



## 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](mailto: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](mailto: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](#)



- 26 Court Street, Ste 816, Brooklyn, NY 11242
- Phone: (347) 987 4233
- Email: [info@wonderyearsny.com](mailto:info@wonderyearsny.com)
- [MindfulCare:](#)
  - Psychiatry and Therapy; same-day or next day care for individuals 12 and up
  - <https://mindful.care/>

## CHILD & ADOLESCENT THERAPY

- [MindfulCare:](#)
  - Psychiatry and Therapy; same-day or next day care for individuals 12 and up
  - <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](mailto: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](mailto: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](mailto: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/>