



Mental Health and Substance Abuse Resources

CGST Wellness Coordinator:

Erica Weissman - J.D., Psy.D.



**In the event of an on-campus
mental health emergency, notify Campus Security:**

From an internal Touro phone:

**TOURO-911
(86876-911)**

From an outside line or your cell phone:

**1-88-TOURO-911
(1-88-86876-911)**

In the event of an off-campus mental health emergency, call 911 or go to your nearest hospital emergency room

Information about Mental Health and Substance Abuse Issues

- New York State Office of Mental Health
- JED Foundation Mental Health Resource Center (for young adults)
- Vibrant Emotional Health (formerly Mental Health Association of NYC)
- U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) Mental Health Information Center

Helplines/Hotlines (free, confidential, 24/7)

- National Suicide Prevention Lifeline: 1-800-273-8255
- NYCWell: 1-800-NYC-WELL (1-800-692-9355)
- Nassau County Department of Mental Health: 1-516-227-TALK (516-227-8255)
- Response Crisis Center of Suffolk County: 1-631-751-7511
- OASAS Helpline (NYS Office of Alcohol and Substance Abuse Services): 1-877-8-HOPENY (877-846-7369)
- SAMHSA National Helpline: 1-800-662-HELP (1-800-662-4357)
- Veterans Crisis Line: 1-800-273-TALK (8255)

Sexual Assault and Domestic Violence Resources

- NYC Alliance Against Sexual Assault
- NYC Domestic Violence Hotline: 1-800-621-HOPE (1-800-621-4673)
- New York State Domestic Violence Hotline: 1-800-942-6906 (English); 1-800-942-6908 (Spanish)
- National Domestic Violence Hotline: 1-800-799-SAFE
- SAVI – Mount Sinai Hospital Sexual Assault and Violence Intervention Program: 1 Gustave Levy Place, New York, NY; 212-423-2140

Help Finding Substance Abuse Treatment

- OASAS (NYS Office of Substance Abuse Services)
- SAMHSA Behavioral Health Treatment Services Locator

HEALTH ADVOCATE STUDENT ASSISTANCE PROGRAM

The Health Advocate Student Assistance Program offers free, confidential services to students at all Touro-NY schools, including

- 24/7 telephone access to Licensed Professional Counselors
- Up to three phone or in-person sessions per issue with a Licensed Professional Counselor
- Referrals for long-term or specialized counseling
- Telephone assistance with a variety of school/life issues

Phone: 855-384-1800

Website: HealthAdvocate.com/members [MAKE THIS A HYPERLINK]

This service is provided by Health Advocate, Inc. by agreement with Touro College.

COMMUNITY PROVIDERS

Listed below are some not-for-profit clinics and agencies offering low-cost psychotherapy in NYC and on Long Island. In addition, many public and private hospitals offer low-cost outpatient mental health and substance abuse services.

Please be advised that Touro College has no relationship with these providers.

This list is offered for informational purposes only and does not imply an endorsement of the providers' services. Touro College makes no representations regarding the accuracy or completeness of the content on the providers' websites.

Manhattan:

Blanton-Peale Institute and Counseling Center

7 West 30th Street
New York, NY 10001
212-725-7850
<http://blantonpeale.org/>

City College Psychological Center

North Academic Center, 8th Floor
160 Convent Avenue
New York, NY 10031
212-650-6602
<https://www.ccny.cuny.edu/psychology/psychological-center>

The Dean Hope Center at Teachers College, Columbia University

525 West 120th Street
New York, NY 10027
212-678-3262
<https://www.tc.columbia.edu/deanhope/>

The Fifth Avenue Counseling Center

5 East 17th Street
New York, NY 10003
212-989-2990
<http://www.tfacc.org/>

Henry Street Settlement Outpatient Mental Health Services

40 Montgomery Street
New York, NY 10002
212-233-5032
<https://www.henrystreet.org/programs/primary-behaviorial-health/mental-health-services/out-patient-mental-health-services/>

The Hudson Guild – Paula Balsler Clinic

441 West 26th Street
New York, NY 10001
212-760-9800, x6
<https://hudsonguild.org/programs/mental-health-services/>

The Institute for Contemporary Psychotherapy:

1841 Broadway
New York, NY 10023
212-333-3444
<http://icpnyc.org/>

The Jewish Board: Manhattan locations

1-844-ONE CALL (1-844-663-2255) for all locations
<https://jewishboard.org/>

Dr. Eugene D. Glynn Manhattan North Counseling Center

5030 Broadway
New York, NY 10034

Greenberg Manhattan West Counseling Center (accepts clients up to age 26)

