

Mental Health Crisis Resources (New York City)

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[This](#) is a great resource that lists our crisis emergency services in NYC:

[Crisis Respite Centers](#)

Crisis Respite Centers provide an alternative to hospitalization for people experiencing emotional crises. They are warm, safe and supportive home-like places to rest and recover when more support is needed than can be provided at home. The Crisis Respite Centers offer stays for up to one week and provide an open-door setting where people can continue their daily activities. Trained peers and non-peers work with individuals to help them successfully overcome emotional crises. The Crisis Respite Centers offer activities such as:

- 24-hour peer support
- self-advocacy education
- psycho-education
- self-help training
- social support groups
- recreational activities
- linkage to medical and psychiatric providers

[The DOHMH Community Partners that are Operating Crisis Respite Centers](#)

COMMUNITY ACCESS, INC. - Crisis Respite Center (Manhattan)

315 2nd Avenue

New York, NY 10003

Phone : 646-257-5665, x 8401

Website

RIVERDALE MENTAL HEALTH ASSOCIATION - Crisis Respite Center (Bronx)

640-642 West 232nd Street

Bronx, NY 10463

Phone : 718-884-2992

SERVICES FOR THE UNDERSERVED - Crisis Respite Center (Brooklyn)

2118 Union Street

Brooklyn, NY 11212

Phone : 347-505-0870

TRANSITIONAL SERVICES FOR NEW YORK - Crisis Respite Center (Queens)

80-45 Winchster Blvd.

Queens Village, NY 11427
Phone : 718-464-0375

[Parachute NYC](#) (Manhattan Respite Center)

**Call for pre-registration and intake information*

Address:

315 2nd Ave
New York NY
10003 United States

Defined coverage areas:

Bronx County; Kings County; New York County; Queens County; Richmond County

**Serves Bronx, Brooklyn, Manhattan, Queens, and Staten Island*

Transportation:

Bus line: M15

Public Access Transportation: L,N,R,4,5,6 Train

Hospitals

[Manhattan Psychiatric Center](#) (NYU Langone)

Manhattan Psychiatric Center offers a range of comprehensive, evidence based inpatient and outpatient treatments for adults with mental illness. Families/Significant other(s) are involved as appropriate and with the permission of the consumer. MPC's overall aim is to assess all patients with a multi-disciplinary approach, to develop personalized treatment plans with the aim of active rehabilitation and rapid return to or to optimal functioning in the community. MPC is also a major training facility for psychiatric residents, medical students, psychology interns and externs, social work externs and nursing students.

Within the inpatient service are several special services. All of these services require that the patient meet the general criteria for hospitalization at Manhattan Psychiatric Center (MPC).

These services are:

Hispanic Ward:

For patients who speak only Spanish and/or whose cultural identity is primarily Hispanic.

Services include treatment services provided in Spanish, culture specific events, and liaison with community based culturally appropriate resources.

Service for the Treatment and Abatement of Interpersonal Risk (STAIR) Unit:

For patients with a history of interpersonal violence, but are psychiatrically stable and able to participate in a cognitive/ behavioral education program. This unit provides a very structured environment and an enriched cognitive approach so as to assist patients in anger management, reasoned thinking and adaptive behavior without risk to themselves or the broader community.

Address:

Ward's Island Complex
Ward's Island, New York 10035
600 East 125th St.

Phone: (646) 672-6767

[Bellevue Psychiatric Center](#)

Adult Inpatient Services at NYC Health + Hospitals/Bellevue include:

- Eight inpatient units
- A 20-bed Medical Detoxification Unit for patients suffering from substance abuse
- Multidisciplinary care teams consisting of physicians, nurses, social workers, and activities therapists
- Individualized treatment plans that may include individual, group, and medication therapy. Whenever possible, family members or significant others are included in the treatment planning.

[Beth Israel Psychiatry](#)

Inpatient psychiatric treatment at Beth Israel focuses on the resolution of acute symptoms. Treatment consists of a wide range of somatic and psychosocial therapies, with a strong multidisciplinary approach. Each unit has two full-time board-certified attending psychiatrists, who coordinate all aspects of the patient care. Upon admission, each patient is assigned an attending psychiatrist, a psychiatric resident, a social worker who coordinates the discharge plan, and an occupational therapist or assistant who provides therapeutic activities seven days a week. Each unit also has a full-time Ph.D. psychologist, who coordinates psychotherapy groups and supervises psychological testing.

