**Mental Health Services in the Rockaways – As of Monday, November 19th**

**Catholic Charities - Rockaway Mental Health Clinic (Far Rockaway)**

**Phone**: 718-337-6800

**Address:** 1329 Beach Channel Drive

**Info**: outpatient mental health clinic for ages 5 and up. Walk-in hours Monday - Friday, 9am - 4pm. Psychiatrist available full-time except Tuesdays.

**Insurance**: Medicaid (straight Medicaid and the following managed Medicaid: Healthfirst, Neighborhood, Metroplus, HealthPlus, Amerigroup, HIP, Fidelis, GHI). They DO NOT accept Medicare without Medicaid and DO NOT accept most private insurances.

**Park Avenue Psychotherapy (Belle Harbor)**

**Phone -** 718-634-0253

**Address** - 167 Beach 135th street

**Info** – This is a private practice working with all age levels

**Hours** – By appointment

**Insurance** – Call for details and note they do offer a sliding scale based on need.

**Safe Space – Outpatient Mental Health Clinic (Far Rockaway)**

**Phone**: 718-471-6818

**Address**: 1600 Central Avenue

**Hours**: Monday-Thursday 9am-9pm, Friday 9am-5pm, Saturday 10am-6pm.

**Info**: Outpatient mental health clinic that provides: individual, family and group therapy for individuals ages 5 and up.

**Insurance:** Accept most Medicaid managed care plans (Health Plus, Health First, Pricegroup, HIP, Neighborhood Fidelis, Affinity, Horizon), straight Medicaid, GHI, HIP Prime, Aetna. They DO NOT take: Blue Cross Blue Shield, 1199, Medicare

**Joseph P. Addabbo Family Health Center (Arverne/Edgemere)**

**Phone:** 718-945-7150

**Locations**: several locations in the Rockaways. For details call the number above.

**Info**: wide variety of outpatient mental health services available for individuals who are already getting medical/primary care services at one of the Addabbo clinics. Individuals who have a primary substance abuse problem are referred out.

**Insurance:** accepts most managed Medicaid, private plans, straight Medicaid, Medicare

**St. John’s Episcopal Community Mental Health Center (Far Rockaway)**

**Phone:** 718-869-8822 and 718-869-7000

**Address:** 521 Beach 20th street

**Info:** Outpatient mental health clinic for ages 5 and up. Services include: individual, family, and group psychotherapy, medication management, and psychological assessment. Accepts clients on a walk-in basis from 9-3, Monday-Friday.

**Insurance:** Most managed Medicaid plans, 1199. They DO NOT take Metroplus, WellCare Medicare, Cigna, Empire, Liberty Health, HealthMet.

**New Horizon – Outpatient Mental Health Clinic (Far Rockaway)**

**Phone:** 718-327-7002; 718- 327-7163

**Address:** 720 Beach 20th street

**Hours**: Monday-Thursday, some Saturday hours

**Info:** Outpatient mental health clinic for ages 6 and up. They offer psychotherapy and psychiatric evaluation with medication as needed.

**Insurance:** they accept most plans (Medicaid and private)—call to check

**Additional Services:**

**911 - Medical and Mental Health Emergencies**

**1-800-LIFENET (1-800-543-3638)**

**Info** - free, confidential help line for New York City residents. 24 hours per day/7 days per week. The hotline's staff of trained mental health professionals help callers find mental health and substance abuse services. **Espanõl** 1-877-AYUDESE (1-877-298-3373)

**Health Information Tool for Empowerment (HITE)**

**Web site –** [www.hitesite.org](http://www.hitesite.org)

**Info –** HITE is a free online resource directory for mental health services and other community resources. Click Social Services, then enter address for services in your neighborhood

**311 –** General information and referral service for New York City

**Department of Health and Mental Hygiene**

**Web site** - <http://www.nyc.gov/html/doh/html/home/home.shtml>

**Info** – Maintains an up to date list of medical facilities and pharmacies currently open