

## **HOTLINES – 24 Hours**

Poison:	212.764.7667
Abuse/Violence (Safe Horizons):	212.577.7777
Suicide Prevention (LifeNet):	800.543.3638
Suicide Prevention/Emotional Support (Samaritans)	212-673-3000 <a href="http://www.samaritansnyc.org">www.samaritansnyc.org</a>
Emergency Contraception	888-NOT-2-LATE <a href="http://www.EC-Help.org">www.EC-Help.org</a>

## **EMERGENCY ROOMS (Medical)**

### **New York Presbyterian Hospital**

525 East 68th Street (east of York Avenue)  
Tel: 212.746.0711

### **Beth Israel Hospital**

East 16th Street (between First and Second Avenues)  
Tel: 212.420.2840

### **St. Vincent's Hospital/**

Seventh Avenue (between 11th and 12th Streets)  
Tel: 212.604.8000

### **NYU Medical Center**

560 First Avenue (at 33rd Street)  
Tel: 212.263.5550

### **Roosevelt/St. Luke's Hospital Center**

1000 Tenth Avenue (at 59th Street)  
Tel: 212.523.6800

### **NYU/Downtown**

170 William Street  
Tel: 212.312.5000

### **Long Island College Hospital**

Atlantic Avenue and Hicks Street (Brooklyn)  
Tel: 718.780.1000

## **EMERGENCY ROOMS (Psychiatric)**

### **St. Vincent's Hospital Walk-In Psychiatric Out-Patient Clinic**

Hours: 9:00 a.m.-3:30 p.m., Monday - Friday  
144 West 12th Street (between Sixth and Seventh Avenues)  
Tel: 212.604.8220

**New York Presbyterian Hospital**

525 East 68th Street (east of York Avenue)

Tel: 212.746.0711

**NYU Medical Center**

560 First Avenue (at 33rd Street)

Tel: 212.263.5550

**ABORTION**

**Planned Parenthood of NYC**

<http://www.ppnyc.org/homepage.html>

Tel: 212.274.7200 (call for information and nearest clinic)

**Park Med Eastern Women's Center**

800 Second Avenue (between 42nd and 43rd Streets)

Tel: 212.686.6066 or 800.346.5111

**Eastside Gynecology**

225 East 64th Street, Suite C2 (between Second and Third Avenues)

Tel: 212.308.4988

**Bellevue Hospital-Reproductive Choice**

462 First Avenue

Tel: 212.562.8282

**ALCOHOL ABUSE PREVENTION AND TREATMENT**

**Alcoholics Anonymous**

Find a local Alcoholics Anonymous Meeting

[www.nyintergroup.org/meetinglist](http://www.nyintergroup.org/meetinglist)

**Al-Anon**

A support group for family members of alcoholics

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Harm Reduction**

Learn more about Harm Reduction and alternatives to AA-style treatment

[www.harmreductioncounseling.com](http://www.harmreductioncounseling.com)

**The Secondhand Hangover**

A website designed by and for college students who are concerned about the effects of alcohol abuse on campus life.

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

## ANGER MANAGEMENT

[www.apa.org/pubinfo/anger.html](http://www.apa.org/pubinfo/anger.html)

## BODY ART

### **Piercing Information from the University of California at Santa Barbara**

Includes tips on how to get a piercing safely and what to look for in a piercing parlor. (This is part of a larger site on sexuality and sexual health and includes discussion of the effects of piercing on sexual stimulation.)

[www.soc.ucsb.edu/sexinfo/?article=activity&refid=028](http://www.soc.ucsb.edu/sexinfo/?article=activity&refid=028)

### **Tattoos on Wikipedia**

Ever wonder about the history of tattoos? Or just want to know about the risks and what to look for in a tattoo parlor? Go straight to those links from this site.

<http://en.wikipedia.org/wiki/Tattoo>

## BODY IMAGE

### **Improving Body Image**

Scroll down the page for body image improvement exercises.

