

MIND YOURSELF

A GUIDE FOR IRISH IMMIGRANTS LIVING IN NEW YORK

AISLING IRISH COMMUNITY & CULTURAL CENTER

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Aisling Irish
Community &
Cultural Center

www.mindyourself.us

MIND YOURSELF

A Guide for Irish Immigrants Living in New York

DEDICATION

We are proud to dedicate this booklet to all the Irish immigrants who came to these shores. We would like to salute those who provided a helping hand to the generations of Irish immigrants that followed them to this country.

ACKNOWLEDGMENTS

We wish to acknowledge the funding received from the Irish Government and Westchester Community Foundation towards our Mind Yourself program and resource guide. We would also like to thank the Irish Consulate in New York for its continuing support of Aisling Irish Community Center.





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TABLE OF CONTENTS

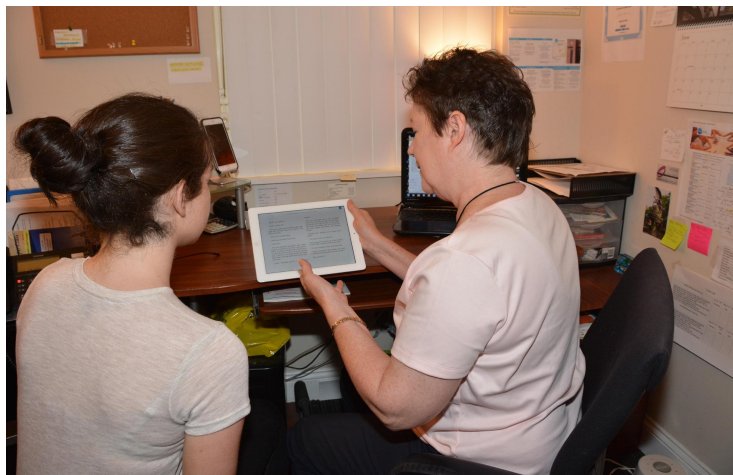
Talk to Someone.....	2
Having Relationship Issues.....	3
Coping with Domestic Violence.....	4
Rape, Sexual Assault and Incest.....	5
Pregnancy.....	6
Dealing with an Alcohol Problem.....	7
Drugs.....	8
Depression (Anxiety, Self-Injurious Behavior)	9
Suicide Awareness.....	11
Gambling and Debt Problems.....	12
The Golden Years (Seniors).....	13
Know Your Rights.....	15
Mind and Body (Cultural and Social).....	16
Education.....	17
Sports and Recreation.....	18

TALK TO SOMEONE

Being a friend can be a vital role when someone you know is in trouble. You can help. Tell your friend you are worried about him/her. After all, immigrating to a new country is stressful. We can feel isolated when separated from our family, friends and neighbors. The pressures of long work hours, low pay, extended commutes, the absence of strong community and cultural ties, the demands of children and the lack of social support can affect our lives and relationships. Sometimes, these stresses require professional help.

Aisling Irish Community Center is here to help.

The Center has a full-time licensed clinical social worker available for day or evening appointments. Confidentiality is of the utmost importance; therefore anyone who avails of our counseling services should feel assured and confident that a foundation of privacy, trust and respect for all individuals is exhibited at all times here at Aisling Irish Community Center.



(Courtesy of Nuala Purcell)

Aisling Irish Community Center; 914 237 5121;

www.aislingcenter.org; www.mindyourself.us

HAVING RELATIONSHIP ISSUES

Many immigrants experience loneliness and homesickness. A relationship can provide security for someone far from home. There are times in all relationships, however, when things don't go smoothly.

- “Sure it's better than being alone.” Many people choose to stay with a partner even when the relationship is not working out of fear of being alone. This is especially true of emigrants. This can often lead to feeling like you're “stuck in a rut”.
- “To stay or to leave.” Couples may not necessarily have the same goals. Tensions arise as they marry and settle down. Mothers often miss the support of extended family. Their partners may be tied to their new lives here in the United States.
- “Friends and relations.” Spending time together and sharing your partner with the gang at the local is always a challenge. Ignoring your friends to devote all of your time to your partner can often lead to isolation. The challenge is how to manage both in a healthy way.



(Courtesy of Mike Wren)

Aisling Irish Community Center; 914 237 5121;

www.aislingcenter.org; www.mindyourself.us

COPING WITH DOMESTIC VIOLENCE

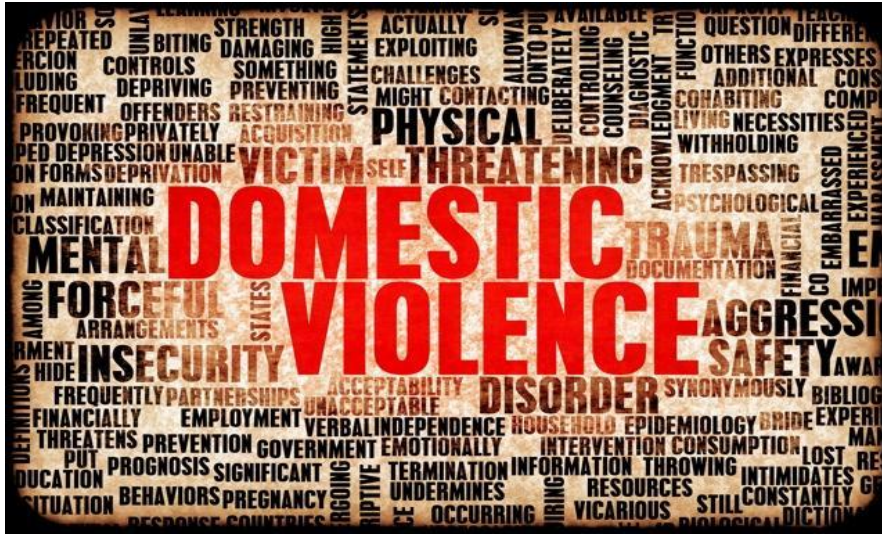
Relationships often don't start out abusive. Abusers can initially appear charming and sensitive. Ask yourself, are you going out with someone who:

- Acts jealous or possessive?
- Gives orders or tries to control you?
- Puts you down and criticizes you?
- Threatens to hurt you?
- Makes decisions without consulting you?
- Has a violent temper?
- Tries to isolate you from friends and family?
- Makes you feel afraid and alone?

