

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  
75-59 263<sup>rd</sup> 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 45<sup>th</sup> Street, 10<sup>th</sup> 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)

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### **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 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 5pm** and we'll connect you with NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

**Phone/Text:** 212-684-3264

**Chat:** <https://namincmetro.org/helpline/>

**Email:** [helpline@naminc.org](mailto:helpline@naminc.org)