STUDENT HEALTH SERVICES
80 Fifth Avenue, 3rd floor, New York, NY 10011
Tel: (212) 229-1671 **Fax**: (212) 614-7484

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HOTLINES – 24 Hours

Abuse/Violence (Safe Horizons):	212.577.7777 (212.POISONS)
Domestic Violence:	800.621.HOPE
Emergency Contraception:	888.NOT.2.LATE, www.EC-Help.org, www.not-2-late.com
National Suicide Hotline:	800.SUICIDE or 800.273.TALK
Poison:	212.764.7667
Suicide Prevention (LifeNet):	800.543.3638 (800.LIFENET)
Suicide Prevention/Emotional Support:	212.673.3000, www.samaritansnyc.org
NYC general info:	311

EMERGENCY ROOMS (Medical)

New York Presbyterian Hospital
525 East 68th Street (east of York Avenue)
Tel: 212.746.5454

Beth Israel Hospital
East 16th Street (between First and Second Avenues)
10 Union Square East (between 14th and 15th Streets)
Tel: 212.420.2000

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: 212.263.7300

NYU Downtown Hospital
170 William Street
Tel: 212.312.5000

Long Island College Hospital
Atlantic Avenue and Hicks Street (Brooklyn)
Tel: 718.780.1000

Lenox Hill Hospital
100 East 77th Street (at Lexington Avenue)
Tel: 212.434.2000

Bellevue Hospital Center
462 First Avenue (at 27th Street)
Tel: 212.562.1000

EMERGENCY ROOMS (Psychiatric)

New York Presbyterian Hospital
525 East 68th Street (east of York Avenue)
Tel: 888.694.5700

NYU Medical Center
560 First Avenue, Suite 7D (at 33rd Street)
Tel: 212.263.5550 or 212.263.7419

ABORTION

Planned Parenthood of NYC
http://www.plannedparenthood.org/nyc/
Tel: 212.274.7200 or 800.230.PLAN (call for information and nearest clinic)

Park Med Eastern Women's Center
800 Second Avenue, 7th Floor (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

ALCOHOL USE PREVENTION AND TREATMENT

Alcoholics Anonymous
Find a local Alcoholics Anonymous Meeting
www.nyintergroup.org/meetinglist

Al-Anon
A support group for family members and loved ones of alcoholics
http://www.al-anon.alateen.org/
http://nycalanon.org/

Harm Reduction
Learn more about Harm Reduction and alternatives to AA-style treatment that include moderation
www.harmreductioncounseling.com

ReDirect
Peer-led support group at The New School for any student who wants to talk about alcohol
wellness@newschool.edu

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

ANGER MANAGEMENT AND CONFLICT RESOLUTION

Controlling Anger – Before It Controls You
Summary of what anger is and its causes as well as how to keep anger at bay
www.apa.org/topics/controlanger.html

The Conflict Resolution Information Source
Everything you ever wanted to know about conflict and management
http://www.crinfo.org/

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
http://www.bodyjewelleryshop.com/body_piercing_information/
http://www.body-piercing.com.au/body_piercing_guide.htm

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

Adios Barbie!
Entertaining and interactive site about body appreciation–check out the games!
http://www.adiosbarbie.com/

Adam Hill stand up routine on body image
http://www.youtube.com/watch?v=0-o3go0FI-w

About-Face
Shows how much images in the media have been altered
http://www.about-face.org/

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**
> 80 Fifth Avenue, 3rd floor
> New York, NY 10011
> Tel: 212.229.1671, option 4
>
> **Office of Student Development and Activities**
> 90 Fifth Avenue, 2nd floor
> New York, NY 10011
> Tel: 212.229.5687
>
> **All of the residence halls**

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.plannedparenthood.org/nyc/

Free NYC Condoms available at locations throughout the five boroughs
http://www.nyc.gov/html/doh/html/condoms/condoms.shtml