If so, listen to your instincts and seek advice.

Domestic Violence Hotline (24/7), 800-621-HOPE;
www.safehorizon.org

www.centerforsafetyandchange.org



RAPE, SEXUAL ASSAULT AND INCEST

Rape is a violent crime, a violation and a frightening experience. Rape affects all individuals, no matter what their age, race or economic status. Incest is also a traumatic event that leaves emotional scars. It is not unusual to experience feelings of helplessness, anxiety, frustration, guilt, self-blame or anger after any sexual assault. It is often helpful to talk with someone who is aware of all the issues involved (emotional and legal) and can help you deal with this difficult experience.

Contact:

Police, Ambulance, 911

National Domestic and Sexual Violence Hotline, 800.942.6906

Victims Assistance Services; www.victimassist.org.

Victims/Rape Crisis Assistance Services, Elmsford 914 345 9111, Hotline 855.VAS. CALL (24/7); Local Hotline, 914-345-9111; www.westcop.org

Safe Horizon Hotline, 800.621.Hope (24/7); NYC, 212.227.3000; Queens, 718.899.1233899-1233; www.safehorizon.org.

Mt. Sinai Sexual Assault and Violence Intervention Program (SAVI), Rape/Sexual Assault Hotlines: Queens: 718-736-1288; Manhattan, 212-423-2140; Bronx: 212-227-3000; www.mountsinai.org

Survivors of Incest Anonymous: www.sianewyork.org.

For Legal Assistance; Pace Women's Justice Center,
White Plains; 914.287.0739

Rockland County Center for safety and Change (formerly Rockland Family Shelter), for victim services, New City, NY; 914.634.3391. Crises 24-Hour Hotline (24/7), 845.634.3344; www.centerforsafetyandchange.org

PREGNANCY

It is extremely important to be able to access correct information on health care during pregnancy. The following is a list of centers providing a range of different services including support facing an unplanned pregnancy, information on medical insurance for mother and baby, free medical tests, counseling, material and emotional support, housing and support groups.

CONTACT:

Aishling Irish Community Center; Medical coverage and pre-natal care information

Project Irish Outreach, Sister Christine Hennessy, Aisling Irish Community Center 914-237-5098; email sr.christine.hennessy@arch.org

Pregnancy Help, Inc.: 233 W. 14th Street NY, 212-243-7119.

Planned Parenthood: 1-800-230-7526, 212-274-7200; www.plannedparenthood.org

Pregnancy Help: live Chat, 800.712.4357; Text Helpline, 31313; Online Help, www.optonline.org

Catholic Guardian Society and Home Bureau: Hot Line 800.592.4357; www.pregnancyforlifeny.org.

Pregnancy Care Center/Elinor Martin Residence for Mother and Child, New Rochelle, NY (24/7); 800.712.HELP; www.emr4motherandchild.org

Pre-Natal Care Assistance Program (PCAP), 800.522.5006; www.health.ny.gov

Rockland Care Net, Spring Valley, NY; 845.352.6074; 24-hour hotline, 800.712.4357; www.carenetrockland.com

Rockland County Department of Health, Women's Health Care; Pomona, NY; 845364.2500; www.planet-rockland.org

*For additional and specific listings of services in Westchester and Rockland County, please see service directory, p. 21.

DEALING WITH AN ALCOHOL PROBLEM

Isolation is a common feeling among those living away from home. The neighborhood bars are the places where they go to socialize. This can be the place where they can make new friends and find employment. However, the continued use of alcohol can and does bring its own set of problems. It can lead to alcohol abuse, alcoholism, gambling and drug use.

DO YOU HAVE AN ALCOHOL PROBLEM? ASK YOURSELF:

- Are the problems in your work or personal life related to alcohol?
- Do you need alcohol to cope with life?
- Are you unable to discuss your problem and ask for help?
- Do you try to quit drinking but fail repeatedly?
- Do you have frequent arguments with your family or friends and are they concerned about your drinking?
- Do you engage in dangerous behaviors, i.e. driving while intoxicated, or risky sexual behaviors?
- Do you become aggressive, physically or verbally, when drinking?
- Do you experience hangovers?

If you answered YES to any of these questions, you may be struggling with an alcohol problem, for help, contact:

Aishling Irish Community Center: 914.237.5121; www.aishlingcenter.org,
www.mindyourself.us

Alcoholics Anonymous: 212-870-3400, 914-949-1200NY website:
www.nyintergroup.org

[Rockland County department of Mental Health/Substance abuse, Pomona, NY:
845.364.2378; www.rocklandgov.com](http://www.rocklandgov.com)

If you have a family member who is alcoholic, or if you are a child of an alcoholic, support is available through Al Anon:

*For additional and specific listings of services in Westchester and Rockland County, please see service directory, p. 21. *

DRUGS

Social use of drugs can lead to addiction. Ask yourself some questions.

- Do you abuse drugs frequently?
- Are there certain feelings that trigger you to use drugs?
- Do you find yourself losing your temper or becoming more angry when you use drugs?
- Have your finances been affected by your drug use?
- Have you tried to quite but can't?

If you have answered YES to any of these questions, you may be struggling with a drug problem, Professional intervention is the first step you can take to make life better for you and those around you.

**Aisling Irish Community Center: 914-237-5121, www.aislingcenter.org
www.mindyourself.us**

Narcotics Anonymous: 800-522-5353, 212-929-6262, www.na.org

**Substance abuse referral information (24 hour/7 days), 800-LIFENET
www.drugabuse.gov**

Substance abuse facilities information: SAMHSA (Substance Abuse Mental Health Services Administration), 800 662 HELP (4357).

