Resources for Anxiety and Obsessive Compulsive Disorder

**Jewish Board of Family and Children Services**  
**Dr. Eugene D. Glynn/YCL Counseling Center**  
5030 Broadway Suite 201 (between 213th and 214th Street)  
New York, NY 10034  
Phone: (212) 795-9888  
Fax: (212) 795-9899

The counseling center serves Washington Heights and Inwood providing help to people struggling with a range of emotional and social problems. Services for adults and children include evaluation and assessment, crisis intervention, and time-limited, time-effective, and ongoing individual, couple, family, and group therapy. Staff fluent in Spanish are available.

http://www.jbfcs.org/programs.php?id=279#.VKyDmqaUeRB

**Jewish Board of Family and Children Services**  
**J.W. BEATMAN COMMUNITY COUNSELING CENTER - RIVERDALE OFFICE**  
521 West 239th Street  
Riverdale, NY 10463  
Phone: (718) 601-2280  
Fax: (718) 601-2281

Provides outpatient mental health and psychiatric services for people struggling with a wide range of emotional and social problems. Specialized services for adults and children include evaluation and assessment, crisis intervention, as well as ongoing individual, couple, family, and group and medication therapy as appropriate. Satellite license for P.S. 7, a local school, where ongoing services are provided. Multicultural staff fluent in Spanish and Orthodox Jewish staff observant of Jewish law are available.

https://www.jbfcs.org/programs.php?id=263
Resources for Anxiety and Obsessive Compulsive Disorder

International OCD Foundation
www.iocdf.org

Anxiety and Depression Association of America
www.adaa.org/

NAMI, the National Alliance on Mental Illness
http://www2.nami.org/factsheets/anxietydisorders_factsheet.pdf

The Center for Anxiety www.centerforanxiety.org
646-837-5557

The Montefiore Relaxation Hotline
718-920-CALM (2256)
The Montefiore Relaxation Hotline, brought to you by the Montefiore Healing Arts Program, provides listeners with a choice of brief relaxation exercises or gentle music. The Relaxation Hotline is available 24 hours a day at 718-920-CALM (2256). Call any time to take a moment to relax and recharge. Once the welcome message comes on, press:
1 - Relaxing Breathing (2:23)
2 - Scott's Gentle Jam (3:45)
3 - Progressive Muscle Relaxation (8:11)
4 - Centering and Grounding (5:44)
http://www.montefiore.org/healingarts-relaxation-hotline

Columbia University Medical Center Center for OCD & Related Disorders
1051 Riverside Dr #69
New York, NY 10032
(646) 774-8062
http://columbiapsychiatry.org/ocd