[www.edreferral.com/body\\_image.htm](http://www.edreferral.com/body_image.htm)

### **Adios Barbie!**

Entertaining and interactive site about body appreciation—check out the games!

[www.Adiosbarbie.com](http://www.Adiosbarbie.com)

## CONTRACEPTION

### **Condoms**

Free male condoms, female condoms, and lubricant, as well as "dental dams" are available at the following locations on campus:

#### **Student Health Services—Medical Services**

Ground floor, Loeb Hall

135 East 12th Street, New York, NY 10003

#### **Student Health Services—Counseling Services**

2nd floor, Loeb Hall

135 East 12th Street, New York, NY 10003

#### **Office of Student Development and Activities—Health Education**

55 West 13th Street, room 102

New York, NY 10011

### **When purchasing condoms, keep in mind that they come in different materials:**

Latex—reduces the risk of sexually transmitted infections and pregnancy

Sheepskin—ONLY reduces the risk of pregnancy, does not offer protection against sexually transmitted infections.

Polyurethane—an alternative for latex-sensitive individuals and their partners, reduces the risk of sexually transmitted infections and pregnancy

Planned Parenthood of NYC

<http://www.ppnyc.org/homepage.html>

### **COUNSELING – VIRTUAL PAMPHLETS RESOURCE**

<http://counseling.uchicago.edu/resources/virtualpamphlets>

### **DENTAL**

#### **Stu-Dent Plan – NYU College of Dentistry**

345 East 24th Street (at First Avenue)

Tel: 212.998.9870

#### **Morningside Dental Associates**

1244 Amsterdam Avenue (at 121st Street)

212.865.8467

### **DEPRESSION**

#### **Depression Screening, sponsored by the National Mental Health Association**

Free, online screening tool and links to other resources.

[www.depression-screening.org](http://www.depression-screening.org)

#### **Depression and Bipolar Support Alliance**

Learn more about depression and bipolar disorder.

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

### **DOMESTIC VIOLENCE/intimate Partner Violence**

#### **St. Luke's-Roosevelt Crime Victims Treatment Center**

411 West 114th Street

Tel: 212.523.4728

#### **The New York City Gay & Lesbian Anti-Violence Project (AVP)**

240 West 35th Street, suite 200

Tel: 212.714.1184

#### **Safe Horizon**

<http://www.safehorizon.org/>

### **DRUG ABUSE PREVENTION AND TREATMENT**

#### **Street Drugs–Drug Resource List**

Searchable list describes types of drugs, alternate names, uses, side-effects, withdrawal symptoms, and

more.

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

### **Harm Reduction**

Learn more about harm reduction and alternatives to 12-step programs.

[www.harmreductioncounseling.com/index.html](http://www.harmreductioncounseling.com/index.html)

### **Narcotics Anonymous**

12-step program for people wishing to overcome substance abuse.

<http://portaltools.na.org/portaltools/MeetingLoc>

### **ERGONOMICS (home and office)**

<http://www.cdc.gov/od/ohs/Ergonomics/ergohome>

### **EXERCISE**

<http://www.cdc.gov/nccdphp/dnpa/>

### **EYE, EAR, NOSE, AND THROAT CARE**

#### **New York Eye and Ear Hospital**

(Medical Emergencies and Clinics)

310 East 14th Street (Second Avenue)

Tel: 212.979.1400

### **INTERNET SAFETY**

Facebook Privacy Tips

MySpace Privacy Tips

### **EATING DISORDERS**

#### **Eating Disorder Referral and Information Center**

Clearinghouse of information and links.

[www.edreferral.com/body\\_image.htm](http://www.edreferral.com/body_image.htm)

#### **National Eating Disorders Association**

Online support and information.

[www.nationaleatingdisorders.org/p.asp?WebPage\\_ID=294](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=294)

#### **Something Fishy Website on Eating Disorders**

Online forums, chats, awareness raising, and support for anorexia, bulimia, and compulsive eating.

