

Updated 5/28/2025

Immediate Care/Walk-in Clinics Behavioral Health

For those who need immediate non-emergency mental health care, the following services are available. All offer short-term services and assessments with the goal of connecting help-seekers to longer-term care. If you have a psychiatric emergency, please go to a local psychiatric ER or call 911 or 988.

[Northwell Adult Behavioral Health Crisis Center](#)

The Adult Behavioral Health Crisis Center, part of Zucker Hillside Hospital's Adult Outpatient Psychiatry Department, is a **walk-in clinic** that provides individuals with short-term psychiatric services and connects them to long-term care. Currently their hours of operation are 9am to 3pm but call in advance to confirm. You can also fill out their [online check in form here](#).

Location: Queens, New York City
Zucker Hillside Hospital
75-59 263rd Street
Glen Oaks, NY 11004

Phone:
718-470-8100

Additional Information:

- Accepts Medicaid, Medicare and many other private insurance plans
- They have specific hours, so either call or visit their website linked above, to learn more.

[Kings County Walk-in Evaluations](#)

Services are available by directly walking-in to the R-Building; Monday-Friday from 8:30-4. During that brief visit, a clinician will review your reasons for seeking services, provide a brief mental health assessment, and connect you with a follow-up appointment to receive care. Call in advance to verify the hours of operation.

Location: Brooklyn
451 Clarkson Avenue R Building
Brooklyn, NY 11203

Phone:
718-245-2700

Additional Information:

- Accepts Medicaid and Medicaid Managed Care Plans

- Accepts Medicare
- Accepts other commercial plans

Mindful Care

Provides same and next day mental health care. This is **not a walk-in facility**. The way to access care is to pre-register online. Once Mindful Care processes your registration information, they can match you with a licensed therapist or psychiatrist. Mindful Care offers both in-person and virtual appointments. Same or next day appointments can be accessed virtually, while in-person appointments will typically be scheduled within a week.

Location: Manhattan

25 West 45th Street, 10th Floor (for in-person appointments)

New York, NY 10036

Phone:

516 505-7200 (for help with registration)

Additional Information:

- This is not a walk-in center
- Accepts straight Medicaid and most Medicaid Managed Care plans
- Also accepts Medicare
- Does not prescribe controlled substances (such as benzodiazepines)

About NAMI-NYC

At the National Alliance on Mental Illness of New York City (NAMI-NYC), we assist thousands of families and individuals affected by mental illness annually through free education, support, and advocacy.

NAMI-NYC offers [mental health classes](#), [support and social groups](#), [family mentoring](#), and a [Helpline](#) with translation services in 180+ languages. Our support services are free regardless of income, insurance, or immigration status. Contact our Helpline M-F from 10am to 6pm and we'll connect you to NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

Phone: 212-684-3264

Text: 212-684-3264 (same as phone number)

Chat with us through our website: <https://naminycmetro.org/helpline/>