Mental Health Supports Resource List

NEUROPSYCHOLOGICAL EVALUATIONS

- **Child Mind Institute**
  - [Healthy Brain Network Program](#) (research based program that is cost free and comparable evaluation process)
  - Phone: (212) 308-3118
  - 445 Park Avenue (at 56th) New York, NY 10022
- **Pediatric Assessment Learning & Support**
  - Email: office@nypals.com
  - Phone: 212-481-1664
- **Brooklyn Learning Center**
  - Email: info@brooklynlearningcenter.com
  - Phone: 718-935-0400
- **Neighborhood Child Psychology**
  - Email: ehayward@neighborhoodchildpsych.com
  - Phone: 718.635.0236
- **Small Brooklyn Psychology**
  - Email: hello@smallbrooklyn.com
- **Columbia University**
  - Phone: 646-42-NEURO (646-426-3876)
  - 710 West 168th Street, New York, NY 10032-3784
- **Mount Sinai Pediatric Neuropsychology Center**
  - Phone: 212-241-4423
  - 19 E. 98th Street, 5th Floor, Suite 5D, New York, NY 10029
- **NYU Child Study Center**
  - Phone: 646-754-5000 / Email: services@aboutourkids.org
  - 1 Park Ave, New York, NY 10016
- **YAI** (Autism Diagnostic Assessments and Neuropsychological Exam)
  - Phone: 212.273.6182
  - Offices in Manhattan and the Bronx

PSYCHIATRY AND MEDICATION MANAGEMENT

- **Interactive Discovery Brooklyn**
  - Phone: (347) 335-0165, (718) 306-7755
  - 163 Prospect Park West (corner of 11th Street) Brooklyn, NY 11215
- **Milestone Psychology**
  - 28 West 25th Street, 10th floor, Manhattan
  - 646.767.6330
- **The Wonder Years**

Arts & Letters 305 United
344 Monroe Street, Brooklyn, NY 11216
MindfulCare:
- Psychiatry and Therapy; same-day or next day care for individuals 12 and up
- [https://mindful.care/](https://mindful.care/)

CHILD & ADOLESCENT THERAPY

MindfulCare:
- Psychiatry and Therapy; same-day or next day care for individuals 12 and up
- [https://mindful.care/](https://mindful.care/)

The Jewish Board for Children and Family Services
- Various Brooklyn locations
- Phone: 1.212.582.9100

The Family Center
- 493 Nostrand Avenue, 3rd Fl, Brooklyn, NY 11216
- Phone: 718-230-1379 x140

NYU Child Study Center
- Phone: 646-754-5000 / Email: services@aboutourkids.org
- 1 Park Ave, New York, NY 10016

NY Center for Children (Trauma-Focused Therapy for Children and Families)
- Phone: 212.517.3012
- 333 East 70th Street New York, NY 10021

NYU Langone Behavioral Health Services
- Phone: 718-431-2600
- 514 49th Street, Brooklyn, New York 11220

Mount Sinai Adolescent Health Center (therapeutic services for 10-21 year olds)
- Phone: 212-423-3000
- 312-320 East 94th Street

NYU Lutheran Family Center- Park Slope
- Phone: 718-630-7942
- 220 13th Street Brooklyn, NY

Community Counseling and Mediation Brooklyn
- Phone: 718-802-0666
- 810 Classon Ave, Brooklyn, NY 11238

Maimonides Child and Adolescent Outpatient Services
- Phone: (718) 283-8128
- 4802 10th Avenue Brooklyn, NY 11219

The Reeds Center (Adults and Adolescents- Anxiety/Eating Disorders ONLY)
- 7 W 36th St, 15 Fl, New York, NY
- Phone: (212) 203-9792

The Renfrew Center (Eating Disorder Treatment)
• 38 E 32nd St, New York, NY 10016
  ○ Phone: (800) 736-3739
• **Child and Family Institute**
  ○ Phone: (914) 361-5283
  ○ Office in Park Slope and Manhattan
• **New York Psychotherapy**
  ○ East New York Child and Family Mental Health Center, 2857 Linden Boulevard Brooklyn, NY 11208
  ○ Phone: (718) 235-3100
• **Brooklyn Center for Psychotherapy**
  ○ 300 Flatbush Avenue Brooklyn, NY 11217
  ○ Phone: (718) 622-2000
• **Community Healthcare Network- Crown Heights Location**
  ○ 1167 Nostrand Avenue Brooklyn, NY 11225
  ○ Phone: (718) 778-0198

**FAMILY THERAPY**

• **Ackerman Institute** (Couple and Family Therapy)
  ○ Phone: 212-879-4900, ext. 122
  ○ 936 Broadway, New York, NY 10010
• **Andrew E Roffman: Family Therapist from NYU**
  ○ Phone: 646-754-5000

