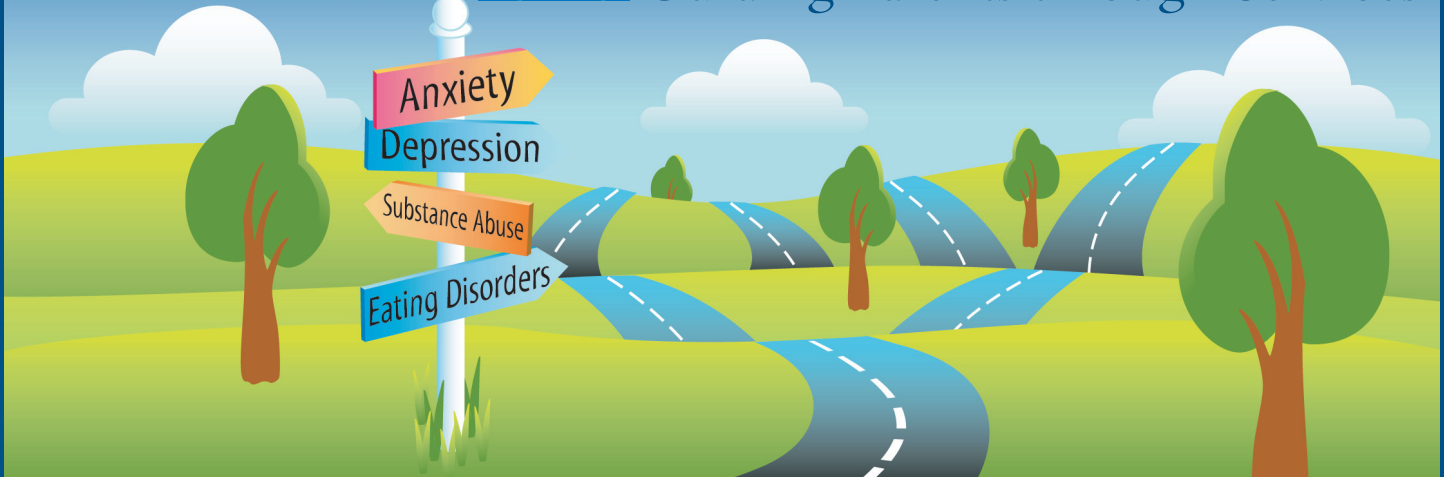


UJA-Federation of New York's **Mental Health GPS** Guiding Parents through Services



Now there's knowledgeable assistance for your family if you have concerns about your child's mental and emotional well-being but don't know where to turn.

UJA-Federation of New York's Mental Health GPS offers compassionate, expert family resource specialists located at licensed mental-health agencies throughout the New York area.

This free consultative service is designed to assist families who have concerns about their child's or adolescent's (through college-age) mental-health issues, including:

- Behavioral or emotional problems at home or at school
- Anxiety or depression
- Substance abuse, eating disorders, or other self-destructive behaviors
- Extensive bullying occurrences
- Peer isolation

Family resource specialists can help lead the way.

UJA-Federation's Mental Health GPS helps direct families toward the best course of comprehensive services, such as:

- Public and private health practitioners
- Mentoring and school-based programs
- Community treatment programs
- Hospital-based support

With Mental Health GPS, you'll never feel alone.

Guiding you through the process of obtaining mental and emotional health services for your children, our family resource specialists serve as advocates and supportive voices by:

- Researching available resources
- Developing a personalized plan for your child and facilitating communication among care providers by working in partnership with the parents
- Providing referrals to specialists, treatment settings, and family support
- Informing you of your rights as a parent during this journey

For further information, connect with a Mental Health GPS family resource specialist.

Regionwide

UJA-Federation of New York's
J-1-1 Information and Referral
Center: 1.877.852.6951

Brooklyn

Karin Spitzer, LMSW
Jewish Board of Family
and Children's Services
1.212.632.4668

Long Island and Queens

Miriam Turk, LCSW, F-E-G-S
Health and Human Services
System: 1.646.483.7859

Manhattan, Staten Island, and the Bronx

Meredith Levine, LMSW
Jewish Board of Family
and Children's Services
1.212.632.4668

Westchester

Brenda Haas, LMSW, Ed.M.
Westchester Jewish
Community Services
1.914.761.0600 ext. 318

F·E·G·S
HEALTH & HUMAN SERVICES SYSTEM



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