

# Supportive Resources for 3<sup>rd</sup> and 4<sup>th</sup> Year Students

## For 24/7 Support, Referral, and Crisis Intervention Services:

Health Advocate Student Assistance Program: 1-855-384-1800 or <https://members.healthadvocate.com>

The Shrink Space: <https://theshrinkspace.com>

(search for private practitioners by location, specialty, availability, cost, insurance, treatment modality, etc.)

You may contact the TouroCOM Mental Health Counselor for assistance with your search.

National Suicide Prevention: 1-800-273-TALK

National Sexual Assault Hotline: 1-800-656-4673

National Domestic Violence Hotline: 1-800-799-SAFE

*Please be advised that TouroCOM has no relationship with the following listed providers. This list is offered for informational purposes only.*

<b>Substance Abuse and Mental Health Services Administration (SAMHSA)</b>	National Helpline, free, confidential, 24/7 to provide referral and information for individuals with mental and/or substance use disorders	1-800-662-HELP (4357)	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
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## NEW YORK

Vibrant Emotional Health (formerly Mental Health Association of NYC)	MH info and resources in NYC, and 24/7 crisis and intervention services	212-254-0333	<a href="https://www.vibrant.org/">https://www.vibrant.org/</a>
NYC Well	Free and confidential mental health support 24/7/365. Speak to a counselor via phone, text, or online chat and get access to mental health and substance misuse services.	1-888-NYC-WELL Text "WELL" to 65173	<a href="https://nycwell.cityofnewyork.us/en/">https://nycwell.cityofnewyork.us/en/</a>
The Health Information Tool for Empowerment (HITE)	Online resource directory connecting New Yorkers with free	<a href="http://www.hitesite.org/">http://www.hitesite.org/</a>	

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	and low-cost health and social services	
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### Brooklyn

Park Slope Center for Mental Health	Short and long term therapy for individuals and couples. Group therapy offered.	718-788-2461 → 718-788-5101 →	348 13th Street Suite 203, Brooklyn NY 11215 257A 15th Street Suite 103, Brooklyn NY 11215 <a href="http://www.parkslopecenter.org/">http://www.parkslopecenter.org/</a>
Brooklyn Center for Psychotherapy & New Directions	Mental health and substance abuse services. Individual, group therapy, family therapy, and medication management.	718-622-2000 → 718-398-0800 →	300 Flatbush Ave, Brooklyn, NY 11217 500 Atlantic Ave, Brooklyn, NY 11217 <a href="https://newdirectionsbrooklyn.com/">https://newdirectionsbrooklyn.com/</a>
Puerto Rican Family Institute	Individual and group psychotherapy, marital and family counseling, medication management and psychiatric evaluations, crisis intervention, and case management.	718-596-1320 → 718-387-5200 → 718-963-4430 →	175 Remsen St # 1101, Brooklyn, NY 11201 358 Grove St #1, Brooklyn, NY 11237 28 Debevoise St, Brooklyn, NY 11206 <a href="http://www.prfi.org/">http://www.prfi.org/</a>
SUNY Downstate Medical Center	Outpatient, inpatient consultation liaison, emergency and ambulatory psychiatric, and substance abuse services.	718-270-1000	450 Clarkson Avenue, Brooklyn, NY 11203 <a href="http://www.downstate.edu/">http://www.downstate.edu/</a>

### Long Island

LIU Psychological Services Center (CW Post Campus)	Psychological assessments, adult, child, family, marital, and group therapy.	516-299-3211	720 Northern Blvd, Lodge A, Brookville, NY 11548 <a href="http://liu.edu/CWPost/Academics/College-of-Liberal-Arts-and-Sciences/Doctor-of-Psychology/Psychological-Services-Center">http://liu.edu/CWPost/Academics/College-of-Liberal-Arts-and-Sciences/Doctor-of-Psychology/Psychological-Services-Center</a>
The Psychological Evaluation Research and Counseling Clinic at Hofstra University	Psychological services to individuals who are having behavioral, emotional, learning and adjustment problems.	516-463-5660	Joan and Arnold Saltzman Community Services Center <a href="https://www.hofstra.edu/community/slzctr/slzctr_psych.html">https://www.hofstra.edu/community/slzctr/slzctr_psych.html</a>
Adelphi University Center for Psychological Services (LI)	Individual, couple, and group therapy to members of the community.	516-877-4820	1 South Avenue, Garden City, NY 11530 <a href="http://derner.adelphi.edu/experiential-learning/services-for-the-community/center-for-psychological-services/">http://derner.adelphi.edu/experiential-learning/services-for-the-community/center-for-psychological-services/</a>

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Association for Mental Health & Wellness	MH info and resources in Suffolk County	631-226-3900	939 Johnson Avenue, Ronkonkoma, NY <a href="http://mhaw.org/">http://mhaw.org/</a>
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### **Staten Island**

Staten Island University Hospital – Northwell Health Behavioral Health Services	Outpatient and inpatient mental health services.	718-470-8100	<a href="https://www.northwell.edu/behavioral-health">https://www.northwell.edu/behavioral-health</a> Zucker Hillside Hospital: 75-59 263rd Street, Glen Oaks, NY 11004
<a href="https://www.psychologytoday.com/us/therapists/video-counseling/ny/staten-island?sid=1525802582.0428_9672">https://www.psychologytoday.com/us/therapists/video-counseling/ny/staten-island?sid=1525802582.0428_9672</a>		Therapists in Staten Island who provide online therapy, skype, and teletherapy	