[www.something-fishy.org](http://www.something-fishy.org)

### **IMMUNIZATIONS**

**Immunization Hotline:**

Tel: 212.349.2664

**Chelsea Health Center**

303 Ninth Avenue -1st floor (between 27th and 28th Streets)

Open Monday-Friday, 8:30 a.m. - 2:30 p.m.

Tel: 212.239.1718

**LGBTQ HEALTH**

Callen-Lorde Community Health Center <http://www.callen-lorde.org/>

**LGBTQ Resources**

**The Lesbian, Gay, Bisexual and Transgender Community Center**

A NYC resource for LGBTQ students and other LGBTQ adults.

208 West 13th Street

Tel: 212.620.7310

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

**Human Rights Campaign**

National advocacy organization based in Washington, DC.

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

**Parents, Family, and Friends of Lesbians and Gays**

Resources and support for family, friends, and other allies.

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

Resources for Queer and Questioning Youth

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

**MENTAL HEALTH**

National Alliance on Mental Illness (NAMI)

Information about mental illness, NAMI on campus for college students, and online communities.

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

**NUTRITION**

**Dietary Guidelines for Americans 2005**

The NEW dietary recommendations.

[www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm](http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm)

**Nutritional Summaries of Popular Foods and Related Resources**

How many calories are in \_\_\_\_? How can I make healthier food choices while getting the energy I need to stay active?

[www.nutritiondata.com](http://www.nutritiondata.com)

**Nutrition Navigator–A Rating Guide to Nutrition Websites provided by Tufts University**

Not sure if the site you're looking at is legit? Check it out here.

<http://navigator.tufts.edu>

American Dietetics Association

<http://www.eatright.org>

Calorie King

**<http://www.calorieking.com>**

**PEER HEALTH ADVOCACY**

Bacchus and GAMMA

<http://www.bacchusgamma.org>

**PHARMACIES (LOCAL)**

(the following accept coverage under the university- sponsored Student Health Insurance plan)

**Duane Reade**

24 East 14th Street. (Between Fifth Avenue and University Place)

Tel: 212.989.3632

**Duane Reade (Open 24 hrs.)**

378 Sixth Avenue (at Waverly Place)

Tel: 212.674.5357

**K-Mart**

Astor Place and Fourth Avenue

Tel: 212.253.9661

**PREGNANCY**

Planned Parenthood of NYC <http://www.ppnyc.org/homepage.html>

**RELATIONSHIP VIOLENCE, RAPE, AND SEXUAL ASSAULT**

**St. Luke's-Roosevelt Crime Victims Treatment Center**

411 West 114th Street

Tel: 212.523.4728

**St. Vincent's Rape Crisis Program**

41-51 East 11th Street (between University Place and Broadway)

Tel: 212.604.8068

**Beth Israel Rape Crisis Intervention Program**

317 East 17th Street  
Tel: 212.420.4054

**New York City Alliance Against Sexual Assault**

The go-to source for hospitals, treatment, prevention, and police intervention.  
[www.nycagainstrape.org](http://www.nycagainstrape.org)

**The New York City Gay and Lesbian Anti-Violence Project**

Great materials, advocacy, and support for LGBTQ folks and everyone interested in safer dating, including cyber dating.

240 West 35th Street, Suite 200  
Tel: 212.714.1184  
[www.avp.org](http://www.avp.org)

**Rape, Abuse, and Incest National Network**

National support and advocacy organization, started by Tori Amos!  
[www.rainn.org](http://www.rainn.org)

**SAFER SEX**

<http://www.sexuality.org/safesex.html>

**SELF ESTEEM**

[www.self-esteem-nase.org/](http://www.self-esteem-nase.org/)

**SEXUALITY AND SEXUAL HEALTH**

**Go Ask Alice!**

Online Q&A service for college students worldwide, sponsored by Columbia University.  
[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

**Teenwire**

Good information that doesn't expire when you turn 20! Helpful videos, chats and more.  
<http://teenwire.com>

