Connect to the mental health support you need 24 hours a day, 7 days a week – including holidays. NYC Well provides the following services:

- Suicide prevention and crisis counseling by a licensed counselor
- Peer support and short-term counseling
- Assistance accessing mental health services and making appointments
- Follow-up to ensure services are working out

Services available in 200+ languages.

NYC Family Resource Centers

Individual and group-based family support services to parents/caregivers of children and youth (birth- age 24) who have or are at risk for developing emotional, behavioral, or mental health challenges, using a family and youth peer model. They provide emotional support, advocacy, information and resources, referrals to community resources, educational workshops, recreational activities, and respite.

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Bronx</td>
<td>718-220-0456</td>
</tr>
<tr>
<td>Southern Bronx</td>
<td>718-220-3868</td>
</tr>
<tr>
<td>Northern Manhattan</td>
<td>212-410-1820</td>
</tr>
<tr>
<td>Southern Manhattan</td>
<td>212-964-5253</td>
</tr>
<tr>
<td>Northern Brooklyn</td>
<td>718-290-8100</td>
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<tr>
<td>Southern Brooklyn</td>
<td>347-462-8124</td>
</tr>
<tr>
<td>Eastern Queens</td>
<td>347-644-5711</td>
</tr>
<tr>
<td>Western Queens</td>
<td>718-651-1960</td>
</tr>
<tr>
<td>Staten Island</td>
<td>718-698-5307</td>
</tr>
</tbody>
</table>

NYC Family Resource Centers provide:

- Individual and group-based family support services
- Emotional support
- Advocacy
- Information and resources
- Referrals to community resources
- Educational workshops
- Recreational activities
- Respite
**Children’s Single Point of Access (CSPOA)**

Centralized referral system for children with serious emotional disturbance who need intensive mental health services. Directs patients up to 21 to community services including:

- Health Home Care Management
- Non-Medicaid Care Coordination
- Home/community-based waiver
- Community Residences

*More information: 347-396-7205*

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**Adolescent Skills Centers**

https://www.vibrant.org/what-we-do/community-programs/youth-young-adult-services/adolescent-skills-centers/

For young people 16-21 with emotional and behavioral challenges that interfere with school or finding and keeping a job. Case managers, counselors, employment specialists, youth advocates and teachers provide vocational training and development and support around secondary and higher education.

<table>
<thead>
<tr>
<th>Manhattan</th>
<th>Queens</th>
<th>Bronx</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES Adolescent Skills Center&lt;br&gt;50 Broadway, 8th Floor&lt;br&gt;New York, NY 10004&lt;br&gt;(212) 254-0333, Ext: 861</td>
<td>Adolescent Skills Center&lt;br&gt;29-46 Northern Blvd, 2nd Floor&lt;br&gt;Long Island City, NY 11101&lt;br&gt;(646) 738-5131</td>
<td>Adolescent Skills Center&lt;br&gt;975 Kelly Street, Suite 302&lt;br&gt;Bronx, NY 10459&lt;br&gt;(718) 292-7880, Ext: 6120&lt;br&gt;<a href="mailto:BronxASC@mhaofnyc.org">BronxASC@mhaofnyc.org</a></td>
</tr>
</tbody>
</table>

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**Online Resources**

- **HiteSite**
  [www.HiteSite.org](http://www.HiteSite.org)
  Directory of NYC mental health providers and services.

- **NYS Office of Mental Health Provider Search**
  State-wide directory of mental health providers

- **NYC School Mental Health**
  Department of Education site with mental health information

- **Department of Youth and Community Development**
  [https://www1.nyc.gov/site/dycd/index.page](https://www1.nyc.gov/site/dycd/index.page)
  Search for after-school resources

- **National Center for School Mental Health**
  [http://csmh.umd.edu/](http://csmh.umd.edu/)
  Technical assistance and resources

- **UCLA Center for Mental Health in Schools**
  [http://smhp.psych.ucla.edu/](http://smhp.psych.ucla.edu/)
  Training, printable resources, and technical assistance

- **NYU Child Study Center**
  [https://nyulangone.org/locations/child-study-center](https://nyulangone.org/locations/child-study-center)
  Webinars, presentations, and information for caregivers and providers

- **Child Mind Institute**
  [https://childmind.org/](https://childmind.org/)
  Free information and guides about various diagnoses.

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For more information about school-based support for mental and behavioral health, contact:

MH@schools.nyc.gov