COUNSELING – VIRTUAL PAMPHLETS RESOURCE

Psych Central – Mental Health Network
http://psychcentral.com/disorders/

Encyclopedia of Mental Disorders
http://www.minddisorders.com/

DENTAL

Stu-Dent Plan – NYU College of Dentistry
Offers low cost dental care to students
345 East 24th Street (at First Avenue)
Tel: 212.998.9870

Morningside Dental Associates – Columbia University
Offers low cost dental care to students
1244 Amsterdam Avenue (at 121st Street)
212.961.1266

DEPRESSION

Depression Screening, sponsored by the National Mental Health Association
Free, online screening tool and links to other resources
www.depression-screening.org

Depression and Bipolar Support Alliance
Learn more about depression and bipolar disorder
www.dbsalliance.org

WebMD – Depression
Comprehensive site about depression, including tests, tips to fight depression
http://www.webmd.com/depression/default.htm

National Alliance on Mental Illness (NAMI)
Information about mental illness, NAMI on campus for college students, and online communities
http://www.nami.org/

DOMESTIC VIOLENCE/intimate Partner Violence

St. Luke's-Roosevelt Crime Victims Treatment Center
411 West 114th Street, Suite 2C
Tel: 212.523.4728
http://www.cvtc-slr.org/

The New York City Gay & Lesbian Anti-Violence Project (AVP)
240 West 35th Street, suite 200
Tel: 212.714.1141
http://www.avp.org/

Safe Horizon
A victim assistance agency that provides support, prevents violence, and promotes justice for victims of crime and abuse
Tel: 800.621.HOPE (4673)
http://www.safehorizon.org/

Domestic Abuse: What to Look Out For
http://www.svcmc.org/body.cfm?xyzpdqabc=0&id=778&action=detail&AEProductID=HW_Catholic&AEArticleID=dabus#tp25600

DRUG USE 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

Harm Reduction Coalition
Advocacy and capacity-building organization that promotes the health and dignity of individuals and communities impacted by drug use
http://www.harmreduction.org/

Narcotics Anonymous
12-step programs for people wishing to overcome substance abuse
www.na.org
http://portaltools.na.org/portaltools/MeetingLoc

VOCAL
Voices Of Community Activists & Leaders (VOCAL) is a statewide grassroots membership organization building power among low-income people who are living with and affected by HIV/AIDS, drug use and incarceration, along with the organizations that serve us, to create healthy and just communities.
http://www.vocal-ny.org/p/our-work.html?spref=fb

EATING DISORDERS

Eating Disorder Referral and Information Center
Clearinghouse of information and links
www.edreferral.com/body_image.htm

National Eating Disorders Association
Online support and information
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

EMERGENCY CONTRACEPTION

Student Health Services
Free emergency contraception
80 Fifth Avenue, 3rd floor, New York, NY 10011
Tel: (212) 229-1671 Option 2

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
www.not-2-late.com

EYE, EAR, NOSE, AND THROAT CARE

New York Eye and Ear Infirmary
(Medical Emergencies and Clinics)
310 East 14th Street (Second Avenue)
Tel: 212.979.4000

EXERCISE (also see NUTRITION)

Nutrition, Physical Activity, and Obesity
http://www.cdc.gov/nccdphp/dnpa/

NYC Department of Parks and Recreation
Various low cost facilities around NYC
The Chelsea Recreation Center (430 West 25th St.) has a pool, gymnasium, and fitness room and costs about $60/year
http://www.nycgovparks.org/

Exercise Tracker
MedHelp's free Exercise Tracker helps users keep track of daily exercise and fitness activity on an easy-to-read interactive chart
http://www.medhelp.org/land/exercise-tracker

New School Office of Recreation and Intramural Sports
Programs include: intramural sports, group fitness classes, outdoor recreation, special events and programs, recreation clubs
http://www.newschool.edu/studentservices/recreation

New School student discounts are available at the 4th Ave/12th St. Crunch and 14th St. YMCA

