

MENTAL HEALTH AWARENESS TRAINING

RESOURCE GUIDE

HARLEM, NYC

2020

This resource guide was created using multiple resources including:
Healthify;
The East Harlem Community Resource Guide; NYC.gov; The New York
Public Library Connections 2020 Resource Guide; and input from CASES
staff.

This guide was originally finalized prior to the COVID-19 epidemic; as such,
an additional section for telehealth services was added. Listed information
may change with ongoing declarations from departments of health and city
officials.

Table of Contents

Electronic Resources and Hotlines: NYC + National.....4

Mental Health Outpatient Programs.....5

Mental Health Outpatient Program, Children and Youth.....6

Substance Use Programs.....7

Detox Facilities7

Support Groups8

Hospitals.....8

PCP Health9

Veteran’s Services.....9

Telehealth / Virtual / Phone App Mental health, sleep, Talk Therapy Services & Resources.....9

Electronic Resources and Hotlines: NYC + National

NYC Well / NYC THRIVE - se habla español

Talk: 1-888-NYCWELL (1-888-692-9355) // Text: WELL to 65173

Chat: nyc.gov/nycwell

National Suicide Prevention Lifelines- se habla español

1-800-273-8255

Nacional de prevencion del suicidio: 1-888-628-9454

Option for Deaf + Hard of Hearing: 1-800-799-4489

Veteran's Crisis Hotline:

1-800-273-8255 x 1

NYC Domestic Violence Hotline:

1-800-621-4673

1-800-942-6906

NYS Office of Alcoholism and Substance Use HOPEline:

1-877-8-HOPENY

Trevor Project:

Call: 1-866-488-7386 // Text: Trevor to 1-202-304-1200

GLBT National Help Center:

1-888-843-4564

Youth Talk: 1-800-246-7743

The Gay and Lesbian Switchboard of New York

212-989-0999

The Nathaniel Clinic: 2090 Adam Clayton Powell, Jr. Blvd, 4th Floor, New York, NY 10027
(212) 553-6708

www.nathanielclinic.org

SAGE LGBT Elder Hotline

1-888-234-SAGE
Email: safe@GLBThotline.org

Trans Lifeline

1-877-565-8860

Mental Health Outpatient Programs

CASES Nathaniel Clinic—Central Harlem

2090 Adam Clayton Powell, Jr. Boulevard at 125th Street
4th Floor New York, NY 10027
212-553-6708
To make a referral, visit <http://www.nathanielclinic.org/>
[Ages 14+](#)
Tele-health services offered

The Institute for Family Health—Central Harlem

1824 Madison Avenue, NY, NY 10035
212-423-4500 or 844-434-2778
<https://institute.org/>
Tele-health services offered

Jewish Board of Family and Children’s Services

135 West 50th Street, NY, NY 10020
212-582-9100
<https://jewishboard.org/>
Tele-health services offered

Samaritan Daytop Village—Central Harlem - se habla español

2090 Adam Clayton Powell, Jr. Boulevard at 125th Street
7th Floor
New York NY, 10027
www.samaritanvillage.org
Tele-health services offered

**Emma L. Bowen Community Service Center // Upper Manhattan
Mental Health Center—West Harlem- se habla español**

1727 Amsterdam Avenue
The Nathaniel Clinic: 2090 Adam Clayton Powell, Jr. Blvd, 4th Floor, New York, NY 10027
(212) 553-6708
www.nathanielclinic.org

New York, NY 10031
[\(212\) 694-9200](tel:2126949200)
info@bowencsc.org
Tele-health services offered

The Hope Center (First Corinthians Baptist Church)—Central Harlem

228C W. 116th Street, New York, NY
[212.864.5976](tel:2128645976)
www.fcbc.nyc.org
If you are experiencing challenges during this time, simply text “WORTHY” to 741741 to access our 24/7 Crisis Textline. A licensed counselor will respond to you.

Northside Center for Childhood Development—East Harlem- se habla español

35 East 110th Street
New York, NY
212-426-3400
<https://www.northsidecenter.org/>

Union Settlement—Central Harlem

2089 Third Avenue (114th St), New York, NY
212-828-6144
Email: MentalHealth@unionsettlement.org
Telehealth services offered

Mental Health Outpatient Program, Children and Youth

CASES Nathaniel Clinic—Central Harlem

2090 Adam Clayton Powell, Jr. Boulevard at 125th Street
4th Floor New York, NY 10027
212-553-6708
To make a referral, visit <http://www.nathanielclinic.org/>
[Ages 14+](#)
Telehealth services offered