135 West 50th Street
New York, NY 10020

**Gay, Lesbian, Bisexual, Transgender,
and Questioning Counseling Center (accepts clients up to age 26)**

135 West 50th Street
New York, NY 10020

The Karen Horney Clinic
329 East 62nd Street
New York, NY 10065
212-838-4333

<http://www.karenhorneyclinic.org/>

The Thomas J. McShane Center for Psychological Services

Pace University
156 William Street
New York, NY 10038
212-346-1730

<https://www.pace.edu/dyson/centers/thomas-mcshane-center-for-psychological-services/about>

The Treatment Center at the New York Psychoanalytic Society & Institute

247 East 82nd Street
New York, NY 10028
212-879-0196

<https://nypsi.org/find-treatment/>

NIP Treatment Center – the National Institute for the Psychotherapies

250 West 57th Street
New York, NY 10107
212-582-1566

<https://niptherapy.org/>

The Center: The Lesbian, Gay, Bisexual & Transgender Community Center

208 West 13th Street
New York, NY 10011
212-620-7310

<https://gaycenter.org/>

The William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology

20 West 74th Street
New York, NY 10023
212-873-0725

<http://www.wawhite.org/index.php?page=clinical-services>

Brooklyn:

The Jewish Board: Brooklyn locations

1-844-ONE CALL (1-844-663-2255) for all locations

<https://jewishboard.org/>

Bay Ridge Counseling Center

9201 Fourth Avenue
Brooklyn, NY 11209

Boro Park Counseling Center

1273 53rd Street
Brooklyn, NY 11219

Coney Island Counseling Center

2928 West 36th Street
Brooklyn, NY 11224

Seymour Askin Counseling Center

2020 Coney Island Avenue
Brooklyn, NY 11223

Queens:

St. John's University Center for Psychological Services

Seton Complex
152-11 Union Turnpike
Flushing, NY 11367
718-990-1900

<https://www.stjohns.edu/resources/places/center-psychological-services>

Queens College Psychological Center

Queens Hall
65-21 Main Street
Flushing, NY 11367
718-570-0500

<https://www.qc.cuny.edu/Academics/Degrees/DMNS/Psychology/PsychologicalCenter/Pages/Appointments.aspx>

The Jewish Board: Rego Park Counseling Center

97-77 Queens Boulevard
Rego Park, NY 11374
1-844-ONE CALL (1-844-663-2255)
<https://jewishboard.org/>

Bronx:

The Jewish Board: Bronx locations

1-844-ONE CALL (1-844-663-2255) for all locations
<https://jewishboard.org/>

Grand Concourse Counseling Center

2498 Grand Concourse
Bronx, NY 10458

The Jewish Board – Harry Blumenfeld Counseling Center

740 Astor Avenue
Bronx, NY 10467

The Jewish Board – J.W. Beatman Counseling Center

521 West 239th Street
Bronx, NY 10463

Max and Celia Parnes Family Psychological and Psychoeducational Services Clinic

Ferkauf Graduate School of Psychology, Yeshiva University

1165 Morris Park Avenue
Bronx, NY 10461
718-430-3852

<https://www.yu.edu/ferkauf/parnes-clinic>

Postgraduate Center for Mental Health – Bronx Adult and Child Clinic

1775 Grand Concourse
Bronx, NY 10453
212-665-1860

<https://www.pgmh.org/outpatient/?rq=adult%20psychotherapy>

Staten Island:

The Jewish Board: Morris L. Black Counseling Center Satellite Clinic

1466 Manor Road
Staten Island, NY 10314
1-844-ONE CALL (1-844-663-2255)
<https://jewishboard.org/>

Long Island:

Adelphi University Center for Psychological Services

One South Avenue
Garden City, NY 11530
516-877-4820

<https://derner.adelphi.edu/experiential-learning/services-for-the-community/center-for-psychological-services/>

Hofstra University Salzman Community Services Center

131 Hofstra University
Hempstead, NY 11549
516-463-3535

LIU Post Psychological Services Center

720 Northern Boulevard
Brookville, NY 11546
516-299-3211

<http://liu.edu/CWPost/Academics/College-of-Liberal-Arts-and-Sciences/Doctor-of-Psychology/Psychological-Services-Center>

**For more information and additional resources,
please contact either your school's Wellness Coordinator
or the Director of Student Mental Health Services for Touro-NY:**

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New York, NY 10001
646-565-6115
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