Rockland County Mental Health Association- Recovery Services and Referrals;
Valley Cottage NY; 845.267.2172, x 205; www.mharockland.org

Rockland County Outreach; Daytop Village, Blauvelt, NY; 845.353.2730;
www.daytop.org

[Rockland County department of Mental Health/Substance abuse, Pomona, NY: 845.364.2378; www.rocklandgov.com](http://www.rocklandgov.com)

*For additional and specific listings of services in Westchester and Rockland County, please see service directory, p. 21. *

DEPRESSION



(Courtesy of Connie Lynch)

About Depression: First of all, you are not crazy! Depression is an illness just like any other. Many of us immigrate on our own. Isolation and loneliness are difficult to overcome. As Irish people, it is difficult for us to admit the need for counseling and medication when we need it.

You may be depressed if you:

- Have trouble sleeping or are tired all the time.
- Have no appetite and/or poor concentration.
- Feel sad and have lost interest in socializing.
- Are frequently nervous or anxious.
- Have engaged in self-destructive behavior.
- Have had thoughts about wanting to die.

If you are concerned about yourself or a friend, Aishling Center is here to help. We can provide an experienced Licensed Clinical Social Worker; 914.237.5121; www.ashlingcenter.org , www.mindyourself.us

About Anxiety: Anxiety is a normal human emotion that everyone experiences at times. We may become anxious before taking a test, before an important decision in our lives or facing difficult family or work problems. However, some people can develop anxiety that can cause such distress that it interferes with a person's ability to lead a normal life.

You may have anxiety disorder if you;

- Feel anxious, nervous or constantly on edge
- Are unable to stop or control your worrying
- Have trouble relaxing
- Become easily annoyed or irritable
- Feel afraid as if something awful might happen

If you are concerned about yourself or a friend, Aishling Center is here to help. We can provide an experienced Licensed Clinical Social Worker; 914.237.5121; www.ashlingcenter.org , www.mindyourself.us

About Self-Injurious Behavior; Those who are depressed, anxious or in extreme emotional pain may engage in self-mutilating behaviors. This form of behavior may not be suicidal in nature, but rather a form of deliberate self-inflicted, repetitive non-lethal destruction of the body, (e.g. cutting, carving, burning, banging or punching objects) with the expressed goal of relieving painful emotions or intense anxiety.

Because self-injury can look so much like a suicidal gesture, it can be confusing and often frightening to those who see it, but who do not know what it means. This is one of the reasons why it is important to know how to provide support and referrals to those in need.

If you are concerned about yourself or a friend, Aishling Center is here to help. We can provide an experienced Licensed Clinical Social Worker; 914.237.5121; www.ashlingcenter.org , www.mindyourself.us

Suicide Awareness

About Suicide- When people of any age feel extreme isolation and loneliness, they sometimes consider suicide. Possible warning signs of suicide include previous suicidal behavior, social withdrawal, verbal threats, substance abuse, pre-occupation with death, or sudden happiness after a long depressed period withdrawn Don't take chances. Ask questions and express concerns. Seek help for yourself or your friend.

Contact Mental Health Crisis intervention Services;

Call 911 immediately for assistance or if someone you know is suicidal.

Pieta House; 718.482.0001; www.pietahouse.org or www.pieta.ie

Crisistextline.org www.crisistextline.org (24/7)

The Samaritans: 1-800-SUICIDE, 212 673 3000

**St Vincent's Hospital mobile Crisis Service (24/7) 914.925.5959;
www.stvincentswestchester.org**

Mental Health Association of Westchester County (24/7) Hotline 914.347.6400

Westchester Medical Center Crisis Intervention (24/7), 914-493-7075

**American Foundation for Suicide Prevention (AFSP); Hotline,
800.273.TALK (8255)**

Rockland county department of Mental Health Crisis Line; 845.364.2200

**LGBT National Hotline; 888.843.4564; hours, Monday-Friday 4pm-midnight;
Saturday. Noon-5pm.**

**Trevoe Helpline; National suicide and crisis counselling for LGBT Youth
(24/7), 888.488.7386.**

**Aisling Irish Community Center: 914-237-5121, www.aislingcenter.org
www.mindyourself.us**

GAMBLING AND DEBT PROBLEMS

Despite what the casinos tell you, nothing is free! Winning is alluring. Unfortunately, the success doesn't always last and betting robs you of more than just money. It puts you and your family at a higher risk of experiencing bankruptcy, divorce, suicide and domestic violence. If gambling is destroying your financial resources, call for help. It is possible to find your way out of the maze of compulsive gambling.

Credit card debt can also destroy your family life if it becomes out of control. Many cards carry very high interest rates. It is tempting to pay only the minimum balance due, but then balances can grow so fast that you are unable to catch up. Resources are available to help you get out of debt.

Contact:

Gamblers Anonymous: New York City Hotline (includes info on groups in New York City, Yonkers and Upstate New York); 877-664-2469

Long Island Hotline: 631-586-7171

Debtors Anonymous: 212-969-8111

Rockland County Mental Health Association Gamblers Anonymous, Rockland
Hotline; 855-222-5542; www.gamblersanonymous.org

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“THE GOLDEN YEARS” (SENIORS)

INSERT PICTURE

The Aisling Irish Center offers a full range of support and services to the elderly and newly retired. Please browse our weekly schedule of enrichment programs at Aisling Irish Community Center: 914-237-5121, or www.aislingcenter.org, www.mindyourself.us.

Our weekly schedule of activities and events for seniors includes a free lunch every Tuesday, chair yoga, presentations of age related topics, matinee screenings, outreach to homebound seniors, free counseling, occasional day trips, etc. A registered nurse comes to the Center on a monthly basis, and provides individual and group health counseling, nutrition advice, blood pressure monitoring and educational programs to help our senior population better maintain their health and wellbeing.

Everyone has dreams of looking forward to the retirement years. Many, however, have little savings, limited Social Security benefits and no pension to fall back on. The cost of living has constantly risen over the years, but the benefits have not increased to meet the difference. With limited prescription drug coverage under Medicare, it is often a choice between food or medications. Several organizations are available to help the senior population.