Northside Center for Childhood Development—East Harlem- se habla español

35 East 110th Street
New York, NY
The Nathaniel Clinic: 2090 Adam Clayton Powell, Jr. Blvd, 4th Floor, New York, NY 10027
(212) 553-6708
www.nathanielclinic.org

212-426-3400

<https://www.northsidecenter.org/>

Substance Use Programs

START Treatment and Recovery Centers—Central Harlem- se habla español

119 W 124th Street

New York NY, 10027

www.startny.org

212-932-2810

Samaritan Daytop Village—Central Harlem- se habla español

2090 Adam Clayton Powell, Jr. Boulevard at 125th Street

Floor 7, New York NY, 10027

www.samaritanvillage.org

212-864-4182

Odyssey House—East Harlem

239 E 121st St, New York, NY 10035

[\(212\) 987-5100](tel:2129875100)

CREATE, Inc.—East Harlem

73 Lenox Ave., New York, NY 10026

+1 212-663-1596 Front Desk:

E-mail: info@createinc.org

Comprehensive Treatment Institute – East Harlem

177 East 122nd Street – 2nd floor (between 3rd & Lexington avenues) New York, NY 10035

Phone: (212) 360-7116 x 2717

Detox Facilities

Addiction Institute of Mount Sinai - Mount Sinai West

Mount Sinai West

1000 10th Ave

New York, NY 10019

212-523-6491

The Nathaniel Clinic: 2090 Adam Clayton Powell, Jr. Blvd, 4th Floor, New York, NY 10027

(212) 553-6708

www.nathanielclinic.org

Support Groups

National Alliance on Mental Illness (NAMI)

Online-Support Groups available via telehealth on the link below:

<https://www.naminycmetro.org/coronavirus-covid-19/>

AI-Anon-NYC

4 West 43rd Street
Suite 308
New York NY 10036
212-941-0094
www.nycalanon.org

Narcotics Anonymous—Greater New York Region

154 Christopher Street
Suite 1A
New York, 10014
212-929-7117
Helpline: 212-929-6262
www.newyorkna.org

NYC Department of Health and Mental Hygiene (DOH) NYC QUITs

Call: 311
<https://www1.nyc.gov/site/doh/health/health-topics/smoking-nyc-quits.page>

Substance Abuse and Mental Health Services Administration

Call: 877-726-4727
www.samsha.gov

Hospitals

Harlem Hospital—Central Harlem

506 Lenox Ave, New York, NY 10037
Adult Outpatient Mental Health-212-939-8491
Adult Inpatient Psychiatric Unit 212-939-3282
Harlem House Club House 212-939-2000
General Information 212-939-3343
Website: <https://www.nychealthandhospitals.org/harlem/services/mental-health/>

The Nathaniel Clinic: 2090 Adam Clayton Powell, Jr. Blvd, 4th Floor, New York, NY 10027
(212) 553-6708
www.nathanielclinic.org

The Mount Sinai Hospital—East Harlem

1468 Madison Ave, New York, NY 10029—Open 24 hours
212-241-6500
<https://www.mountsinai.org/care/behavioral-health>

PCP Health

Boriken Family Health Center—East Harlem

2265 3rd Ave &, E 123rd St, New York, NY 10035
212-289-6650
<https://www.boriken.org/>

Institute for Family Health—East Harlem

1824 Madison Ave, New York, NY 10035
212-423-4201
<https://institute.org/>

Ryan Health—Central Harlem

565 Manhattan Ave, New York, NY 10027
212-222-5221
www.ryanhealth.org

Veteran’s Services

Veteran’s Services

2279 3rd Avenue 2nd Floor—East Harlem
New York, NY 10035
Phone: 646-273-8139

**Telehealth / Virtual / Phone App Mental health, sleep, Talk
Therapy Services & Resources**

Shine

We created Shine for all of us.
We’re on a mission to make caring for your mental and emotional health
easier, more representative, and more inclusive—of all of our experiences.

Calm

We're the #1 app for Sleep, Meditation and Relaxation, with over 50 million downloads and over 700,000 5-star reviews.

Ginger

On-demand mental health support, day or night. Chat with a trained behavioral health coach within seconds, and meet with a licensed therapist or psychiatrist via video within hours.

WYSA

Wysa was voted the best app for COVID-19 stress and anxiety. Wysa is completely anonymous and complies with NHS's DCB 0129 standards for clinical safety.

Sanvello

A place to feel better, wherever you go. Get all of the support you need to help improve your mental health—on your terms.

Sleepio

Our purpose is to help millions back to good mental health mental health This is what drives us. It's why we're creating automated behavioral programs scalable enough to help everyone in need.

Head Space

Headspace has one mission: to improve the health and happiness of the world; You can try Headspace for yourself and learn the essentials of meditation and mindfulness