



## **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](http://www.iocdf.org)

### Anxiety and Depression Association of America

[www.adaa.org/](http://www.adaa.org/)

### NAMI, the National Alliance on Mental Illness

[http://www2.nami.org/factsheets/anxietydisorders\\_factsheet.pdf](http://www2.nami.org/factsheets/anxietydisorders_factsheet.pdf)

### The Center for Anxiety [www.centerforanxiety.org](http://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>