**Resources for Mental Health Needs**

***Referral Hotlines***

**LIFENET**  
1-800-LIFENET  
[**http://www.800lifenet.org/cms/**](http://www.800lifenet.org/cms/)

**The National Alliance on Mental Illness NAMI-NYC Metro Helpline**  
1.212.684.3264  
E-mail: [helpline@naminyc.org](mailto:helpline@naminyc.org)  
Hours: M – Th: 12:00 – 7:00pm, Fridays: 12:00 – 6:00 pm

**NAMI-New York State**  
1-800-950-3228  
<http://www.naminys.org/>  
  
**National Eating Disorders Association (NEDA) Helpline**  
1.800.931.227  
<http://www.nationaleatingdisorders.org/>

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)  
[http://www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)  
Free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

***Mental Health Resources***

**Advanced Center for Psychotherapy**

8900 Van Wyck Expressway

New York, NY 11418

(718) 206-6000

<https://jamaicahospital.org/clinical-services/psychiatry>

**Bleuler Psychotherapy Center**

104-70 Queens Blvd., 2nd Floor

Forest Hills, NY 11375

(718) 275-6010

[www.bleulerpsychotherapycenter.org](http://www.bleulerpsychotherapycenter.org)

**The Child Center of New York**

140-15B Sanford Avenue

Flushing, NY 11355

(718) 358-8288

<http://childcenterny.org/behavioral-health/>

**The Child Center of New York**

60-02 Queens Blvd.

Lower Level

Woodside, NY 11377

(718) 652-7770 x 202

<http://childcenterny.org/behavioral-health/>

**Flushing Hospital Medical Center**

4500 Parsons Blvd.

Flushing, NY 11366

(718) 670-5000

<http://www.flushinghospital.org/clinical-services/mental-health-services>

**Goodtherapy.org**  
[http://www.goodtherapy.org](http://www.goodtherapy.org/)

**The Jed Foundation**  
[http://www.jedfoundation.org](http://www.jedfoundation.org/)

Jewish Board of Children’s and Family Services

https://jewishboard.org/about-us/contact-us/

**Long Island Jewish Medical Center**

**The Zucker Hillside Hospital**

75-59 263rd Street

Glen Oak, NY 11004

(718) 470-8100

[www.homeliccny.org](http://www.homeliccny.org)

**Mental Health Providers of Western Queens**

61-20 Woodside Ave.

Woodside, NY 11377

(718) 672-1705

[www.mhpwq.org](http://www.mhpwq.org)

**Mental Health Providers of Western Queens**

44-04 Queens Blvd., 2nd Floor

Sunnyside, NY 11377

(718) 706-1663

[www.mhpwq.org](http://www.mhpwq.org)

**The National Alliance on Mental Illness of Queens/Nassau (NAMI-Queens/Nassau)**  
[http://www.namiqn.org](http://www.namiqn.org/)  
718.347.7284 or 1.516.326-0797

**Pride of Judea Counseling Center**  
243-02 Northern Boulevard, Douglaston, NY 11362

<https://jewishboard.org/listing/pride-of-judea-community-services>

Phone: (718) 423-6200  
*A program of the Jewish Board of Family and Children’s Services (JBFCS)*

**Queens Hospital Center**

82-68 164th Street

Jamaica, NY 11432

(718) 883-3000

<http://www.nychealthandhospitals.org/queens/contact-us/>

***Recovery from Substance Abuse***

**Alcoholics Anonymous**  
[www.aa.org](http://www.aa.org/)  
For more information or to find a meeting:  
Intergroup Association  
307 Seventh Avenue, 2nd Floor  
New York, NEW YORK 10001  
Phone: (212)647-1680  
Site: [www.nyintergroup.org](http://www.nyintergroup.org/)  
Email: [generalinformation@nyintergroup.org](mailto:generalinformation@nyintergroup.org)

**JACS (Jewish Alcoholics, Chemically Dependent Persons, and Significant**  
**Others) and JACS Teens**  
<http://www.jacsweb.org/>  
Phone: (212) 632-4600

**Mental Health Providers of Western Queens**

**Alcoholism & Addiction Service Center**

62-07 Woodside Avenue 4th Floor

Woodside, NY 11377

(718) 898-5085

[www.mhpwq.org](http://www.mhpwq.org)

**NYC Al-Anon**  
<http://www.nycalanon.org/>  
For more information or to find a meeting:

The Greater NY Al-Anon Family Intergroup, Inc.  
4 W. 43rd, Suite 617 (5/6)  
New York, NY 10036  
Telephone: 212.941.0094 Fax: 212.941.6119