Mental Health & Social Services
For NYC Youth

Helpful Phone Numbers & Hotlines

- AIDS Hotline NYC: 212-614-5552
- Child Abuse Reporting NYS: 800-637-1522
- Children’s Single Point of Access (CSPOA): 888-277-6258
- Coordinated Children’s Service Initiative: 212-920-5334
- Crime Victim’s Board: 212-577-7777
- Domestic Violence Hotline: 800-622-5277
- Drug Abuse Hotline: 800-522-5353
- Food and Hunger Hotline: 212-533-6100
- Immigrant Hotline (NYC): 718-899-4000
- LifeNet: 800-LIFENET
  - Spanish: 877-298-3373
  - Asian: 877-990-8585
  - Deaf/Hearing Impaired: 212-982-5284
- NYC DYCD Youthline: 800-246-4646
- Rape & Sexual Assault: 212-227-3000
- Runaway Hotline: 212-619-6984
- Teen Pregnancy Hotline (PCAP): 800-522-5006
- LifeNet Health: 800-LIFENET
  - Spanish: 877-298-3373
  - Asian: 877-990-8585
  - Deaf/Hearing Impaired: 212-982-5284

Mobile Crisis
- Provide evaluation and short term (3-4 sessions) mental health services to clients that either refuse or cannot go to ER’s for assessments
- Will see a client in crisis within 24-48 hours of request and make 4 follow up visits
- Have the ability to facilitate hospitalization for individuals in an acute crisis (involuntary hospitalization through the court)
- There are 24 teams citywide, 17 teams have child serving capacities.
- Referrals can be made directly to Crisis Teams through 1-800-LIFENET

Families on the Move, Inc. (FOTM)
- Up-to-date information and State-of-the-Art care and treatment
- Support to children and youth with emotional, behavioral and/or mental health challenges and their families
- Advocacy in the public forum comprehensive, coordinated, community-based, culturally-competent and family-driven services
- Training and educational forums to increase awareness and skills.
- State-wide Resource: 212-837-7905

Children’s Single Point of Access (CSPOA) 1-888-277-6258
- Children’s SPOA is designed to improve access to intensive mental health services by creating a single point of entry to refer, link and coordinate services for family and youth who need high end services. Such services include:
  - Case management
  - Home/community based waiver
  - Children’s ACT team
  - Community residence
  - Family based treatment

Parent’s Resource Center
- Provide Parent-to-Parent Support
- Specially trained staff who are aware of problems families have with children with emotional/behavioral difficulties.
- Provide education, support and advocacy to parents.
  - Manhattan Zone 3: Olga Vazquez, 212-410-1820
  - Manhattan Zone 4: Janet Rosa, 212-974-5289
  - Bronx Zone 1: Wanda Greene, 718-220-0456
  - Bronx Zone 2: Yvette Pena, 718-220-0456
  - Queens Zone 5: Lorraine Jacobs, 718-651-1960
  - Queens Zone 6: Kathy Gardini, 718-474-2070
  - Brooklyn Zone 7: Terri Johnson, 718-290-8100
  - Brooklyn Zone 8: Denise Stephenson, 718-859-4500
  - Staten Island: Deborah Miller, 718-698-5307

Office of Safety First
718-543-7233

Follow-up resource if you are concerned about the progress of a child protective investigation or have an ongoing safety concern related to a case that you called into the State Central Register.

More information about school-based support for mental and behavioral health, contact:
Scott Bloom, LCSW, Director of School Mental Health Services SBloom5@schools.nyc.gov or 212-374-6846
Resources for Youth with Mental Health and Behavior Disorders

Adolescent Skill Centers
- Provides adolescents (15-21 years old) with emotional and behavioral disorders educational remediation, GED prep and vocational training, coaching and placement
- Provides internships and opportunities for paid employment
- Teaches adolescents life management skills such as budgeting, socialization, etc.
- Referrals to be made directly to Skill Centers (locations on the left)

NY City & State Websites
NYC School Based Mental Health Programs:
- http://schools.nyc.gov/Offices/Health

Child & Family Clinic Plus:
- http://bi.ohm.state.ny.us/clinicplus/index

NY Office of Mental Health’s School Based Mental Health:
- http://www.ohm.state.ny.us/omhweb/EBP/children_sbmh.htm

Online Resources & WebPages

NYC Teen MIndspace campaign to engage teens dealing with depression, drugs and violence, and encourages them to seek help: www.myspace.com/nycteen_mindspace.

NYC Department of Youth and Community Development—Search by zip code to find after school program near your school:

School Mental Health: provides comprehensive information for clinicians, administrators, families and students.
- http://www.schoolmentalhealth.org

UCLA’s Center for School Mental Health: training materials, printable resources and a technical assistance center
- http://smhp.psych.ucla.edu/

The Center for Health and Health Care in Schools: educate on mental health in schools
- http://www.healthinschools.org/

The Center for School Mental Health: technical assistance center and resources
- http://csmh.umaryland.edu/

The American Psychological Association’s Help Center: printable info for parents and educators
- http://apahelpcenter.org/

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