IMMUNIZATIONS

Immunization Hotline: Tel: 212.349.2664

Chelsea Health Center – Walk-in
303 Ninth Avenue -1st floor (between 27th and 28th Streets)
Open Monday, Tuesday, Thursday, and Friday, 8:30 a.m. - 2:30 p.m. Call first!
Tel: 212.239.1718

Interchurch Center Medical Office

475 Riverside Drive, Room 241 (between 119th and 120th Streets)
Tel: 212.870.2200
http://interchurch-center.org/medical_services.html

Centers for Disease Control and Prevention
Offers a variety of information regarding immunizations
http://www.cdc.gov/vaccines/spec-grps/college.htm

INTERNET ADDICTION, SAFETY AND COMFORT

Facebook addiction
http://www.thedailymind.com/productivity/facebook-syndrome-8-ways-to-beat-your-facebook-addiction/

Facebook Privacy Tips
Ten privacy settings everyone should know and use.
http://www.allfacebook.com/2009/02/facebook-privacy/

MySpace Privacy Tips
General security tips
http://www.myspace.com/index.cfm?fuseaction=cms.viewpage&placement=safety_pagetips

Internet Addiction Test
http://www.netaddiction.com/index.php?option=com_bfquiz&view=onepage&catid=46&Itemid=106

Internet Privacy Tips
Explains how exactly you are tracked on the internet and what you can do about it.
http://www.privacyrights.org/fs/fs18-cyb.htm

Ergonomics
If you have pain from using the computer too much (like during studying), gives advice on how you should arrange the environment to fit you.
http://www.cdc.gov/od/ohs/Ergonomics/ergohome

LGBTQ HEALTH & RESOURCES

Organizations at The New School which offer social and political support, and serve the queer and queer allied community at the university.

OPEN (Out, Proud Environment at The New School)
open@newschool.edu

Campus Queer Collective
CQC@newschool.edu

Safe Zone at The New School

Safe Zone trainings are open to all students, faculty, and staff. The initial training is a two hour workshop which aims to raise awareness of the lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) community and the richness of gender and sexuality; to discuss how homophobia and transphobia impact our lives; to explore ways allies on campus can support the LGBTQI community and each other; and to practice how to be an ally in the creation of safe havens at the university.
safezone@newschool.edu

Callen-Lorde Community Health Center
356 West 18th Street (between 8th and 9th Avenues)
Tel: 212.271.7200
http://www.callen-lorde.org/

GMHC
AIDS service organization, resource for treatment information, news and statistics, prevention education, how to help fight AIDS.
Tel: 1.800.243.7692
http://www.gmhc.org/

Human Rights Campaign
National advocacy organization based in Washington, DC.
www.hrc.org

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

Parents, Family, and Friends of Lesbians and Gays
Resources and support for family, friends, and other allies.
www.pflag.org

Queers for Economic Justice
Progressive non-profit organization committed to promoting economic justice in a context of sexual and gender liberation
147 W. 24th St., 4th Floor, New York, NY 10011
Tel: 212.564.3608
http://q4ej.org/

Sex, Etc.
Info and advice on sex, love and relationships, pregnancy, birth control and condoms, STDs and more; published by Answer at Rutgers University.
http://www.sexetc.org/

YouthResource
A website by and for lesbian, gay, bisexual, transgender, and questioning young people, takes a holistic approach to sexual health and issues of concern.
http://www.amplifyyourvoice.org/youthresource

MENTAL HEALTH

**See Counseling & Depression sections as well*

Active Minds
Nationally recognized student-run organization that is concerned with mental-health awareness, education, and advocacy, with an active chapter at the New School
www.activeminds.org
activeminds@newschool.edu

National Alliance on Mental Illness (NAMI)
Information about mental illness, NAMI on campus for college students, and online communities
http://www.nami.org/

National Institute of Mental Health (NIMH)
Federal agency whose mission s to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure
http://www.nimh.nih.gov/about/index.shtml

NUTRITION (see EXERCISE)

American Dietetics Association
World's largest organization of food and nutrition professionals
http://www.eatright.org

