

As of April 6, 2023 TimelyMD services are no longer available to students. If you are in need of medical or counseling services, please review the alternatives listed below. And as always, please call the **King's Emergency Phone at 646-242-4411** to report any incident or if you are in need of help or counsel from the Student Development team. (Always dial 911 first if the issue is life-threatening.)

MEDICAL:

- **Medical Emergency: 911**
- **CityMD Locations**
 - 87 Chambers Street – 212-335-0594
 - 24 Broad Street (FiDi) – 646-647-1259
 - 457 Atlantic Avenue at Nevins Street (Brooklyn) – 718-530-1144
- **Brooklyn Options**
 - **The Brooklyn Free Clinic**
 - 840 Lefferts Avenue (Brooklyn) – 347-688-6655
 - Walk-ins: Wed 5pm-7pm
 - Brooklyn Heights Medical Center
 - 195 Montague Street 2nd Fl. (Brooklyn) – 718-422-8000
 - Brooklyn Hospital Center *suggested Brooklyn hospital*
 - 121 Dekalb Avenue – 718-250-8000
- **Manhattan Options**
 - **Manhattan Immediate Medical Care**
 - 106 Liberty Street at Trinity Place (Manhattan) – 646-461-2544
 - New York Downtown Hospital *suggested FiDi hospital*
 - 170 Williams Street – 212-312-5000
 - New York University Dental Clinic (Dental emergencies)
 - 345 East 24th Street at 1st Avenue – 212-998-9872

COUNSELING:

- In a mental health emergency, call or visit:
 - Suicide and Crisis Lifeline: 988
 - 911
 - The nearest emergency room
- King's Counseling: counseling@tkc.edu
- New York Presbyterian-Weill Cornell Medical College *suggested psychiatric hospital*
 - 525 East 68th Street (Manhattan) – 212-746-0711
- Beth Israel Medical Center (Provides 24/7 crisis prevention)
 - 1st Avenue at 16th Street (Manhattan) – 212-420-4614
- Mount Sinai Medical Center
 - 1468 Madison Avenue (Manhattan) – 212-241-7147

SUICIDE PREVENTION:

- Suicide and Crisis Lifeline: 988
- [NYC WELL](https://www.nycwell.org/): 888.NYCWELL (888-692-9355)
- Peer Listening Line: 800.399.PEER (7337)
- The Samaritans: (212) 673-3000
- Crisis Text Line: Text “HOME” to 741741 anywhere in the US

SELF HELP RESOURCES:

- Stress Relief: Deep Breathing by Therapist Aid (video):
https://www.youtube.com/watch?time_continue=219&v=EYQsRBNYdPk
- Progressive Muscle Relaxation by Therapist (video):
https://www.youtube.com/watch?time_continue=102&v=1nZEdqcGVzo

MENTAL HEALTH RESOURCES: National mental health organizations that provide psycho-education on mental health, illness, and treatment.

- National Institute of Mental Health: <http://www.nimh.nih.gov/index.shtml>
- NAMI (National Alliance on Mental Illness): <http://www.nami.org/>
 - NAMI NYC: <https://naminycmetro.org/>
 - Helpline: 212-684-3264
- Mental Health America (MHA):
<http://www.mentalhealthamerica.net/mental-health-information>

COLLEGE MENTAL HEALTH

- ULifeline: http://www.ulifeline.org/stay_well
- Promoting student mental health:
<https://www.accreditedschoolsonline.org/resources/student-mental-health-resources/>
- MHA Life on Campus: <http://www.mentalhealthamerica.net/life-campus>

EATING DISORDERS

- National Eating Disorders Association: <https://www.nationaleatingdisorders.org/learn>
- The Renfrew Center: <http://renfrewcenter.com/resources/educational-materials>

SUBSTANCE ABUSE

- National Council for Alcoholism and Drug Dependence (NCADD):
<https://ncadd.org/get-help/take-the-test>

If you have any questions at all, please reach out to Serena Tuomi (Student Development Administrative Coordinator) at stuomi@tkc.edu or Esther Jhun (Director of Counseling Services) at ejhun@tkc.edu.