



KINGSBOROUGH EARLY COLLEGE SECONDARY SCHOOL

2630 Benson Avenue | Brooklyn, NY 11214 | (718) 333-7850 (p)

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KECSS Counseling Resources

Overview:

We understand that sometimes you may have upsetting feelings. If you would like to talk to someone privately, below are additional support resources within our school and community.

Counselors	Room Numbers	Phone Ext:	Email
Ms. Genco Guidance Counselor	127	(718) 333-7850 x1273	genco@kecss.net
Ms. Spencer College Counselor	129	(718) 333-7850 x1294	spencer@kecss.net
Ms. Jamison SAPIS	127	(718) 333-7850 x1272	jameson@kecss.net

Outside Resources:

Resource	Service	Contact/Website	Description
988	Support and Crisis Intervention	Call: 988 Text: 988 https://infohub.nyced.org/nyc-doe-topics/students-and-families/crisis-support	988 is NYC's free, confidential support, crisis intervention, and information and referral service for anyone seeking help for mental health and or substance misuse concerns. Available 24 hours a day, 7 days a week, 365 days a year. Crisis mobile unit can come to your house
NYC Teenspace / TalkSpace	Therapy	Download app https://www.talkspace.com	Free, virtual therapy for 13-17 year olds.
Crisis Text Line	Text Counseling Support	Text: "Got5" to 741-741	Crisis Text Line (CTL) is here for you. A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool calm.
NAMI (National Alliance on Mental Illness)	Counseling	Text: "NAMI" to 741-741 https://www.nami.org/	NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Grief Share	Support Group	Phone: 800-395-5755 https://www.griefshare.org/	Receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.
Inclusive Therapists	Therapy	https://www.inclusivetherapists.com/	Equitable access to culturally responsive, identity affirming mental health care.
East New York Child and Family Mental Health Center	Psychotherapy and Counseling	Phone: (718) 908-8000 https://nypcc.org/timeline/east-new-york-office-opens/ 2857 Linden Boulevard Brooklyn, NY 11208	Offering a range of programs and services designed to help our clients become more active and productive members of the community—and happier in their lives.
Bushwick Child and Family Mental Health Center	Psychotherapy and Counseling	Phone: (718) 602-1000 https://nypcc.org/timeline/bushwick-child-and-family-mental-health-center-moves-to-new-expanded-space/ 102 Pilling Street Brooklyn, NY 11207	Offering a range of programs and services designed to help our clients become more active and productive members of the community—and happier in their lives.
Children's Single Point of Access (CSPOA)	Referral system for emotional disturbances	https://www.nyc.gov/site/doh/providers/resources/mental-illness-childrens-single-point-of-access.page	Children's Single Point of Access (CSPOA) is a centralized referral system for children and youth with serious emotional disturbance who need intensive mental health services to remain at home or in their community.

Child and Adolescent Mental Health Resources:

Resource	Contact/Website	Service
Child & Adolescent Behavioral Medicine at Maimonides Children's Hospital	Emergency: • Call: 911 • Or go to: 941 48th St Brooklyn, NY 11219 Non-Emergency: (718) 283-7500 https://maimo.org/treatments-care/childrens-hospital/pediatric-developmental-and-behavioral-medicine/	Offers care in a stress-free environment for kids by providing system-focused treatment of pediatric developmental behaviors. We emphasize the relationship between the physical and psychological processes in our consultations and medical management and offer comprehensive evaluation and treatment for children with developmental delays and disorders.
Outpatient Psychiatric Supports	Phone: 988 or (718) 692-2543 https://my.omh.ny.gov/analytics/saw.dll?dashboard	Services include: • Day Treatment Programs • Treatment planning • Medication management • Individual, family and group therapies • Crisis intervention

Inpatient Psychiatric Supports	Phone: 988 for nonemergency 911 for emergency Central Intake: (718) 264-4546	Services include: • Psychiatric and psychosocial assessments • Medication management • Individual, group, and family therapies • Educational and recreational therapies
Interborough Developmental Consultation	https://www.interborough.org/contact/	Services include: • Children Mental Health • Children and Family Services

Coping Techniques: Here are some things you can do to help yourself when you are feeling sad or anxious.

- Use simple relaxation and distraction skills, such as taking three deep breaths, counting to 10, or picturing themselves in a favorite calm and relaxing place.
- Engage in favorite activities or hobbies such as music, talking with a friend, reading, or watching a movie/show.
- Exercise
- Write down a list of people you can turn to for support
- Write down a list of things you're looking forward to
- Write down a list of your individual strengths and how they help you
- Focus on individual goals. What can you do to help achieve those goals?
- Think about how you've coped with difficulties in the past and remind yourself that you can use those same coping skills now!
- If you are struggling, contact a trusted teacher or adult for help.
- **If you are having an emergency call 911**

Family Resources

Resource	Contact/Website	Service
Family Assessment Program (FAP)	Brooklyn office: 718-260-8550 330 Jay Street (12 Metrotech), 30th Floor Email: FAPinquiry@acs.nyc.gov https://www.nyc.gov/site/acs/justice/family-assessment-program.page	FAP provides support to families that are struggling with everyday challenges. FAP works to strengthen families, reduce conflict, and connect your family to many services that provide ongoing support in your community. It helps families handle concerns such as a child running away, skipping school, or disruptive behavior, without having to go to court.