AARP (American Association of Retired Persons);

888-687-2277

EPIC (Elderly Pharmaceutical Insurance Coverage);

800-332-3742

City of Yonkers Office of the Aging (range of community services including housing, health insurance, meals on wheels, recreational activities, etc.);

914-377-6823

NYC Department of Aging Free Hotline: 800-342-9871

Office of Queens Borough President Resource Guide: 718-286-2680

Medicare: 800-633-4227

Young at Heart Seniors' Group Aisling Center: 914-237-5121

Safe Home Program for senior citizens interested in repatriating back to Ireland but who lack the resources to do so: Safe Home Program, Mayo, Ireland:

001-353-98-36036

Crosscare Migrant Program for those wishing to move back to Ireland: Crosscare Migrant Program, Clonliffe Road, Dublin; 001-353-1836-0011

www.migrantproject.ie

For information on how to determine if an individual currently residing in the U.S is entitled to an Irish/ part Irish pension; i.e recovering payments by those who have worked in Ireland and now reside in the U.S., please call the Irish Pensions Services Office; College Road, Sligo; 001-353-71-915-7100; www.welfare.ie

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KNOW YOUR RIGHTS!

Irish citizens who encounter problems or difficulties in the United States are fully entitled to contact the Consulate General of Ireland in New York or any one of the other consular posts in the U.S. Documented or undocumented, you have the right not to be discriminated against by the police or by the legal authorities.

Contact:

Irish Consulate of New York; 212-319-2555; Passport Office: 212-319-2556;

www.dfa.ie/irish-consulate/newyork

Irish Embassy in Washington; 202-462-3939

Irish Consulate in Chicago; 312-337-1868

Irish Consulate in Boston; 617-267-9330

Irish Consulate in San Francisco; 415-392-4214

For a full list of Irish consulates in the United States:

www.dfa.ie/irish-consulate/newyork/about-us/team-ireland.

For referrals to immigration, criminal or civil attorneys:

Aisling Irish Community Center: 914-237-5121

www.aislingcenter.org, www.mindyourself.us

Emerald Isle Immigration Center: Queens, 718-478-5502;

Bronx, 718-324-3039; www.eiic.org

New York Irish Center, Queens: 718-482-0909;

www.newyorkirishcenter.org

For a complete list of Irish immigration centers in the U.S, www.ciic-usa.org

Community Police:

Yonkers Police Community Affairs Division: 914-377-7375; www.yonkersny.gov

2nd Precinct Yonkers Police; 914-377-7452

47th Precinct New York Police; 718-920-1211

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LOOK AFTER YOURSELF – MIND AND BODY

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Social, Cultural, Educational and Sports Resources.

Life as an immigrant can be stressful. Finding ways to enrich ourselves through personal growth, education and/or relaxation can balance our minds and bodies.

The Aisling Irish Community Center provides a range of holistic activities geared to helping immigrants take care of themselves. The Center offers activities such as yoga, fitness, meditation, a book club, matinee screenings and small drama productions.

Aisling Irish Community Center is a hub of Irish culture. One of our main objectives is to preserve and promote Irish culture and “keep the tradition alive”. We offer classes in Irish dance, music and singing for children as well as Irish language classes for both children and adults.

Go to www.aislingcenter.org/irish_culture or contact AICC, 914-237-5121, for further details and a schedule of all the classes in Irish culture.

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Education

AICC offers a range of computer classes, including Microsoft Office and QuickBooks accounting software. Please see our weekly schedule of all classes or contact the center directly; 914-237-5121; www.aislingcenter.org

Local College/ Education Institutions

Lehman College, Bronx, NY, 718-960-8000; www.leham.cuny.edu

Fordham University, Bronx, NY, 718-817-1000; www.fordham.edu

Iona College, New Rochelle, NY; 915.633.2000; www.iona.edu

Westchester Community College, Valhalla, NY; 914.606.6735; www.sunywcc.edu

Westchester Educational Opportunity Center, Yonkers, NY. Tuition free (for low income earners). Academic and career training, including certification in Home Health Aide, Certified Nurse's Aide and Commercial Driver's License; 914-606-7633, www.sunywoc.com

Yonkers Pathways to Success, Yonkers, NY; 914-376-8600;

Pathways.ypschoools.org

Rockland County Community College, Suffern, NY;

800-RCC-SOON, 845-574-4000; www.sunyrockland.edu

St. Thomas Aquinas College, 125 Route 340, Sparkhill, NY; 845-398-4100;
www.stac.edu

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SPORTS AND RECFEATION CLUBS

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New York Gaelic Athletic Association

For information on all local football and hurling clubs

(ladies and men)

www.gaanewyork.com

Twitter: @newyorkgaa

Facebook: New York GAA

New York GAA Chairperson, chairperson@gaanewyork.com

Secretary, secretary@gaanewyork.com

GAA Games Development Officer, nygaado@gmail.com

Rockland County Gaelic Athletic Association; Pearl River;

www.rocklandgaa.com

Ladies Gaelic Football Association of New York

Twitter: @nyladiesgaa

Facebook: New York Ladies GAA

Under-age Gaelic Football (Girls and Boys)

New York Minor Board and Gaelic4Girls:

www.nyyouthgaa.com

Camogie

St Brigid's Ladies' Gaelic Football & Camogie Club of New York:

www.stbrigidslgcc.com

Liberty Gaels Camogie team:

www.libertygael.com; email info@libertygael.com;

Facebook, Liberty Gaels Camogie; Twitter, @libertygael

Soccer

Lansdowne Bhoys' Soccer Club; www.lansdownebhoys.com

Twitter: @lansdownebhoys

New York Shamrocks; www.nyshamrocks.com; E-mail:

nyshamrocksc@gmail.com, Facebook: NY Shamrock Soccer Club;

Twitter: @NYShamrockSC

Rockland County Soccer

Clarkstown Soccer Club, New City, NY;

www.clarkstownsc.org

Orangetown, NY; World Class Football Club;

www.wcsocceracademy.org

Bronx Women's Irish Soccer League;

www.bronxirishsoccer.com

E-mail: info@bronxirishsoccer.com;

