri. 8:00am - 7:00pm Sat. - Sun. 10am - 7pm	COMMUNITY DISTRICTS (CD'S) IN SERVICE AREA Manhattan CD's 4, 7, 9, Part of 10 (34th-125th Sts., West of Central Park)	PHONE NUMBER (212) 523-6711
St. Luke's - Roosevelt Medical Center Comprehensive Psychiatric Emergency Program (CPEP)*	1111 Amsterdam Ave. (At 113th St.) New York, NY 10001	Mon. - Fri. 8:00am - 7:00pm Sat. - Sun. 10am - 7pm	Manhattan CD's 4, 7, 9, Part of 10 (34th-125th Sts., West of Central Park)	(212) 523-6711
MANHATTAN				
Visiting Nurse Association to Benefit Service/Homecare Children/Fastbreak (children/adolescent's only)	1250 Broadway, 1841 Park 22nd Floor Avenue New York, NY 10004 10035	Mon. - Fri. 9am - 9pm Sat. - Sun. 9am - 5pm 9am - 5pm Sunday 10am - 6pm	Manhattan CD's Manhattan CD's 2, 4, 7, 8 11 and 8	(212) 609-7799 (646) 459-6165 24-Hour Crisis Line (212) 971-1200
Bellevue Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)	First Ave. & E. 27th St. New York, NY 10016	Mon. - Sun. 10:00am - 6:00pm	Manhattan CD's 5, 6	(212) 562-4330
Columbia Presbyterian Medical Center Comprehensive Psychiatric Emergency Program (CPEP)	4588 Broadway New York, NY 10040	Mon. - Fri. 8am - 7pm Sat. - Sun. 9am - 5pm	Manhattan CD's 12 (West 155th St. to 220th St. and Marble Hill)	(212) 342-5797
Gouverneur Hospital	227 Madison St. New York, NY 10002	Mon. - Fri. 9am - 5pm	Manhattan CD's 1, 3	(212) 238-7529
Project H.E.L.P. Homeless Outreach Team	227 Madison St. New York, NY 10002	Mon - Fri. 9:00am - 12 Midnight Weekends/ holidays 12 Noon - 8:00pm	Citywide Homeless	(212) 238-7777
Harlem Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)*	506 Lenox Ave. New York, NY 10037	Mon. - Fri. 8am - 6pm Saturday 8am - 4pm	Manhattan CD's 9, 10, 11 (96th St. River to River; North to 155th St.)	(212) 939-3016

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Mobile Crisis Team Directory-MOBILE CRISIS TEAMS THAT SEARVE CHILDREN, ADOLESCENTS, and YOUNG ADULTS

TEAM	ADDRESS	HOURS OF OPERATION	COMMUNITY DISTRICTS (CD'S) IN SERVICE AREA	PHONE NUMBER
QUEENS				
Builders for Family and Youth	13-29 Beach Channel Dr. Far Rockaway, NY 11691	Mon. - Fri. 9am - 10pm Sat. - Sun. 2:30pm - 10pm	Rockaway Peninsula; Broad Channel	Mon.-Fri. 9am-5pm (718)337-6800 ----- Mon.-Fri. 5pm-10pm Sat. and Sun. 2:30pm-10pm (718)327-5267
Creedmoor Psychiatric Center Mobile Crisis Team	80-45 Winchester Blvd. Bldg. 21, Queens Village, NY 11427	Mon. - Sat. 12:00pm - 8:30pm	Queens CD's 7,11,13	(718) 264-4025
Elmhurst Hospital Center Comprehensive Psychiatric Emergency Program (CPEP)	79-01 Broadway Elmhurst, NY 11373	Mon. - Thurs. 9am - 9pm Fri. - Sat. 9am - 5pm	Queens CD's 1,2,3,4,5	(718) 334-3443
Visiting Nurse Service	41-61 Kissena Blvd. Flushing, NY 11355 75-20 Astoria Blvd., Suite 220, Jackson Heights, NY 11370 Do not give address out when making referrals	Mon. - Fri. 8:30am - 8:30pm Sat. - Sun. 9am - 5pm	Borough wide (except no Rockaways)	(718) 888-6940
Queens Hospital Center CPEP**	82-68 164 Street Jamaica, NY 11432	Mon, Tue, Wed, Fri 9:00pm-4:30pm Thurs 11:00am - 7:00pm	Queens CD's 6,7,8,9,10,12, parts of 13 - Flushing, North of Union Tpk.	(718) 883-3522

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Mobile Crisis Team Directory-MOBILE CRISIS TEAMS THAT SEARVE CHILDREN, ADOLESCENTS, and YOUNG ADULTS

TEAM	ADDRESS	HOURS OF OPERATION	COMMUNITY DISTRICTS (CD'S) IN SERVICE AREA	PHONE NUMBER
STATEN ISLAND				
St. Vincent's Medical Center Comprehensive Psychiatric Emergency Program (CPEP)**	355 Bard Ave. Staten Island, NY 10310 75 Vanderbilt Ave., Staten Island, NY 10305	Mon. - Fri. 8am - 8pm Saturday 11am - 5pm Sunday 10am - 6pm	Borough wide	(718) 818-6900 Main Number ----- (718) 818-5339 Line to Supervisor of CPEP

* 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