COUNSELING LOCATIONS

Center for Anxiety ● www.centerforanxiety.org
Center for Anxiety is dedicated to helping adults, adolescents, and children with brief effective treatment for anxiety and related symptoms. Their program offers an Intensive Outpatient Program (IOP), providing focused and concentrated therapy over 5-10 days.

Fees: Does not accept 3rd party insurance payments or Medicare. Patients can receive up to 100% reimbursement for services, depending on out-of-network mental health benefits; check with your insurance company prior to treatment. Facility assists by providing insurance receipts and supporting documentation.

Locations: Manhattan: 200 West 57th St., Suite 404, New York, NY ● Brooklyn: 2692 Bedford Ave, Suite P2, Brooklyn, NY
Rockland County: 222 Route 59, Suite 209, Suffern, NY
Contact: Phone: 646-837-5557 ● Toll Free: 1-888-837-7473 ● Email: info@centerforanxiety.org

Columbia University Pediatric Anxiety and Mood Research Clinic (PAMRC) ● www.columbiapsychiatry.org/pamrc/
PAMRC is a specialty research clinic dedicated to improving the lives of children, adolescents and young adults suffering from anxiety and mood disorders. PAMRC provides comprehensive evaluations, treatment with evidence-based therapy and medications, and a day treatment program with academic services for youth requiring intensive care.

Fees: All assessment and treatment services at PAMRC are free of charge.
Location: 1051 Riverside Drive, Clinic 2500, New York, NY
Contact: Call 646-774-5793 or email braundy@nyspi.columbia.edu

Interborough Developmental and Consultation Center ● www.interborough.org
The Center offers a comprehensive suite of premium mental health services. Clinical treatment programs are available for anger management, trauma treatment, family and children’s program, geriatric mental health care, individual psychotherapy, family therapy, marital counseling, group therapy, psychiatric evaluation, and medication management.

Fees: Affordable fees are created on a sliding scale, based on payment ability and individual needs. Medicaid, Medicare, Crime Victims Benefits, and most insurance plans are accepted.
Location: Brooklyn, NY: Canarsie, Crown Heights, Williamsburg & Flatbush @ 1623 Kings Hwy. ● Contact: Call 718-375-1200

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To learn more, please contact Dr. Katherine Mitchell, Program Director: katherine.mitchell@yu.edu or 631.481.6550. We look forward to hearing from you.

Wurzweiler Care Cafe ● www.yu.edu/wurzweiler/carecafe ● We don’t just want to help you survive... we want to help you thrive.
RESOURCES: Obsessive Compulsive Disorder (OCD) and Anxiety

COUNSELING LOCATIONS (continued)

Montefiore Behavioral Health Center at Montefiore Medical Center ● www.montefiore.org/mbhc/
MBHC provides comprehensive services for emotionally troubled individuals, integrated substance abuse treatment, and mental health promotion for all community residents. It offers weekday outpatient programs for adults, children and adolescents and provides 24/7 psychiatric emergency service through MMC’s Psychiatric Emergency Department; crisis intervention after hours and on weekends. Psychiatric services for ages 18+ include screening and diagnostic evaluation, individual and group psychotherapy, pharmacological therapy, crisis intervention, primary care, and health monitoring.
Fees: Accepts a number of insurance plans. Call for further information. ● Location: 2527 Glebe Avenue, Bronx, NY
Contact: Admissions and same-day appointments: 718-904-4414 or 718-904-4476
Administrative contact: Adam McGahee, DNP, 718-904-4400, amcgahee@montefiore.org

New York Behavioral Health: Cognitive Behavioral Therapy for Panic Attacks ● www.newyorkbehavioralhealth.com
New York Behavioral Health provides cognitive behavioral therapy for panic attacks and many of the associated diagnoses, such as panic disorder, agoraphobia, social phobia, and generalized anxiety disorder.
Fees: Call and ask for fee information. ● Location: 380 Lexington Avenue, 17th Floor, New York, NY
Contact: Call 646-599-3498 or email info@newyorkbehavioralhealth.com