Facebook: Bronx Irish Soccer League

Rugby

Lansdowne Rugby Club: www.lansdownerugby.com,

Facebook: Lansdowne RFC NY; Twitter: @lansdowneRFCNY

Local Gyms

Blink Fitness, Cross County, Yonkers, NY, 914-375-3900;

www.blinkfitness.com

LA Fitness, Ridge Hill, Yonkers, NY; 914-297-4477;

www.lafitness.com

Local Athletic Clubs

New York Road Runners: www.nyrr.org; 212-860-4455

Woodlean Boys & Girls' Club (Youth Baseball, Basketball and Track);
www.eteamz.com/woodleanboysandgirlsclub/ E-mail: woodlean@hotmail.com

Men's and Women's Darts League

Contact your local bar for details

Golf Courses

Mosholu Golf Course, Bronx, 718-655-9164

www.mosholugolfcourse.com

Dunwoodie Golf Course, Yonkers, 914-231-3490;

www.golf.westchestergov.com

Van Cortlandt Park Golf Course; 718-543-4595;

www.golfnyc.com/vancortlandt_home

Rockland Lake Golf Club; Congers, NY; 845-268-7275;

www.nysparks.com

Golf Clubs/ Societies

J.P. Clarke's Golf Society; www.jpclarkesgolfclub.com

Woodlawn Golf Society; www.woodlawngolfclubs.com

Motorcycle Clubs

Celtic MCC; Bronx, NY; www.celticmcc.com

LGBT COMMUNITY RESOURCES

Westchester County Government LGBT Community Services;

914-995-7715; www.lgbt.westchestergov.com

The Loft; LGBT Community Services Center, White Plains, NY;

914-948-2932; www.loftgaycenter.org

TRANSPORTATION

Westchester Bee-Line Bus Transportation; 914-813-7777;
www.transportation.westchestergov.com

Metro North Commuter Rail, call 511 or www.web.mta.info

Access-A-Ride NYC Paratransit Services; 877-337-2017;
www.web.mta.info

NYC Subways and Buses, call 511 or www.web.mta.info

Rockland Commuter Coaches; 201-263-1254; www.coachusa.com

MINDYOURSELF SERVICE DIRECTORY

Accessing medical and mental health services can be costly. The following resources can provide information on your eligibility and guide you through available options.

Government health information: 855-355-5777; nystateofhealth.ny.gov

Fidelis Health Care; 888-FIDELIS, 914-268-1374; www.fideliscare.org,

FORME Medical Membership Program in White Plains offers uninsured individuals discounted medical services for an annual membership fee; 914-723-4900; www.formeurgentcare.com/membership.html

*In the event of any Police/ Fire/ Ambulance Emergency, dial 911

Local Hospitals/ Medical Centers

Montefiore Hospital, 600 East 233rd Street, Bronx, NY; 718-920-9000,
www.montefiore.org

Montefiore Hospital, 3415 Bainbridge Avenue, Bronx, NY; 718-741-2319;
www.montefiore.org

St. John's Riverside Hospital, Yonkers, NY; 914-964-4444;
www.riversidehealth.org

St. Joseph's Medical Center, 127 S. Broadway, Yonkers, NY; 914-378-7000;
www.saintjosephs.org

Lawrence Hospital, Bronxville, NY; 914-787-1000;
www.nyplawrence.org

Montefiore New Rochelle Hospital; 914-632-5000;

www.montefiore.org

Westchester County Medical Center, Valhalla, NY; 914-493-7000,

www.westchestermedicalcenter.com

Boulevard Medical Health Care Clinic, Bronx, NY; 718-325-9532;

www.bronxnyhealthcare.com

Southern Westchester Urgent Care (Ridge Hill), Yonkers, NY; 914-848-8073,

www.westmedgroup.com

Southern Westchester Urgent Care (Central Avenue), Yonkers, NY; 914-793-2273;

www.southernwestchester-uc.com

PM Pediatrics, Yonkers, NY; 914-337-5437; www.pmpediatrics.com

Nyack Hospital, Nyack, NY; 845-348-2000; www.nyackhospital.org

Good Samaritan Regional Medical Center, Suffern, NY; 845-368-5000

www.goodsamhosp.org.

Westchester Center for Natural Health (Adults and Children), Pleasantville, NY;
914-919-9300;

www.westchesternaturalhealth.com

Integrated Med Solutions, Eastchester, NY; 914-337-2980;

www.intmedsolutions.com

Integrated Med Solutions, Mount Kisco, NY; 914-242-8844;

www.intmedsolutions.com

Cancer Support Professional Home Care Services, Purchase, NY; 914-777-2777;

www.cancersupportteam.org/our-services

Doctors and Dentists

Please contact Aisling Irish Community Center, 914-237-5121, for an up to date list of Doctors, Obstetricians and Gynecologists, and Dentists.

Mental Health Crisis Intervention

Call 911 immediately for assistance or if someone you know is suicidal.

Pieta House; 718-482-0001; www.pietahouse.org or www.pieta.ie

Crisis Textline; www.crisistextline.org (24/7)

The Samaritans; Hotline; 800-SUICIDE, 212-673-3000,

St. Vincent's Hospital Mobile Crisis Services (24/7); 914-925-5959, www.stvincentswestchester.org
Mental Health Association of Westchester County (24/7); 914-345-5900; www.mhwestchester.org
Westchester Medical Center Crisis Intervention (24/7); 914-493-7075,
American Foundation for Suicide Prevention (AFSP), Hotline, 800-273-TALK (8255); www.afsp.org
LGBT National Hotline; 888-843-4564; Monday- Friday, 4pm.- midnight; Saturday, noon- 5pm.
Trevor Helpline: National Suicide and Crisis Counseling for LGBT Youth (24/7); 888-488-7386,
Rockland County Department of Mental Health – Crisis Line, 845-517-0400

Mental Health Clinics (Referral and Evaluations)

