

ALCOHOLICS ANONYMOUS

A. Immanuel Lutheran Church

1296 Lexington Ave, New York, NY 10128
Basement—enter through red door on Lexington Avenue between 87th and 88th Streets
Sun: 8 am, 7pm / **Mon-Fri:** 7:15 am / **Wed:** 7:30 pm (beginners meeting) / **Thurs:** 8 pm / **Fri:** 6:15 pm (women's meeting) / **Sat:** 8 am

B. Grupo Nueva Vida—Spanish speaking meetings

2126 2nd Ave (1st Floor), New York, NY 10029
Sun: 5 pm / **Tues, Thurs-Sat:** 8 pm / **Wed:** 8 pm (beginners meeting)

MOOD DISORDERS SUPPORT GROUP NY

Group categories: Newcomers, unipolar, bipolar, family & friends, 20-something group (all offered at both locations) / Suggested \$5 donation per meeting or \$45 annual membership

C. East Side Group

Bernstein Pavilion of Beth Israel Medical Center
1 Nathan D Perlman Pl, New York, NY 10003 / all groups on Fridays at 7:30 pm

D. West Side Group

411 W 114th St (6th Floor), New York, NY 10025 / all groups on Wednesdays at 7:30 pm

NAMI-NYC METRO SUPPORT GROUPS

Group categories: Bipolar disorder support group, Expressive arts workshop, Find your funny and you'll find you're funny, Games people play social group, Hearing voices support group, Individuals with OCD support group, Job talk support group, Media and advocacy discussion group, Movie club, Music support group, NAMI connection support group, Pet therapy support group, Poetry workshop, Writing group, Young adult support group, and more!

E. 505 Eighth Ave (at 35th St), Suite 1103, New York, NY 10018 / call (212) 684-3264 for times

SUPPORT GROUPS

Life-Net

1-800-LIFENET (1-800-543-3373)
1-800-AYUDESE (1-800-298-3373)
1-877-990-8585 (Korean/Chinese)

National Suicide Prevention Lifeline
1-800-273-3638

The Samaritans 24-Hour Crisis Hotline
212-673-3000

HOTLINES



★ EAST HARLEM HEALTH OUTREACH PARTNERSHIP (EHHOP)

17 E 102nd St (7th Floor), New York, NY 10029 / (877) 372-4161

LAST UPDATED 7/29/2015

MENTAL HEALTH RESOURCES

NEAR EAST HARLEM

OUTPATIENT MENTAL HEALTH CLINICS

1. SINAI ADULT PSYCHIATRY OPD

20 E 106th St (9th floor), New York, NY 10029
(212) 241-2201 • Adult (18-60) • limited Spanish capacity
Offers individual and group therapy; medication management
Accepts Medicaid, Medicare, Healthfirst; sliding scale for uninsured

2. BELLEVUE HOSPITAL CLINIC

462 1st Ave (Building B, Room 1027), New York, NY 10016
(212) 562-8856 • Adult (18+)
Spanish and Chinese services available
Offers individual therapy and medication management; specialty treatment programs (intensive personality disorder program, geriatric-psychiatry clinic)
Accepts Medicaid, Medicare, most managed care plans; sliding scale for uninsured

3. BOWEN COMMUNITY HEALTH CENTER

1727 Amsterdam Ave, New York, NY 10031
(212) 694-9200 • Adults (18-60) • Spanish services available
Offers individual, family, and group therapy; medication management
Accepts Medicaid, Medicare, Child Health Plus, Family Health Plus, most managed care plans; sliding scale for uninsured



4. INSTITUTE FOR FAMILY HEALTH: CENTER FOR COUNSELING AT ASC

64 W 35th St, New York, NY 10001
(646) 741-9100 • Adults (18+) • Spanish services available
Offers individual, family, and group therapy; medication management
Groups for health and wellness, anger management
Accepts Medicaid, Medicare, Child Health Plus, Family Health Plus; sliding scale for uninsured

5. INSTITUTE FOR FAMILY HEALTH: FAMILY HEALTH CENTER OF HARLEM

1824 Madison Ave, New York, NY 10035
(212) 423-4500 • Ages 5+ • Spanish services available
Offers individual, family, couples, and group therapy; medication management; Groups for anger management, depression, anxiety, grief and bereavement, maintaining sobriety, wellness self-management, social skills for children, and trauma
Accepts Medicaid, Medicare, HMOs, Child Health Plus, Family Health plus, most private insurances; sliding scale for uninsured

6. INSTITUTE FOR FAMILY HEALTH: SIDNEY HILLMAN/PHILLIPS FAMILY PRACTICE

16 E 16th St (3rd Floor), New York, NY 10003
(212) 206-5200 • Ages 16+ • Spanish services available
Offers individual and family therapy, psychiatry and psychiatric medication
Accepts Medicaid, Medicare, Child Health Plus, Family Health Plus; sliding scale for uninsured

7. HARLEM HOSPITAL: ADULT OUTPATIENT CLINIC

16 W 137th St, New York, NY 10037
(212) 939-8491 • Adults (18+) • Spanish services available
Offers individual therapy and medication management
Accepts Medicaid, Medicare, Family Health Plus; sliding scale for uninsured

8. LENOX HILL OUTPATIENT CENTER FOR MENTAL HEALTH

210 E 64th St (4th Floor), New York, NY 10065
(212) 434-3365 • Ages 4+ • Spanish services available
Offers individual, family, group, and couples therapy; medication management; Specialty programs for anxiety and learning disorders; Groups for anxiety and stress management, Latina women psychotherapy group
Accepts Medicaid, Medicare, most managed care; sliding scale for uninsured

9. METROPOLITAN CENTER FOR MENTAL HEALTH: WASHINGTON HEIGHTS CLINIC

1090 St. Nicholas Ave, New York, NY 10032
(212) 543-0777 • Ages 4+ • Spanish services available
Offers individual, family, couples and group therapy; medication management; parent counseling; psychological testing; substance abuse
Specialized Hispanic family service: (212) 864-7000
Accepts Medicaid, Medicare, Child Health Plus; sliding scale for uninsured

10. METROPOLITAN CENTER FOR MENTAL HEALTH: UPPER WEST SIDE CLINIC

160 W 86th St, New York, NY 10024
(212) 362-8755 • Ages 5+
Offers individual, family, couples, and group therapy; medication management; specialized programs for Latino individuals
Accepts Medicaid, Medicare, Child Health Plus, certain Medicaid managed care plans; sliding scale for uninsured

11. METROPOLITAN HOSPITAL CENTER

1900 2nd Ave (1st Floor), New York, NY 10029
(212) 423-6645 • Adults (18+) • Spanish services available
Offers individual and group therapy; medication management
Groups for complicated bereavement (survivors of suicide, homicide, disasters, or any unpredictable event), women suffering from depression secondary to medical illness, and postpartum depression
Accepts Medicaid, Medicare, Family Health Plus, all managed care plans; sliding scale for uninsured

12. NORTHSIDE CENTER

35 E 110th St, New York, NY 10030
(212) 426-3400 • Ages 3-65 • Spanish services available
Offers individual, family, and group therapy
Accepts Medicaid, Child Health Plus, Family Health Plus, managed care plans; sliding scale for uninsured

13. PUERTO RICAN FAMILY INSTITUTE

145 W 15th St, New York, NY 10011
(212) 229-6905 • Ages 5-65 • Spanish services available
Offers individual, family, couples, and group therapy; psychopharmacology; psychiatric evaluations
Accepts Medicaid, Medicare, Child Health Plus, Family Health Plus, most insurances; sliding scale for uninsured