### **Manhattan**

Institute for Contemporary Psychotherapy - ICP	Individual and group psychotherapy, and psychoanalysis in addition to more specialized treatment services.	212-333-3444	1841 Broadway, New York, NY <a href="http://icpnyc.org/">http://icpnyc.org/</a>
New York Psychoanalytic Society & Institute	Psychoanalysis and psychotherapy	212-879-0196	247 East 82nd Street <a href="https://nypsi.org/">https://nypsi.org/</a>
Additional programs in Manhattan from the TouroCOM Counseling & Wellness site:	<a href="http://tourocom.touro.edu/counseling--wellness/off-campus-resources/">http://tourocom.touro.edu/counseling--wellness/off-campus-resources/</a>		

### **Queens**

Queens College Psychological Center	Affordable psychological treatment for children, adolescents and adults.	718-570-0500	65-30 Kissena Boulevard, Flushing, NY 11367 <a href="https://qcpages.qc.cuny.edu/Psychology/QCPC/index.html">https://qcpages.qc.cuny.edu/Psychology/QCPC/index.html</a>
St. John's University Center for Psychological Services	Individual, family, marital and group treatment, and psychological testing.	718-990-1900	152-11 Union Turnpike, Flushing, NY 11367

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			<a href="https://www.stjohns.edu/academics/schools-and-colleges/st-johns-college-liberal-arts-and-sciences/center-psychological-services">https://www.stjohns.edu/academics/schools-and-colleges/st-johns-college-liberal-arts-and-sciences/center-psychological-services</a>
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### **Orange County, NY (Middletown, Newburgh)**

ACCESS: Mobile Mental Health Team	Can respond to an urgent issue at your home or anywhere in the community at no cost to you 24/7	1-888-750-2266	<a href="http://accessupports.org/behavioral-health">http://accessupports.org/behavioral-health</a>
Orange County Department of Mental Health	Outpatient individual and group therapy	845 -291-2600	30 Harriman Drive, Goshen, NY 10924 <a href="https://www.orangecountygov.com/616/Mental-Health">https://www.orangecountygov.com/616/Mental-Health</a>
Alcoholism and Drug Abuse Council (ADAC)	Substance abuse referrals for treatment 24/7	1-844-984-HOPE (4673)	<a href="http://www.adacinfo.com/">http://www.adacinfo.com/</a>

### **Poughkeepsie, NY (for students at Vassar Brothers and Sharon Hospital)**

Hudson Valley Mental Health	Outpatient individual and group therapy	845-486-2703 (Ask for the location nearest you)	<a href="https://hvmh.org/locations">https://hvmh.org/locations</a> -Eastern Dutchess Mental Health Clinic 7 Market Street, Dover Plains, NY 12522 -Millbrook Mental Health Clinic 131 Country House Road Millbrook, NY 12545 -Poughkeepsie Mental Health Clinic 230 North Road Poughkeepsie, NY 12601
Lexington Center for Recovery	Multi-service clinic for anyone in the community affected by alcohol and/or drug abuse. Services include: comprehensive assessments; individual sessions; weekly group sessions; and psychiatric services as needed.	845-486-8880 → 845-486-2950 → 845-444-2333 →	<a href="http://www.lexingtonctr.org/">http://www.lexingtonctr.org/</a> -MAIN STREET CLINIC 412 Main Street- Poughkeepsie, NY -NY PAGE PARK CLINIC 41 Page Park Drive-Poughkeepsie, NY -Satellite Clinic: Dover Plains

### **Syracuse, NY**

Onondaga County Mental Health Services	Outpatient individual and group therapy	315-435-3355	421 Montgomery Street Syracuse, NY 13202 <a href="http://www.ongov.net/ocdmh/">http://www.ongov.net/ocdmh/</a>
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## NEW JERSEY

Fairleigh Dickinson Center for Psychological Services	Individual, family, and group therapy.	201-692-2645	131 Temple Avenue, Hackensack, NJ 07601 <a href="http://view2.fdu.edu/metropolitan-campus/center-for-psychological-services/">http://view2.fdu.edu/metropolitan-campus/center-for-psychological-services/</a>
New Jersey Mental Health Cares	Behavioral health information and referral service. Free, confidential, 24/7 hotline.	1-866-202-HELP (4357)	<a href="http://www.njmentalhealthcares.org/">http://www.njmentalhealthcares.org/</a>
Mental Health Association in New Jersey	Mental Health information and resources in New Jersey.	201-653-4700 → 973-509-9777 →	Various locations as follows: -Hudson County, NJ -Essex County, NJ <a href="https://www.mhanj.org">https://www.mhanj.org</a>
<a href="https://www.psychologytoday.com/us/therapists/video-counseling/new-jersey">https://www.psychologytoday.com/us/therapists/video-counseling/new-jersey</a>	Therapists in New Jersey who provide online therapy, skype, and teletherapy.	-----	-----
NJ Hopeline	Website provides counseling resources and suicide prevention for New Jersey.	1-855-NJ-Hopeline (654-6735)	<a href="http://www.njhopeline.com">www.njhopeline.com</a>
NJ Connect for Recovery Call Line	Free, confidential call line focused on helping individuals and families cope with substance use disorders.	1-855-652-3737	<a href="https://www.njconnectforrecovery.org/">https://www.njconnectforrecovery.org/</a>