Mental Health Association; Westchester, NY, 914-345-0700, X 7350
For mental health referrals; 914-345-0700, X 7303, or help@mhwestchester.org
Montefiore Medical Center; 718-904-4414; www.montefiore.org
Riverside Mental Health Association; 718-769-5300; www.rmha.org
New York Presbyterian Hospital – Westchester Division Outpatient Mental Health, 914-997-5700; www.nyp.org
St. Vincent's Hospital, Harrison, NY – Outpatient Mental Health Clinic (Evaluation and Referral Service); 914-925-5320; www.stvincentswestchester.org
New York State Psychiatric Institute; 212-305-6001; www.nypsi.org
Rockland County Mental Health – Assessment Center, Pomona, NY, 845-364-2150; www.rocklandgov.com
The Loft: LGBT Community Services Center, White Plains, NY; 914-948-2932; info@loftgaycenter.org, www.loftgaycenter.org
Rockland County Mental Association; 845-267-2172; www.mharockland.org

Good Samaritan Hospital Frawley – Outpatient Mental Health Unit, Suffern, NY, 845-368-5222; www.goodsamhosp.org

Mental Health Advocacy

National Alliance of the Mentally Ill (NAMI); Helpline, 800-950-NAMI; www.nami.org

Family/ Child Resources

Early Intervention Program, Children 0-3 years

Westchester County Early Intervention; New Rochelle, NY; 914-813-5000; for child evaluation and treatment, children 0-5 years; www.health.westchestergov.com

Rockland County Early Intervention; Rockland County Department of Health, 845-364-2032; www.rocklandgov.com

Pre-school Special Education, Children 3-5 years. In Westchester and Rockland County, referrals can be made by parents or a child's pediatrician to the Chairperson of the Committee on Pre-school Special Education in the child's local school district.

Pediatric Mental Health

New York Presbyterian Hospital – Westchester Division child/ adolescent outpatient evaluation clinic; 914-997-5700, www.nyp.org

St. Vincent's Hospital, Harrison, NY; outpatient child/ adolescent mental health evaluation and referral; 914-925-5320 or 855-239-0015; www.stvincentswestchester.org

Child Mind Institute, New York, NY, child/adolescent mental health evaluation and treatment center; 212-308-3118; www.childmind.org

CHADD (support services for parent and children with attention deficit hyperactivity disorder); 240-487-2314; www.chadd.org

Rockland Children's Psychiatric Center (outpatient/ inpatient services); Orangeburg, NY; 845-680-4000, www.omh.ny.gov

Mental Health Association – Child/ Adolescent Outpatient Clinic, Nyack,
914-345-0700; www.mharockland.org

Adolescent Support Resources

Westchester Psychotherapy, Sleepy Hollow, NY; adolescent therapy/ support groups
for depression, school bullying, anxiety, self- injury and eating disorders,
914-752-4961 or 914-806-7376; www.westchesterlcsw.com

Westchester County Student Assistance Services, Tarrytown, support services to
schools; 914-332-1300; www.sascorp.org

Rockland County Mental Health Association, adolescent services;
845-267-2172; www.mharockland.org

Good Samaritan Hospital Frawley – Outpatient Mental Health Unit, adolescent
services, Suffern, NY; 845-368-5222; www.goodsamhosp.org

Parenting Resources (Classes/ Seminars)

STEP (Systematic Training for Effective Parenting), Westchester;
347-670-3919

FamilyKind; Westchester County classes/ seminars on parenting through
divorce and separation; 347-670-3919, 646-580-4735; www.familykind.org

Family Ties, White Plains, NY; Parenting classes; 914-995-5238;
www.familytieswestchester.org

Active Parenting; online parenting classes; 800-825-0060;
www.activeparenting.com

Rockland County Mental Health Association, Valley Cottage;

“Patient Parenting” classes; 845-267-2172 x 281;

www.mharockland.org

Rockland Volunteer Counseling Services (VCS); Parenting COPE class, New
City; 845-634-5729; www.vcs-inc.org

Rockland County Step (Systematic Training for Effective Parenting), New City, 845-634-7245; www.patientparenting.org

Domestic Violence

Call 911 for Emergency Services.

National Domestic and Sexual Violence Hotline; 800-942-6906

Victims/ Rape Crisis Assistance Services, Elmsford, NY; Office 914-345-3113;

Rape Crisis Hotline, 914-345-9111; Yonkers, 914-965-0217, Hotline, 855-VAS.CALL (24/7); www.westcop.org, Safe Horizon Domestic Violence Hotline (24/7), 800-621-4673; safehorizon.org

My Sisters' Place, 800-298-SAFE; www.mspny.org

Hope's Door Shelter; 888-438-8700, Hope's Door Crisis Line (24/7), 972-422-7233;

Rockland County Center for Safety & Change (formerly Rockland Family Shelter), for victim services, New City, NY; 845-634-3391; Crisis 24 Hour Hotline, 845-634-3344; www.centerforsafetyandchange.org.

NYS Crime Victim Board Assistance, New City, NY; 845-638-5056

Rape/ Sexual Assault/ Incest

Call 911 for Emergency Services

National Domestic & Sexual Violence Hotline, 800-942-6906

Victims/ Rape Crisis Assistance Services, Elmsford, NY; Office 914-345-3113,

Rape Crisis Hotline: 914-345-9111 (24/7); Yonkers, 914-965-0217

Hotline: 855-VAS-CALL (24/7); www.westcop.org

Safe Horizon Queens Community Office; 718.899.1233 NYC; 212.577.3000/7700 (24/7) www.safehorizon.org

Mt. Sinai Sexual assault & violence Intervention Program (SAVI) Queens, 718.736.1288; NYC, 212.423.2140; Bronx, 212.227.3000

Survivors of Incest Anonymous; www.sianewyork.org

Incest Helpline NYC (safe Horizon); 212.227.3000; www.safehorizon.org

For Legal Assistance; Pace Women's Justice Center, White Plains;
914.287.0739

Rockland County Center for Safety & Change (formerly Rockland Family Shelter), for victim services, New City, NY; 914-634-3391; crisis 24 – hour hotline, 845-634-3344; www.centerforsafetyandchange.org

NYS Crime Victim Board Assistance; New City, NY; 845-638-5056

Pregnancy and Pre-Natal Care

Pre-Natal Care Assistance Program (PCAP) 800-522-5006;

www.health.ny.gov/community/pregnancy/health_care/prenatal/helpful_links.html

Sister Christine Hennessy, Catholic Charities, Project Irish Outreach, 990 McLean Avenue, Yonkers, NY 914-237-5098; email:
sr.christine.hennessy@arch.org