Northwell Health OCD Center ● www.northwell.edu/find-care/locations/obsessive-compulsive-disorder-center
The OCD Center offers an interdisciplinary treatment for adults, with specialists in psychiatry and psychology. It is a specialized facility providing evidence-based treatment for OCD.
Fees: Accepts most health insurance plans, including Medicare and Medicaid.
Location: 75-59 263rd Street, Glen Oaks, NY (border of Queens and Nassau on Long Island)
Contact: Call 718-470-8052 or 516-470-8052 or email apinto1@northwell.edu

NYC WELL ● https://nycwell.cityofnewyork.us/en/ (choose alternate languages at top of page: Arabic, Chinese, Spanish)
NYC WELL can provide services for suicide prevention and crisis counseling; peer support and short-term counseling via telephone, text and web; assistance scheduling appointments or accessing other mental health services; and follow-up to check that you have connected to care and it is working for you.
Fees: Free information and support. Counselors may refer to other programs; ask for fee estimate.
Talk. Text. Chat. 24/7: Phone: 1-888-692-9355 ● Text: WELL to 65173 if you do not want to call. (Available in English, Spanish and Chinese; just text WELL to 65173 and wait for the prompt.) Standard messaging rates may apply based on individual plans.

NYU Child Study Center Anxiety and Mood Disorders Service Intensive Anxiety and OCD Outpatient Treatment Program www.aboutourkids.org or www.med.nyu.edu/child-adolescent-psychiatry/
The Anita Saltz Institute for Anxiety and Mood Disorders at the NYU Child Study Center offers intensive treatments for children, adolescents, and young adults with anxiety and OCD. Treatment packages are comprehensive, individualized, and intensive.
OCD Explorers Program available: a one-week “camp-like” summer intensive group CBT treatment for children ages 8-13, using exposure and response prevention techniques with real world skills practice through exciting NYC field trips, while building confidence and mastery of anxiety.
Location: 1 Park Avenue, 7th Floor, New York, NY ● Contact: Call 646-754-5000

The Reeds Center ● www.thereedscenter.com
The Reeds Center offers treatment for patients with OCD and comorbid conditions. Treatment programs are based in clinical research. Treatment is focused on ways to improve response to cognitive behavioral therapies, including ERP for OCD. It offers varying intensities of treatment in order to meet the needs of a wide range of patients.
Fees: Call for information about fees.
Location: 7 West 36th St., 15th Floor, New York, NY ● Contact: Call 212-203-9792

Tribeca Therapy ● www.tribecatherapy.com
Tribeca Therapy serves couples, teens, and families. It provides therapy to treat depression, anxiety, trauma/PTSD, anger, and Asperger syndrome.
Fees: Consult your insurance plan to find out if you have out-of-network coverage, and what they will reimburse. Clients must self-pay and then submit for reimbursement. Facility will assist with paperwork for insurance submission.
Location: 79 Chambers Street, 2nd Floor, New York, NY ● Contact: Call 212-571-5799
RESOURCES: Obsessive Compulsive Disorder (OCD) and Anxiety

UPCOMING EVENTS

OCD New Jersey - IOCDF Affiliate ● www.OCDNJ.org
18th Annual Luncheon and Conference – Sunday, March 4, 2018, 10am-3pm (The Westwood in Garwood, NJ)
For more information: www.ocdnj.org/meetings/annual-conference/
Next Quarterly Meeting – Monday, March 12, 2018
For more information: www.ocdnj.org/meetings/quarterly-presentation/
Contact: Allen Weg, Interim President at 732-476-4021 or AllenWeg@aol.com

ONLINE RESOURCES

The Adversity 2 Advocacy Alliance ● www.a2aalliance.org
Founded by Wurzweiler Care Cafe guest speaker Jeff Bell. A2A is an all-volunteer nonprofit dedicated to promoting and fostering the power of turning personal challenges into service to others with similar challenges. A2A has three primary objectives: (1) Network and support inspiring individuals who have turned adversity into advocacy; (2) Provide pathways to advocacy for anyone facing adversity; and (3) Showcase the proven power of turning adversity into advocacy.
Share your story, support or sign up for monthly e-newsletter: a2aalliance.org/contact-us

Anxiety and Depression Association of America ● www.adaa.org
Anxiety and Depression Association of America is an online resource which can direct you to a therapist in any given zip code. The site can provide information about generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), panic disorder and agoraphobia, posttraumatic stress disorder (PTSD), social anxiety disorder, and specific phobias. The site can provide tips for managing anxiety and stress, and posts interesting articles on various mental health topics.

