

After Hours Mental Health Care; Where You Can Find Help When School Is Not In Session

The **St. Francis College Counseling Services** is available to all students Monday through Friday 10 am- 2pm in room 2310. We provide support for a wide range of problems (mental health issues, emotional issues, relationship/family issues, trauma and more). If you are in need of Counseling Services after hours or when school is closed, you can call 1 (800) LIFENET to get a referral for Mental Health Services in your neighborhood and based upon your health insurance coverage. If you are in urgent need of care, call 911 and/or go to your nearest Emergency Room. Try to find a friend or family member to accompany you. Below is a list of resources that may prove helpful.

Mental Health Resources

Suicide Hotline: (800) 273 TALK, www.suicidepreventionlifeline.org

National Institute of Mental Health: (866) 615- NIMH (toll free) or www.nimh.nih.gov

Lifenet, crisis intervention and referral network: 1 800 LIFENET

Go Ask Alice: www.goaskalice.columbia.edu

Resources on drug and alcohol addiction/abuse

Alcoholics Anonymous: (212) 870-3400

AL-ANON: (800) 356-9996

Narcotics Anonymous: www.na.org

Realization Center ("full service outpatient addictions treatment program): (718)342-6700 or www.realizationcenter.net

Safety and Domestic Violence Resources

Safe Horizon: (800) 621 HOPE

Housing and Homelessness

Emergency Assistance Unit, Dept of Homeless Services: (800) 994-6494

National Runaway Switchboard: (800) RUNAWAY

Health Services

The Door (low cost/free and confidential health services): (212) 453-0222,
www.door.org

Information and Referral Services

Parent Helpline: (800) 342-7472