Calorie King
http://www.calorieking.com

Campus Cooking
http://allrecipes.com/HowTo/Campus-Cooking-101-a-Beginners-Guide/Detail.aspx

Dietary Guidelines for Americans 2005
The NEW dietary recommendations.
http://www.health.gov/dietaryguidelines/

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

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

Overeaters Anonymous
Recovery program for compulsive overeaters
http://www.oa.org/

Spark People
Free online diet and healthy living community
http://www.sparkpeople.com/

PEER HEALTH ADVOCACY

The New You
The New School's peer health advocacy program, by and for students to empower the university community.
wellness@newschool.edu

The Bacchus Network
http://www.bacchusgamma.org

PHARMACIES (LOCAL)

(The following are the closest pharmacies to Union Square that 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

Pregnancy tests are offered at Student Health Services.

Option Line
Tel: 800.395.HELP

http://www.pregnancycenters.org/

Planned Parenthood of NYC
http://www.plannedparenthood.org/nyc/

PRESCRIPTION ASSISTANCE

NeedyMeds
http://www.needymeds.org/

RELATIONSHIP VIOLENCE, RAPE, AND SEXUAL ASSAULT

Bellevue Hospital Center – Sexual Assault Response Team SAFE Center
462 First Avenue, CD Building, Room CD408
Tel: 212.562.3435/3755

St. Luke's-Roosevelt Crime Victims Treatment Center
411 West 114th Street, Suite 2C
Tel: 212.523.4728

Beth Israel Rape Crisis Intervention Program
317 East 17th Street, Dept. of Social Work
Tel: 212.420.4516

New York City Alliance Against Sexual Assault
The go-to source for hospitals, treatment, prevention, and police intervention
www.nycagainstrape.org

The New York City Gay and Lesbian Anti-Violence Project
Great materials, advocacy, and support for LGBTQI folks and everyone interested in safer dating, including cyber dating.
240 West 35th Street, Suite 200
Tel: 212.714.1141
www.avp.org

Rape, Abuse, and Incest National Network
National anti-sexual assault support and advocacy organization, started by Tori Amos
Tel: 800.656.4673
www.rainn.org

What Constitutes Sexual Abuse or Assault?
http://www.svcmc.org/body.cfm?id=778&action=detail&aeproductid=HW_Catholic&aearticleid=sabus

Emergency Care – What to Do If You Are Raped
http://nycagainstrape.org/survivors_emergency.html

SAFER SEX

Medline Plus Safer Sex information
http://www.nlm.nih.gov/medlineplus/ency/article/001949.htm

Society for Human Sexuality
http://www.sexuality.org/safesex.html

Sex, Etc.
Info and advice on sex, love and relationships, pregnancy, birth control and condoms, STDs and more. Published by Answer at Rutgers University
http://www.sexetc.org/

SELF ESTEEM

Building Self-Esteem: A Self-Help Guide
http://www.athealth.com/Consumer/disorders/self-esteem.html

Self-Esteem Games from McGill University
Play games and be happier- Researchers at McGill University have discovered that people may be able to change negative thought patterns through a computer game.
http://selfesteemgames.mcgill.ca/index.htm

Self Esteem 2 Go
Activities and ways to raise your self-esteem
http://www.selfesteem2go.com/index.html

National Association for Self Esteem
A variety of resources for self-esteem
http://www.self-esteem-nase.org/

SEXUALITY AND SEXUAL HEALTH

Go Ask Alice!
Go Ask Alice! is the health question and answer Internet resource produced by the Alice! Health Promotion Program at Columbia University
http://www.goaskalice.columbia.edu/

Teen Talk
Good information that doesn't expire when you turn 20! Helpful videos, chats and more.
http://www.plannedparenthood.org/teen-talk/

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

SexInfo
Comprehensive website on everything related to sexuality based on research from the University of California.
http://www.soc.ucsb.edu/sexinfo/

SEXUALLY TRANSMITTED INFECTIONS

Student Health Services
80 Fifth Avenue, 3rd floor, New York, NY 10011
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

Free Confidential HIV Testing
Hispanic AIDS Forum at The New School's Student Health Services
80 Fifth Avenue, 3rd floor, New York, NY 10011
Tel: 212.229.1671 option 1
Hours: Mondays 4:30 - 7 p.m. (arrive by 6:30pm) (except during university holidays)
And once monthly around campus; e-mail wellness@newschool.edu for details.