Beyond the Doubt ● www.beyondthedoubt.com
Beyond the Doubt offers powerful strategies for navigating uncertainty—field-tested by two successful survivors of the so-called Doubting Disease. Their interactive talks, workshops, and groups provide practical tools for individuals and organizations looking to thrive through uncertainty and the fear and doubt it creates.
Sign up for daily KeyWords newsletter: www.beyondthedoubt.com/keywords-daily-motivation-to-thrive-with-ocd/

International OCD Foundation (IOCDF) ● www.iocdf.org
The International OCD Foundation mission is to help everyone affected by obsessive compulsive disorder (OCD) and related disorders to live full and productive lives. The Foundation has affiliates in 25 states and territories in the US, in addition to global partnerships with other OCD organizations and mental health non-profits around the world. The goal of the IOCDF is to provide resources and support for those affected by OCD, promote awareness about OCD, and increase access to effective treatment.
Find additional resources: www.iocdf.org/find-help/

National Institute of Mental Health (NIMH) ● www.nimh.nih.gov/health/topics/anxiety-disorders/
The National Institute of Mental Health offers an overview on anxiety disorders, signs and symptoms, and risk factors; lists of treatments and therapies; as well as booklets and brochures to read online, download, print, or share. Site includes multimedia resources, federal resources, and research/statistics. Some information is available in Spanish.
Contact: nimhinfo@nih.gov

Peace of Mind Foundation ● www.peaceofmind.com
The purpose of the Peace of Mind Foundation mission is to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy. The Foundation created and fully subsidizes the OCD Challenge, a free online self-help website for individuals suffering from OCD.

The Secret Illness ● www.thesecretillness.com
The Secret Illness is a global community that explores the realities of living with obsessive compulsive disorder through the creative arts. They create written, audio, and visual expressions of what OCD means to those living with the disorder and develop a space where these can be shared with the OCD community and the wider public.
Learn how to get involved: www.thesecretillness.com/get-involved-2/get-involved/
PANIC ATTACKS: RECOGNIZING AND STAYING GROUNDED -- TIPS FOR COPING WITH PANIC ATTACKS

What is a panic attack?
A panic attack is defined as an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, and during which time four (or more) of the following symptoms occur:

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensation of shortness of breath or smothering; feelings of choking
- Chest pain or discomfort
- Nausea, abdominal distress
- Feeling dizzy, light-headed, faint, or unsteady
- Chills or heat sensations
- Numbness or tingling
- Feelings of unreality or depersonalization (being detached from oneself)
- Fear of going crazy or losing control, fear of dying

How can I help myself during an attack?

- **Mindfulness.** Try going through letters in the alphabet and finding something in your surroundings that starts with each letter. Try going through letters in the alphabet and thinking of a band or a TV show that starts with each letter.
- **Distract your attention.** If you feel yourself starting to get panicky, try to distract yourself by talking to a friend, count backwards from 100 by twos, do a crossword puzzle, count passing cars, try to find 10 yellow items, etc. This can work if you are at home alone or are in a public place.
- **Ground thoughts in the present moment.** Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.
- **Breathing.** Breathe in through your nose and through your mouth; always breathe out longer than you breathe in. 4:6 second ratio ideally.
- **Calming self statements.** *I am going to get through this. Everything is going to be okay. I will get out of this situation.*
- **Stop negative thinking.** Identify scary thoughts that can trigger and fuel physical feelings of panic. Find a positive thought to replace every anxious thought and make an effort to believe it.
- **Identify what triggers your anxiety.** It might be family, school, work, or something else in your environment. Keep track of times when you are feeling stressed or anxious, and look for a pattern.

Keep healthy habits. Limit your caffeine and alcohol intake. Exercise, eat well balanced meals, and get enough sleep.

*We hope these tips may be useful and encourage anyone experiencing panic attacks to seek mental health support.*

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