



NYC Health + Hospitals

Mental Health Services at NYC Family Justice Centers

We are here for you. Get the confidential support you deserve.

NYC Health + Hospitals Mental Health Team at the Family Justice Center (FJC) was created to provide treatment and support for survivors of domestic violence, intimate partner violence (IPV), sex trafficking and other gender-based violence.

Our psychiatrists, psychologists and social workers are here to help you overcome your mental health concerns.

IPV and Mental Health

The impact of IPV affects survivors differently. Many IPV survivors experience mental health challenges such as major depression, severe anxiety and post-traumatic stress disorder (PTSD). Others also struggle with drug and alcohol abuse in order to cope with their challenges.



How IPV Affects Your Mind and Body

- Feeling tired. Feeling stressed out. Low motivation. Low self-esteem.
- Headaches. Pain in the chest. Stomach pains. Pelvic pain. Choking sensations.
- Feeling anxious. Worrying a lot. Feeling paranoid. Zoning out.
- Difficulty sleeping. Not wanting to be alive.

Signs and Symptoms of IPV

If you are experiencing any of the following from a spouse or partner regularly, get confidential help from NYC Health + Hospitals Mental Health Team at the FJC.

Coercion and Threats: Threatening to hurt or leave you. Making you drop charges. Threatening to report you to welfare.

Intimidation: Making you feel afraid. Destroying things. Abusing pets.

Emotional Abuse: Calling you names. Playing mind games. Making you feel guilty.

Using Isolation: Controlling what you do. Controlling who you see and talk to. Controlling where you go.

Denying and Blaming: Not taking your concerns about abuse seriously. Saying it didn't happen. Saying you caused the abuse.

Using Children: Making you feel guilty about the children. Using them to relay messages. Threatening to take them away.

Using Male Privilege: Treating you like a servant. Making all the big decisions. Acting like the master of the castle.

Financial Abuse: Preventing you from getting or keeping a job. Making you ask for money. Taking your money.

It is not okay if you are experiencing these behaviors.

**The Family Justice Centers
offer free, confidential help
to people of any:**

- Age
- Immigration status
- Sexual orientation
- Income
- Language spoken
- Gender identity
- Disability



Are You In Danger?

If you are in immediate danger, call 911.

If you can't talk, text 911.

Learn more at nyc.gov/text911.

If you are concerned about your mental health or the mental health of others, call 1-800-NYC-WELL.

Find resources and support in NYC by searching the City's NYC HOPE Resource Directory at nyc.gov/NYCHOPE.

Point your smartphone camera at the QR code to visit us online or go to:
nychealthandhospitals.org/services-for-victims-of-domestic-violence



Foreign Language and Interpretation Services

Telephonic interpretation is available in more than 240 languages.

NYC Family Justice Centers Contact Information

Due to COVID-19, the NYC Family Justice Centers are currently available by phone only. Please call Monday through Friday between 9 a.m. and 5 p.m.

Bronx

(718) 508-1220

Brooklyn

(718) 250-5113

Manhattan

(212) 602-2800

Queens

(718) 575-4545

Staten Island

(718) 697-4300