Inpatient Services (212) 420-4650

[Columbia Presbyterian](#)

[Mount Sinai Inpatient Treatment](#)

[Mount Sinai Emergency Services](#)

[Gracie Square Hospital](#)

WHAT TO BRING TO AN INPATIENT HOSPITAL (Adapted from Gracie Square Hospital -- each hospital is subject to differ)

Important Paperwork Checklist

- Complete list of prescription and over-the-counter medications the patient is currently taking
- Reports from the patient's physician(s)
- Medical insurance information, including insurance cards, pre-certification, and other documentation required by the patient's insurer
- Government-issued photo ID, such as a driver's license or passport
- Telephone numbers of immediate support person/support system to call, if necessary
- Copies of advance directives, such as a health care proxy or living will

For Your Comfort Checklist

A limited amount of casual, washable clothing is advised. All clothing should be marked with the patient's name. We recommend bringing:

- Pants, dresses or skirts, shirts
- Underwear, socks, T-shirts
- Pajamas
- Sweater or sweatshirt (Please remove all cords.)
- Jacket, coat
- Sneakers (no shoe laces)

You may also bring:

- Eyeglasses or contact lenses
- Wristwatch
- Toiletries, such as safety razors and shaving cream, are available on each unit.

Hospitals cannot assume responsibility for the loss of money, jewelry, or any other personal property kept in your room. Please do not bring valuables to the hospital. Cash and/or articles considered valuable must be kept with the cashier or in a hospital safe. The property clerk will explain the procedure to you during admission. After discharge, if personal property is not picked up it will be sent to the hospital's post-discharge property storage area for safekeeping up to four months. Thereafter, property will be discarded accordingly.

Items Not Allowed on Patient Units

Not intended as a complete list, the following items are not allowed on patient units.

- All recording devices, any electronic that has the ability to record or photograph
- Aerosol and soda cans
- Belts, cords, ropes, straps, electric cords, and clothing with cord or strings (i.e., hoodie with string, sweatpants, or yoga pants, with strings)

- Cigarettes, matches, lighters, tobacco, and any other smoking material
- Wire hangers
- CPAP machine and insulin pumps
- Electric items, such as a laptop, iPad, cell phone, electric razor, electric reader, hair dryer
- Food, unless permitted by the unit's policy
- Glass bottles and mirrors
- Keys, credit/debit cards, ID card and licenses
- Medications/drugs of any type (over-the-counter and prescription)
- Pencils and pens other than "safety" pens and non-toxic markers provided by the hospital
- Plastic bags
- Pins (straight and safety)
- Razors
- Sharps (i.e., tweezers, nail file, nail clipper, sewing needle, scissors, knitting needles, crochet hooks) Note: A patient's own tweezers, nail clippers, or crochet hook may at times be part of the unit sharp count and signed out by patient for use if deemed clinically appropriate.
- Toxic liquids
- Weapons of any kind

Your Medications

When you come to the hospital, you should bring a list of all the medications you currently take. This list should include all of your prescription and over-the-counter medications, as well as any vitamins or herbal supplements you are taking.

Allergies

The doctor or nurse should be advised of any allergies the patient may have, especially to medications and food, and/or to other substances.

Other really great resources

Mobile Crisis Teams

Mobile crisis teams (MCTs) respond to mental health crises in the community within 48 hours of receiving a referral. Response time depends on the urgency of the call. Any concerned person can make a referral to the mobile crisis services by calling NYC Well at 1-888-NYC-WELL (1-888-692-9355). Teams are staffed by mental health professionals who can assess the person and their situation, provide crisis counseling and make referrals to community-based mental health and substance misuse services for ongoing care, and emergency services as needed.

[Psychiatric Advance Directives](#)

Also known as a mental health advance directive, a Psychiatric Advance Directive is a written document that describes how you want your mental health care to be given if in the future you are judged unable to tell your care provider those decisions for yourself.

The PAD can let others know about what treatments you want or don't want from psychiatrists or other mental health professionals, and it can identify a person who will be able to make decisions on your behalf.

Any mentally competent person who lives with a mental illness should consider creating a PAD to outline their mental health treatment preferences in case they are not able to make their wishes known.

Click here for a sample [PAD](#).
