



## We're Here to Help

If you or a loved one needs primary care or mental health services, the experienced staff at Mount Sinai South Nassau Primary and Behavioral Healthcare offers a range of options. Mount Sinai South Nassau is the Long Island flagship hospital for the Mount Sinai Health System and is proud to offer the highest-quality care to members of our community. Our professional therapists, nurses, physicians, and staff members will work with you and your family to develop the best plan for your overall health and well-being.

Mount Sinai South Nassau is accredited by The Joint Commission, the nation's leading surveyor of health care organizations.



### Mount Sinai South Nassau Primary and Behavioral Healthcare

250 Fulton Avenue  
Hempstead, NY 11550

#### Hours by appointment only

Mondays and Fridays:  
8 am to 5 pm

Tuesdays, Wednesdays and Thursdays:  
8 am to 8 pm

**To schedule an appointment,**  
please call **516-485-5710**

We accept most commercial insurance plans  
and Medicare and Medicaid.



**Mount  
Sinai  
South  
Nassau**

One Healthy Way  
Oceanside, NY 11572  
1-877-SOUTH-NASSAU  
[mountsinai.org/southnassau](https://mountsinai.org/southnassau)

# Primary and Behavioral Healthcare

**For children, adolescents,  
and adults of all ages**



**Mount  
Sinai  
South  
Nassau**

All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

06/22

## Behavioral Health services for individuals, groups, and families

Mount Sinai South Nassau's Behavioral Health Service provides comprehensive, high-quality care to children and adults in Hempstead and the surrounding communities.

### Programs:

- **Adult psychotherapy program** offers comprehensive psychiatric evaluations, medication management, and group and individual therapy to adults ages 18 and up presenting with a wide range of mental health diagnoses and concerns.
- **Child and family program** offers comprehensive evaluations, medication management, and individual, group, and family psychotherapy for children ages 5 and up and their families coping with a variety of mental health issues.

### Education and support:

Includes workshops, support groups, screenings, and community outreach on topics such as:

- Parenting
- Children's nutrition
- Depression
- Chronic pain
- Families of the mentally ill
- Workplace stress
- Stress management
- Bereavement and loss

### Your behavioral health team:

Each person's treatment team is comprised of our expert staff of psychiatrists, psychologists, licensed clinical social workers, nurse practitioners, and others working together support you and your family and provide you with the tools you need to improve your functioning and overall well-being.

## Primary Health services for children and adults of all ages

Mount Sinai South Nassau's Primary Healthcare offers comprehensive, high-quality pediatrics and family medicine in a state-of-the-art facility to people of all ages in Hempstead and the surrounding communities.

### Family medicine services:

- Adult and eldercare medicine
- Pediatrics, including newborn care
- Sick visits/same-day appointments
- Minor office procedures and lab work
- Diagnosis and treatment of acute and chronic diseases
- Osteopathic Manipulative Medicine (OMM)
- Screenings (STI, TB, Diabetes, HTN, etc.)

### Preventative services:

- Annual physicals
- Pediatric exams (newborn – adolescents)
- Well-woman exams
- School and employee physicals
- Vaccinations—children and adults

### Your healthcare team

Primary Healthcare is staffed by board certified and board-eligible family physicians, pediatricians, nurses, coordinators, and other staff members working together to provide services to all patients from birth through the senior years.



### Our facilities and programs:

Primary and Behavioral Health offers a range of treatment options in one convenient location. For those needs that require additional services, referrals can be made to one of our many top-quality specialty departments across the Mount Sinai health system.

### Insurances accepted:

We are an approved provider for most commercial insurance plans and Medicare and Medicaid. For individuals without insurance coverage, a representative will be happy to help you apply for free or reduced cost care through Mount Sinai South Nassau's Financial Assistance Program.

### How to make an appointment:

To become a new patient, please call **516-485-5710** and indicate the level of care you are looking for: pediatric, family medicine, and/or behavioral health. An intake coordinator will assist you in finding the specific services that meet your needs.

**To better serve our patients, hours are by appointment only.**