**SUPPORT FOR LGBTQ+ YOUTH AND THEIR FAMILIES**

• **Ackerman Gender & Family Project**
  ○ Empowers youth, families and communities by providing gender affirmative services, training and research. GFP promotes gender inclusivity as a form of social justice in all the systems involved in the life of the family.
  ○ Phone: 212-879-4900, ext. 122
  ○ 936 Broadway, New York, NY 10010
• **The Counseling Center at The Door**
  ○ Phone: 212-941-9090, ext. 3452
  ○ 555 Broome Street on the corner of Broome and Avenue of the Americas (6th Avenue)
• **Behavioral Health at Callen Lorde**
  ○ Phone: 212.271.7200

**PSYCHIATRY/MEDICATION MANAGEMENT FOR CHILDREN/adoleSCENTS**
• **Linden Health Family Psychiatry**
  ○ Park Slope
  ○ Phone: (646) 481-8116
  ○ Email: doclipira@linden.sprucecare.com

• **Brooklyn Mindfulness**
  ○ 26 Court Street, Suite 901, Brooklyn, NY
  ○ Phone: 718-223-5797

• **The Wonder Years**
  ○ 26 Court Street, Ste 816, Brooklyn, NY 11242
  ○ Phone: (347) 987 4233
  ○ Email: info@wonderyearsny.com

**SOCIAL SKILL GROUPS FOR CHILDREN:**

• **Interactive Discovery Brooklyn**
  ○ Phone: (347) 335-0165, (718) 306-7755
  ○ 163 Prospect Park West (corner of 11th Street) Brooklyn, NY 11215

• **Social City**
  ○ 185 Court Street, Cobble Hill (Brooklyn)

**ART THERAPY:**

• **NY Creative Arts Therapists**
  ○ Phone: 917.293.4642
  ○ 190 NORTH 10th STREET, SUITE 301, WILLIAMSBURG, BROOKLYN

**NY HOSPITALS WITH PSYCHIATRIC EMERGENCY ROOMS:**

• **Kings County Hospital Psychiatric ER (Brooklyn)**
  ○ Phone: 718- 245-2310

• **Coney Island Hospital ER (Brooklyn)**
  ○ Phone: 718-616-5373

• **Mount Sinai - Manhattan** Psychiatric ER (Upper East Side)
  ○ Madison Avenue and 101st Street New York, NY 10029
  ○ 212-659-8752

• **Bellevue - Manhattan** (Child, Adolescent and Adult Psychiatric ER) (Mid-Town East)
  ○ 462 1st Ave, New York, NY 1001
  ○ Phone: 212-562-4141

• **NYU Langone Adult Psychiatric ER (Mid-Town East)**
  ○ Phone: 212-263-7419

• **New York Presbyterian/Weill Cornell psychiatric ER (Upper East side)**
● Phone: 212-746-5026
● **Maimonides Hospital - Brooklyn**
  ● Phone: 4802 Tenth Avenue Brooklyn, NY 11219
● Metropolitan Hospital (Upper East Side)
  ● Phone: 212-423-6466
● Mindful Care - Same Day Psychiatric Urgent Care
  ○ New York (Manhattan and Brooklyn included) and New Jersey Locations
  ○ Phone: 516-517-0661, Website: https://mindful.care

**GRIEF/LOSS SUPPORT**
● **NYC Center for Bereavement**
● **Life and Loss Mental Health Counseling**
● **COPE Foundation** (including ongoing support groups for children, adolescents and adults as well as grief-focussed meditation practices)
● **Brooklyn Bereavement**

**HOTLINES/TEXT SUPPORT SERVICES**
● Crisis Text Hotline (reach out for ANY kind of crisis)
  ○ Text SHARE to 741741
● National Suicide Prevention Lifeline
  ○ Phone: 1-800-273-8255
● **NYC WELL** (mental health and wellness hotline)
  ○ Text “Well” to 65173 or call 1-800-NYC-WELL
  ○ You can also request a mobile crisis team from NYC WELL
● **Black and African Americans Suicide Prevention Resource Center**
  ○ 1-800-273-TALK (8255)
● **The Trevor Project** (Free, 24/7, Call/Chat/Text, For lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under 25)
  ○ Phone: 1-866-488-7386 or Text START to 678-678
● **Asian LifeNet Hotline** (Cantonese, Mandarin, Japanese, Korean or Fujianese)
  ○ Phone: 1-877-990-8585
● **Veterans Crisis Line** (Free, 24/7, Call/Chat/Text)
  ○ Phone: 1-800-273-8255 (Veterans, press 1)
● **Substance Abuse and Mental Health Services Administration (SAMHSA)**
  ○ Phone: 1-800-622-HELP (4357)
● **National Alliance on Mental Illness (NAMI) Helpline & Resources**
  ○ Phone: 1-800-950 NAMI (6264)

**MOBILE CRISIS - HOME INTERVENTION**
● **NYC Mobile Crisis Teams**
  ○ Phone: 1-888-NYC-WELL (692-9355)
MENTAL HEALTH FOR ALL SITE (NYC RESOURCES)

- [https://mentalhealthforall.nyc.gov/](https://mentalhealthforall.nyc.gov/)