

# Brooklyn Wellness Resources



In our daily lives we may feel upset, sad, angry and depressed. We may struggle with substance use or know someone who does. We may experience difficulty coping with these feelings. It is important to address our mental, emotional and spiritual well-being.

## NYC WELL

Call 888-NYC-WELL (888-692-9355)

Text WELL to 65173 (This text service is available in English, Spanish and Simplified Chinese.)

Call 711 (Relay service for deaf or hard of hearing)  
Services available 24/7/365

- Confidential mental health support and counseling
- All services are free for all individuals
- Interpreters are available in more than 200 languages

## New York Psychotherapy and Counseling Center

2857 Linden Blvd., East New York, NY 11208  
Monday to Friday, 8 a.m. to 10 p.m.  
Saturday and Sunday, 8 a.m. to 6 p.m.

102 Pilling St., Bushwick, NY 11207  
Monday to Friday, 9 a.m. to 9:30 p.m.  
Saturday and Sunday, 8 a.m. to 6 p.m.

718-602-1000, ext. 133

- Accepts most Medicaid
- Counseling available in English and Spanish
- Services for individuals ages 3 and older
- No waitlist. Walk-ins are welcomed but appointments are preferred.

For a faster appointment, call Selina Lebron at 718-704-3622 and mention the Brooklyn Neighborhood Health Action Center.

## We Run Brownsville

444 Thomas Boyland St., Suite 301,  
Brooklyn, NY 11212  
For more information, call Dionne Grayman at  
347-709-3786

To join, email [community@werunbrownsville.org](mailto:community@werunbrownsville.org).

- All services are free for all individuals
- Brownsville women of color running group
- Restorative justice and healing eight-week walk to run program
- Provides support for personal growth, centering responsibility and accountability, and cultivates capacity building

## HealHaus

1082 Fulton St., Brooklyn, NY 11238  
347-413-7774  
To register, email [info@healhaus.com](mailto:info@healhaus.com).

- Wellness studio providing diverse holistic healing
- Offers donation-based services on the weekend, including yoga and meditation classes, acupuncture, healing circles, and one-on-one counseling sessions



### ABOUT US:

The Neighborhood Health Action Centers provide health and wellness services in Brownsville, as part of New York City's effort to promote health equity.

### LOCATION:

Brownsville Neighborhood Health Action Center  
259 Bristol St., Brooklyn, NY 11212  
718-312-6131

# Brooklyn Wellness Resources (continued)



## Family Services Network of NY

1751 Broadway, Brooklyn, NY 11207  
Monday to Wednesday, and Friday, 8 a.m. to 4 p.m.  
Thursday, 10 a.m. to 6 p.m.  
718-573-3358

406 Mother Gaston Blvd., Brooklyn, NY 11212  
Monday to Friday, 8 a.m. to 4 p.m.  
718-495-9747

- Free fentanyl testing strips
- Free HIV counseling and testing
- Providers who speak English and Spanish available
- Clinic offers case management services, home-based services, and college prep

## EmergeSoul Boutique

380 Macdonough St., Brooklyn, NY 11233  
Tuesday. 6 to 8:30 p.m.  
Wednesday, 10:30 a.m. to 7:30 p.m.  
Thursday, 6 to 7:30 p.m.  
For more information, call Tameeka Ford at  
917-809-7581

- Services for individuals of all ages and genders  
Services include low-cost yoga, meditation,  
• aromatherapy and massage

## Tilden Senior Center

630 Mother Gaston Blvd., Brooklyn, NY 11212  
Monday to Friday, 9 a.m. to 4 p.m.  
718-498-2990

- Free services for the local community
- Lunch provided daily at noon
- Recreational activities including music and fitness classes for seniors
- Case management and some service coordination provided
- Transportation available

## MINKA

1120 Washington Ave, 3rd Floor  
Brooklyn, NY 11225  
Monday to Friday, 12 p.m. to 7 p.m.  
917-635-3666

- Community-led wellness studio providing holistic healing services
- Offers community reiki (used to reduce stress) on a sliding scale



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