**Emergency Contraception Hotline**

Find the five closest providers of emergency contraception (post-coital contraception—if the condom breaks or it wasn't your choice) by entering your zip code. Note: Student Health Services also offers emergency contraception.  
[www.not-2-late.com](http://www.not-2-late.com)

**SEXUALLY TRANSMITTED INFECTIONS**

**Student Health Services**

135 East 12th Street, 1st floor  
Tel: 212.229.1671 option 2

**Center for Disease Control (CDC)**

<http://www.cdc.gov/std>

**American Social Health Association**

[http://www.ashastd.org/herpes/herpes\\_overview.cfm](http://www.ashastd.org/herpes/herpes_overview.cfm)

**Free HIV Testing**

*Hispanic AIDS Forum at The New School's Student Health Services*

135 East 12th Street, 2nd floor

Tel: 212.229.1671 option 1

Hours: Tuesdays and Thursdays, 3–6:00 p.m. (except during university holidays)

**Off-Campus Testing Sites**

*New York City Department of Health*

The Chelsea location is the closest to The New School campus; see other sites citywide.

[www.nyc.gov/html/doh/html/std/std2.html](http://www.nyc.gov/html/doh/html/std/std2.html)

**Gay Men's Health Crisis' David Geffen Testing Center**

A resource to everyone, regardless of gender or sexual orientation.

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

Hispanic AIDS Forum: <http://www.hafnyc.org/eng/index.php>

Callen-Lorde Community Health Center <http://www.callen-lorde.org/>

**SMOKING CESSATION****Smoking cessation:**

[http://www.cdc.gov/tobacco/quit\\_smoking/index.htm](http://www.cdc.gov/tobacco/quit_smoking/index.htm)

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

<http://familydoctor.org/online/famdocen/home/common/addictions/tobacco/161.html>

**Local Smoking Cessation Programs**

(Many are FREE!)

[www.nyc.gov/html/doh/html/smoke/quit.shtml](http://www.nyc.gov/html/doh/html/smoke/quit.shtml)

**Reality Check New York**

Quitting tips for NYC smokers.

[www.realitycheckny.org/rcny](http://www.realitycheckny.org/rcny)

### **Unhooked**

Lots of practical tips for preparing to quit, quitting, and staying smoke-free.

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

## **STRESS AND ANXIETY**

### **Anxiety Disorders Association of America**

Includes online screenings, links to self-help resources and more.

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

### **Go Ask Alice!**

Click on "Emotional Health" to see stress-related Q&As posted by other college students worldwide!

[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

### **Managing Stress: A Guide for College Students by the University of Georgia**

Included on the site is descriptions of several relaxation techniques (e.g., meditation, visualization, deep breathing, and even the health benefits of drawing and coloring!).

[www.uhs.uga.edu/stress](http://www.uhs.uga.edu/stress)

### **Listen to Relax**

Download MP3 files of relaxation exercises from Hobart and William Smith Colleges.

[www.hws.edu/studentlife/resources/counseling/relax.asp](http://www.hws.edu/studentlife/resources/counseling/relax.asp)

## **TIME MANAGEMENT**

<http://.ucc.vt.edu/lynch/time>

## TRAVEL

### **Interchurch Center Medical Office**

475 Riverside Drive, Room 241 (between 119th and 120th Streets)  
Tel: 212.870.3053

### **JFK International Airport:**

Information about what is needed for each country  
Tel: 718.553.1685

### **Centers for Disease Control**

International directory concerning risk, prevention, and disease  
Tel: 404.332.4565

### **World Health Organization**

Tel: 202.783.3238

### **International Association for Medical Assistance to Travelers (IAMAT)**

Health information for travelers  
Tel: 716.754.4883

## URGENT CARE

### **DOCS/New York Health Care**

55 East 34th Street (between Park and Madison Avenues)  
Tel: 212.252.6001

### **DOCS/New York Health Care**

202 West 23rd Street (between Seventh and Eighth Avenues)  
Tel: 212.352.2600

## VISION

### **General Vision Service**

20 West 14th Street (between Fifth and Sixth Avenues)  
Tel: 212.229.1470