University Settlement has been helping low-income and immigrant families to build better lives for 125 years.

Today, University Settlement offers many free programs to meet the needs of every member of a family.

For young children: Early Head Start; pre-school classes for children ages 2 to 5; therapy for children with special needs.

For school-age children: After-school and summer programs; crisis intervention for children with urgent needs; supportive services for teens.

For adults: Literacy classes; counseling and mental health services; childcare training and referrals.

For seniors: Recreation and lifelong learning opportunities; nutritious meals.

For the whole family: Recreational and educational opportunities at our community centers on the Lower East Side and in Fort Greene. Arts and culture programs at our historic home on Eldridge Street.

Who We Are

University Settlement
184 Eldridge Street
New York, NY 10002
www.universitysettlement.org

The Consultation Center: Helping you manage and cope with life’s challenges

Live Life to the Fullest

What people are saying about University Settlement’s Consultation Center

“When I was first diagnosed with depression, I felt scared and worried about how it might affect things like my job and my relationships. My therapist and psychiatrist at the Consultation Center showed me that it’s possible to maintain a happy and normal life.”
—Anonymous client

“When working with a therapist at the Consultation Center has helped me get back on track since losing my job. With her support, I now feel more focused, less overwhelmed, and confident that I can take the necessary steps to move forward.”
—Anonymous client

“Before my son started seeing a therapist at the Consultation Center, his behavioral issues were holding him back at school and it was hard for him to make friends. His therapist was patient and caring, and gave him the tools he needed to do well and be happy.”
—Anonymous client

“When my mother passed away, I thought I could cope with the sad feelings on my own. But soon it became more than I could handle. I’m so glad that I finally sought therapy. It helped me see that I have a full life ahead of me.”
—Anonymous client

“Working with a therapist at the Consultation Center has helped me get back on track since losing my job. With her support, I now feel more focused, less overwhelmed, and confident that I can take the necessary steps to move forward.”
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—Anonymous client
Everyone feels worried, anxious, sad or stressed from time to time. Sometimes these feelings do not go away and are severe enough to interfere with your daily life. You may find it hard to meet and keep friends, hold a job or enjoy your life.

We can help. Our professional staff listen to your problems, assess your needs and work with you to find healthy ways for you to cope and live a fuller life.

For over 60 years, University Settlement’s Consultation Center has been a pioneer in providing innovative, comprehensive and culturally-sensitive mental health services to the Lower East Side and Chinatown communities.

Call us today. We are here for you.

### How We Help

Mental health includes how we think, feel and act as we cope with life. Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood.

The Consultation Center offers supportive therapeutic services for every member of a family, from youngest children to senior citizens.

#### Our integrated and comprehensive approach includes

- Individual, group, couples and family therapy
- Treatment of depression, anxiety and mood disorders
- Support for children and adolescents struggling with emotional, behavioral and educational challenges (i.e., ADHD, depression, anxiety, etc.)
- Help for people coping with life’s transitions, including career changes, marital difficulties, mid-life crisis, etc.
- Bereavement support for grief and loss
- Treatment for trauma related to post-traumatic stress disorder (PTSD), violence, abuse or neglect
- Psychiatric medication management

### Our Staff & Center

Consultation Center staff consists of highly-trained, multi-lingual, committed therapists, psychologists, social workers and other mental health professionals, all licensed by New York State, as well as a New York State board-certified psychiatrist and child psychiatrist. The Consultation Center is an Article 31 program licensed by the New York State Office of Mental Health.

### Eligibility & Fees

- Our doors are open to everyone.
- Fees are assessed on a sliding scale based on individual need.
- We are an approved provider for various insurance plans including Medicaid, Medicaid Managed Care and Medicare. Please contact us for further information.

### Location and Hours

University Settlement's Consultation Center is located on the main floor at 184 Eldridge Street. Our hours of operation are

- Monday to Thursday from 8 AM to 8 PM
- Friday from 8 AM to 5 PM
- Saturday from 9:30 AM to 3:30 PM

### To Make an Appointment

- Call us at 212.453.4522

### For More Information:

Consultation Center at University Settlement
212.453.4522
consultationcenter@universitysettlement.org