



# MENTAL HEALTH SERVICES

NYC  
HEALTH+  
HOSPITALS

Care for NYC. No Exceptions.

## NYC HEALTH + HOSPITALS/METROPOLITAN

NYC Health + Hospitals/Metropolitan is a 338-bed facility serving East Harlem and surrounding communities. Known historically as the primary health care provider in El Barrio, Metropolitan delivers high-quality, compassionate care through over 400,000 clinic visits and more than 60,000 emergency room visits annually. The hospital is a designated Sexual Assault Forensic Examination (SAFE) Center of Excellence and a recognized "Leader in LGBTQ+ Healthcare Equality" by the Human Rights Campaign. Metropolitan has earned numerous honors, including the AORN, Beacon, Lantern, and Pathway to Excellence with Distinction awards, and national recognition in U.S. News & World Report's Best Hospitals list. With a legacy spanning 150 years, Metropolitan maintains the nation's oldest municipal hospital-medical school affiliation through its longstanding partnership with New York Medical College.

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## Community-Focused Mental Health Care

A community hospital in the heart of East Harlem offering mental health care tailored to the needs of adults, children, and families.

# Growing Strength. Building Community.



Mental health is essential to overall well-being, and emotional and mental health challenges can affect anyone. For adults, children, and families, overcoming these challenges often require compassion, understanding, and community and clinical support.

At Metropolitan Hospital, our focus centers on resources you need. We offer a wide range of outpatient mental health services to individuals and families experiencing behavioral, emotional, psychiatric, chemical dependency and other challenges.

## Metropolitan Hospital Mental Health Services Include:

- ADD or ADHD (Adult and Child)
- Anxiety
- Autism Spectrum Disorders
- Behavioral problems in individuals with intellectual disabilities and dementia
- Behavioral problems such as aggression
- Depression
- Emotional problems during and after pregnancy
- Flight Anxiety
- Help with testing for Individualized Educational Programs (IEP)
- Hoarding
- Mania
- Methadone Maintenance Treatment
- OCD
- Psychosis
- Public Speaking Anxiety
- Sleep Disorders (i.e., insomnia)
- Social Anxiety
- Substance Dependency (alcohol, marijuana, cocaine, heroin)
- Tics
- Trauma-related Conditions



## Contact Us

For more information or to schedule an appointment with our outpatient clinics, call:

**Adult Clinic: (212) 423-6645**

**Child Clinic: (212) 423-6945**

## Walk-in Evaluation

Located in the Behavioral Health Pavilion (Second Ave & 99<sup>th</sup> St), the Walk-in Evaluation unit offers mental health assessments. At walk-in, the care team helps determine the best treatment plan for each individual.

## Clinic Hours

- **Adult:** Monday - Friday, 8 AM - 8 PM
- **Child:** Monday - Thursday, 8 AM - 7 PM and Friday, 8 AM - 5 PM

## Support Services

Emergency Psychiatric Care; Adult Mental Health Clinic; Child & Adolescent Clinic; Consultation-Liaison Psychiatry; Assertive Community Treatment (ACT); and Mental Hygiene Legal Services.

