

HEALTH, HYGIENE & MENTAL WELLNESS

AGENCY	CONTACT DETAILS	OPEN HOURS
AHRC New York City >Developmental & intellectual disability services	www.ahrcnyc.org (212) 780-2500/(212) 780-4491 83 Maiden Lane, 11th Flr., NY, NY 10038 Onome Edemirukaye onome.edemirukaye@ahrcnyc.org	
Andrew Heiskell Braille 7 Talking Book Library >Library for the blind	www.nypl.org/locations/heiskell (212) 206-5400 40 W 20th St., New York, NY 10011-4211	
Bowery Mission >Clothing >Showers	www.bowery.org (212) 674-3456 227 Bowery, NY, NY 10002 Sandra Seaborne	Mo, referral only Tu, Fr - walk in 12pm for 125 tickets
Catholic Charities >Phyically & emotionally challenged	www.catholiccharitiesny.org (212) 348-0488 125 E 105th St., NY, NY 10029	
Center for Urban Community Services (CUCS) >Single Point of Access (SPOA Housing Program) >>connects applicants with residences & services. >Case management, employment, health >Substance abuse, education	www.cucs.org (212) 801-3300/(917) 720-9715 198 E. 121st St., NY, NY 10035	
Central Park >Ancient Playground Public Bathrooms >Robert Bendheim Playground Bathrooms >Conservatory Garden Public Bathroom	www.centralpark.com/guide/general-info 85th Street & 5th Avenue 100th Street & 5th Avenue 105th Street & 5th Avenue	8am until dusk 8am until dusk 8am until dusk
Coler-Goldwater >Specialty Hospital & Nursing Facility	www.nyc.gov/html/hhc/coler-goldwater (212) 318-4465 1 Main St., Roosevelt Island, NY 10044	
Episcopal Social Services Emotional & Physical Disability	www.essnyc.org/programs (212) 675-1000 305 7th Ave #2, NY, NY 10001	Mo-Fr 7:15am-3:45pm
Gracie Square Hospital >Psychiatric care	www.nygsh.org (212) 988-4400 420 E 76th St., NY, NY 10021	
Grand Central Neighborhood Social Services Corp >Shower	www.grandcentralneighborhood.org (212) 883-0680 ext 301 120 E. 32nd St., NY, NY 10016	Drop-In open 24/7
Jan Hus Presbyterian Church & Neighborhood House >12 Step >Clothing & showers	www.janhus.org 212-288-6743 351 E 74th St., NY, NY 10021 Tom Harper, tom@janhus.org Ramses, ramses@janhus.org	Mo-Fr 9am-5pm Sa
Metropolitan Hospital Center >Behavioral Health	www.nychealthandhospitals.org (212) 423-7312 1901 1st Ave., NY, NY 10029	
New York City Human Resources Administration Department of Social Services	www.nyc.gov/html/hra/html/services	

>Adult Protective Services - Physical & Mental Health	(212) 971-2727	
>Wellness, Comprehensive Assessment Rehabilitation	132 W. 125th St.	
>Employment (WeCARE) Program		
>Cash assistance clients with medical & mental barriers		
>Home Care/Long Term Care	(212) 666-6267	
>HIV/AIDS Services	(212) 971-0626	
New York Common Pantry	www.nycommonpantry.org	
>Case Management	917-720-9700	
>Medicaid Applications & Medical Screenings	8 E. 109th St., New York, NY 10029	
>Psychiatric Consultations and Assessments	Daniel Reyes, dreyes@nycommonpantry.org	
>Haircut, shower, laundry	sean smith: muhammed director	Mo-Fr @ 9:30am
	mgreenleaf@nycommonpantry.org	
	Melo_Beranobel_bmelo@nycommonpantry.org	Sign-up 8am-9:30am
New York City Rescue Mission	www.nycrecue.org	Mo, Tu
	(212) 226-6214	
Psychotherapy & Spirituality Institute	www.mindspirit.org	
Emotional & spiritual psychotherapy, counseling & training	(212) 285-0043/(212) 285-1552	
	120 Broadway, NY, NY 10006	
	Mary Ragan, mragan@mindspirit.org	
Safe Horizon	www.safehorizon.org	
>Shower & Laundry	(212) 695-2220	Mo, Tu, Th, Fr 12pm-5pm
	48 E. 80th St., NY, NY 10075	
>Site One - 13-24yr olds only	209 W. 125th St., Fl#2, NY, NY 10027	Mo, Tu, Th, Fr 2pm-5pm
>Site Two - 13-24yr olds only	33 Essex St., NY, NY 10002	Mo, Tu, Th, Fr 2pm-7pm
St. Luke's & Roosevelt Hospitals	www.spencercoxcenter.org	
>Spencer Cox Center for Health - Coming Home Program	(212) 523-6500/(212) 523-6941	
>>Case management for formerly incarcerated including	390 W 114th St. Flr# 3, NY, NY 10025	
	Mary Johnson, MSW, Director	