Pregnancy Help, Inc, 233 West 14th Street, NY, 212-243-7119,

Planned Parenthood; 800-230-7526, 212-965-7000; www.plannedparenthood.org

Catholic Guardian Society & Home Bureau: 1011 First Avenue, NY,
www.catholicguardian.org

Rosalie Hall Maternity Services; 800-592-4357; www.pregnancy@forlifeny.org

Elinor Martin Residence for Mother & Child; 800-712-HELP, 914-235-0505;
www.em4motherandchild.org

Pregnancy Care Center, New Rochelle; 800-640-0767;
www.emrmotherandchild.org

Care Net Pregnancy Center of Rockland; Spring Valley, NY; 845-352-6074; 24 hour hotline, 800-712-4357; www.carenetrockland.com

Rockland County Department of Health, Women's Health Care, Pomona, NY; 845-364-2500; rocklandgov.com

Rehabilitation and Detox Information

Intergroup New York; 212-647-1680, 914-949-1200; www.nyintergroup.org

Contact Intergroup for information on substance abuse treatment facilities, inpatient and outpatient.

Alcoholics Anonymous; 212-870-3400, www.aa.org

Narcotics Anonymous; 212-929-6262, www.na.org

The National Alcohol & Substance Abuse Information; 800-784-6776;
www.addictioncareoptions.com

National Council on Alcoholism & Drug Dependence/ Westchester; 914-949-8500;
www.ncaddwestchester.org

Rockland County Department of Mental Health/ Substance Abuse; Pomona, NY, 845-364-2378; www.rocklandgov.com/departments/mental-health

Inpatient and Outpatient Rehabilitation Centers

Montefiore Medical Center (Detox/ Rehab); Bronx, NY; 917-564-8780,
www.montefiore.org

Positive Directions; St Josephs' Medical Center, 317 South Broadway, Second Floor, Yonkers, NY; 914-964-0905; www.saintjosephs.org

The Retreat; New York Presbyterian Hospital, White Plains (Detox/ Rehab), 888-694-5700; www.nyp.org

Maxwell Institute (Outpatient Rehab), Bronxville, NY, 914-337-6033;
www.stvincentswestchester.org/outpatient-programs/maxwell-institute

Samaritan Village (formally Daytop Village); Inpatient Residential Services, 800-532-HELP, 718-657-6195; Outpatient Services, Bronx, 718-518-9007; Manhattan, 212-904-1500; www.samaritanvillage.org

St. Christopher's Inn, Graymoor, Garrison, NY (men only); 800-424-0027,
www.stchristophersinn-graymoor.org (Detox/ Outpatient Rehab) 845-335-1020

High Watch Recovery Center (Extended Rehab); Kent, CT; 888-493-5368, 860-927-3772; www.highwatchrecovery.com

St. Joseph's Addiction Treatment & Recovery Center, Saranc Lake, NY, 877-813-8647, 518-891-4135, www.stjoestreatment.org, (Extended Inpatient/ Outpatient Rehab)

St. Luke's Roosevelt/ Smithers, NY, 212-523-4000; www.roosevelthospitalnyc.org (Inpatient/ Outpatient Detox/ Rehab)

Flushing Hospital Medical Center, NY, 718-670-5000; www.flushinghospital.org (Inpatient/ Outpatient Rehab)

Rockland County Lexington Center for Recovery, Pomona, NY, 845-362-3904, www.rocklandctr.org/rockland-county

Rockland County Mental Health Association Recovery Services Clinic; Valley Cottage, NY; 845-267-2172, www.mharockland.org

Rockland Country Daytop Village, outpatient substance recovery program; Blauvelt, NY, 845-353-2730; www.samaritanvillage.org

Support Groups for Families and Friends

Al-anon and Al-ateen, New York (for families and teens); 212-941-0994; www.al-anonny.org

Nar-anon (for families of addicts), 800-477-6291; www.nar-anon.org

Gam-anon (for families of gamblers); www.gam-anon.org

Coda (for co-dependents); www.coda.org

Adult Children of Alcoholics (ACOA); www.adultchildren.org

Project Know for Families of Addicts; 888-247-0471; www.projectknow.com

National Alliance for the Mentally Ill of Westchester (NAMI); Helpline, 914-592-5458; www.namiwestchester.org

Rockland County Mental Health Association Gamblers Anonymous; Rockland Hotline, 855-222-5542; www.gamblersanonymous.org

Eating Disorders

National Eating Disorders Association, New York, NY; Referrals and helpline, 800-931-2237, www.nationaleatingdisorders.org

“The Outlook” Eating Disorders Program; New York Presbyterian Hospital, Westchester Division, White Plains; 888-694-5700; nyp.org/eatingdisorders.html

The Renfrew Center (Inpatient/ Outpatient treatment), New York, 800-RENFREW; www.renfrewcenter.com

Metro Behavioral Health Associates Eating Disorder Treatment Center (individual treatment and support groups); Scarsdale, NY, 914-723-6242, x 505, www.mbhany.com

National Association for Anorexia Nervosa & Associated Eating Disorders (ANAD); 888-253-4827; www.eatingdisorderhope.com

Westchester United Intergroup (support group information); www.oawestchesterny.org

Rockland; Renfrew Center of New York, Ridgewood, NJ, 800-736-3739; www.renfrewcenter.com

Rockland Jewish Family Service (RJFS), Eating Disorder Program, West Nyack, 845-354-2121, www.rjfs.org

Bereavement Counseling

Calvary Hospital Bereavement Support, Bronx, NY; 718-518-2125, www.calvaryhospital.org, or email for info atsschachter@calvaryhospital.org

The Bereavement Center of Westchester, Scarsdale, NY; 914-787-6158, www.thebereavementcenter.org

Center for Bereavement, New York, NY, 212-289-8570; www.centerforbereavement.com

Rockland United Hospice, Bereavement Services; New City, NY, 845-634-4974, www.hospiceofrockland.org