Off-Campus Testing Sites
New York City Department of Health- Anonymous testing
The Chelsea location is the closest to The New School campus; see other sites citywide
http://www.nyc.gov/html/doh/html/std/std2.shtml

Gay Men's Health Crisis' David Geffen Testing Center
A resource to everyone, regardless of gender or sexual orientation
119 West 24th St.
www.gmhc.org
For HIV testing: testing@gmhc.org or call 212.367.1056

Hispanic AIDS Forum
http://www.hafnyc.org/

Callen-Lorde Community Health Center

356 West 18th Street (between 8th and 9th Avenues)
Tel: 212.271.7200
http://www.callen-lorde.org/

Other NYC HIV testing sites
http://www.gmhc.org/get-support/get-connected/get-tested

SMOKING CESSATION

Free Coaching and Support Hotline: 1.866.NY.QUITS

Smoking cessation:
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
http://www.smokefree.gov/

Local Smoking Cessation Programs
(Many are FREE!)
www.nyc.gov/html/doh/html/smoke/quit.shtml

Reality Check New York
Quitting tips for NYC smokers.
www.realitycheckny.org/rcny

Unhooked
Lots of practical tips for preparing to quit, quitting, and staying smoke-free
http://www.unhooked.org/

How to Deal with Nicotine Withdrawal
http://www.nysmokefree.com/newweb/FactSheets/Withdrawal.pdf

STRESS AND ANXIETY

Anxiety Disorders Association of America
Includes online screenings, links to self-help resources and more
http://www.adaa.org/

Go Ask Alice!
Click on "Emotional Health" to see stress-related Q&As posted by other college students worldwide!
www.goaskalice.columbia.edu

Half of Us
In a recent survey, half of all college students said they had been so stressed that they couldn't get

their work done or enjoy social activities during the last semester. But all of us have the power to take control of our emotional health in order to improve our moods and get the most out of college life.
http://www.halfofus.com

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

Listen to Relax
Download MP3 files of relaxation exercises from Hobart and William Smith Colleges.
www.hws.edu/studentlife/resources/counseling/relax.asp

One to World
American and International students from around the world interact and share their stories.
www.one-to-world.org

TIME MANAGEMENT

Time Management Quiz and Guidance
http://www.ucc.vt.edu/lynch/timemanagement.htm

Ten Application of Time Management for Learning
http://www.studygs.net/timman.htm

TRAVEL

U.S. Department of State - Travel
Everything you need to know about travel, visas, requirements, health issues, and travel warnings
http://travel.state.gov/

Interchurch Center Medical Office
475 Riverside Drive, Room 241 (between 119th and 120th Streets)
Tel: 212.870.2200
http://interchurch-center.org/medical_services.html

JFK International Airport:
Tel: 718.244.4444
http://www.panynj.gov/airports/jfk.html

Centers for Disease Control
International directory concerning risk, prevention, and disease
Tel: 718.553.1685 or 800.CDC.INFO

http://www.cdc.gov/

World Health Organization
http://www.who.int/en/

International Association for Medical Assistance to Travelers (IAMAT)
Health information for travelers
Tel: 716.754.4883
http://www.iamat.org/

URGENT CARE

DOCS/New York Health Care
55 East 34th Street, 7th Floor (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

Student Health Services
If you call after hours, you will get connected to a nurse
80 Fifth Avenue, 3rd floor (corner of 14th Street)
New York, NY 10011
Tel: (212) 229-1671 Option 2

VISION

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

Men's Health
Wonderful site covering all sorts of topics pertaining to men's health
http://www.nlm.nih.gov/medlineplus/menshealth.html