Rockland; St. Augustine’s Parish Bereavement Support Group, (Mental Health Association); New City, NY, 845-634-5861; www.mharockland.org

Food Pantries and Soup Kitchens

Food Bank for Westchester; 914-923-1100; www.foodbankforwestchester.org

The Sharing Community, Inc; www.thesharingcommunity.org

1 Hudson Street, Yonkers, NY, 10702; 914-963-2626

101 North Broadway, Yonkers, NY, 10701; 914-476-4864

87 Locust Hill Avenue, Yonkers, NY, 10701; 914-378-1739,

100 Vark Street, Yonkers, NY, 10701; 914-963-4063,

www.foodbanknyc.org; 212-566-7855

POTS (Part of the Solution), www.potsbronx.org

2763 Webster Avenue, Bronx, NY, (197/198th Streets); 718-220-4892,

Rockland; Community Action Partnership; emergency food pantry, clothing, housing and employment resources; Spring Valley, NY, 845-262-1987;

www.westcop.org/rockland-county-c-a-p

Rockland County Women, Infants' & Children's Program (WIC); Haverstraw, NY, 845-429-5525/ 845-426-6351; www.wicprograms.org

Rockland Department of Social Services emergency food pantry, Ramapo, NY, 845-364-3239/ 845-364-3100;

www.rocklandgov.com/departments/social-services/inforock-news,
www.rocklandgov.com

Meals on Wheels, Seniors

Home delivered meals ("meals on wheels") are available to qualifying home-bound senior citizens (age 60 and up).

City of Yonkers Office for Aging; 914-377-6822; www.yonkersny.gov

New York City, call 311

Rockland: Meals on Wheels, West Nyack, NY; 845-624-6325; www.mowrockland.org

Shelters and Homeless Resources

For general information on homeless shelters, please contact

www.homelessshelterdirectory.org

Yonkers: www.shelterlistings.org/city/yonkers-ny

My Sisters' Place, 45 Ludlow Street, Yonkers, NY; 800-298-7233; www.mspny.org

Westhab, Inc.; 8 Bashford Street, Yonkers, NY; 914-345-2800; www.westhab.org

Rockland County Department of Social Services, Pomona, NY; 845-364-2000;
www.rocklandgov.com/departments/social-services for eviction assistance and sheltering the homeless

Rockland Nyack Housing Assistance Corporation, Nyack, NY; 845-358-2476;
www.nyack-ny.gov

New York City Homeless Shelters: 212-964-5900

www.coalitionforthehomeless.org

www.shelterlistings.org/city/manhattan-ny

www.homelessshelterdirectory.org

Rockland; People to People (food, clothing), Nanuet, NY; 845-623-4900,
www.peopletopeopleinc.org

Rockland Catholic Charities Center; Haverstraw, NY; 845-942-5791; www.ccsrockland.org

Free Furniture and Household Items

United Way of Westchester/ Putnam Gifts in Kind Program
www.uwwp.org/give-stuff-nonprofits

Furniture Sharehouse (Westchester) – Clients referrals by appointment only through member agencies. 914-834-1294; www.furnituresharehouse.org

New Beginnings (Ossining); 914-923-4889

The Golden Shoestring (Larchmont); 914-834-8383 www.jlwos.org

Housing Shelter Intake Centers

Adult men, 400-430 East 30th Street & 1st Avenue, Manhattan; Subway 6 to 28th Street

Adult women, Franklin Shelter, 1122 Franklin Avenue, Bronx, subway 2/5 to 149th Street, then #55 buss to 166th Street & 3rd Avenue or the #21 bus to 166th Street & Boston Road

HELP Women's Center: 116 Williams Avenue, Brooklyn; subway C to Liberty Avenue

Adult families with no children under 21 years old: Intake Center (AFIC):
400-430 East 29th Street, Manhattan; subway 6 to 28th Street.

Families with children under 21 AND pregnant women: Prevention Assistance
and Temporary Housing Office (PATH); 151 East 151st Street, Bronx, subway
2,4 or 5 to 149th street, Grand Concourse

Covenant House

460 West 41st Street, New York, NY, 212-613-0300; www.covenanthouse.org

Project Renewal NYC, 8 East 3rd Street, NY, 212-620-0340;
www.projectrenewal.org

Mainchance Drop-In Center

20 East 32nd Street, New York, NY; 212-833-0680 x 301;
www.grandcentralneighborhood.org/services/mainchance.drop-in-center

St. Anthony Residence

410 East 156th Street, Bronx, NY; 718-993-5161; www.stanthonyshelter.org

*Disclaimer: This directory is for informational purposes only and should not be
taken as an endorsement of any specific services listed.*

It Takes a Village to Be a Friend!

Being a friend is the most important role you can play when someone you know is
in trouble. Reach out and ask how you can help.

Sometimes, the best step is to get professional help.

Contact the caring staff at Aisling Irish Community Center.

We are your home-away from home, providing unity, community and friendship in times of need.

We are here for you!

Aisling Irish Community Center

914-237-5121

www.aislingcenter.org

www.mindyourself.us

MIND YOURSELF

A Guide for Irish Immigrants Living in New York

(Courtesy of Nuala Purcell)

Aisling Irish Community Center

990 McLean Avenue, Yonkers, NY, 10704

Tel: 914-237-5121/7121

Email: info@aislingcenter.org

For upcoming events and other information, follow us on:

MAKING A DONATION

Aisling Irish Community Center is a not-for-profit organization. Each month we assist hundreds of immigrants who are in need of help adjusting to life in a new country. We also provide a large number of services for the local community. Our work at the Center would not be possible if it were not for the donations we receive throughout the year. Aisling Irish Community Center, Inc (x216086) is an IRS 501©3 tax- exempt not-for-profit organization.

Please send your tax deductible donations to Aisling Irish Community Center, 990 McLean Avenue, Yonkers, NY, 10704. You can donate online by going to www.aislingcenter.org/donations.html. Online donations are handled and processed by PayPal. As a result, your financial details remain secure.

Aisling Irish Community Center is a registered charitable organization. If you work with a company that has an employee Matching Gift Program, please consider choosing us as your beneficiary organization.

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