



## Our Locations

Mount Sinai South Nassau  
Mental Health Counseling Center  
2277 Grand Avenue, Baldwin, NY 11510

Mount Sinai South Nassau  
Primary and Behavioral Healthcare  
250 Fulton Avenue, Hempstead, NY 11550

### › Hours

By appointment only, Monday–Friday  
Saturday hours are available at our Baldwin location

### › To schedule an appointment please call 516-377-5400

We accept most commercial insurance plans  
and Medicare and Medicaid

## We're Here to Help

If you or a loved one needs mental health services, the experienced staff at Mount Sinai South Nassau offers a range of options.

For over 30 years, our team of experts has been offering care for people with mental health issues. Our professional counselors are trained and available to assist in times of emergency and serve on the Nassau County Crisis Team. Please call us if your organization, business or agency can benefit from crisis mental health services.



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



**Mount  
Sinai  
South  
Nassau**

One Healthy Way,  
Oceanside, NY 11572

[mountsinai.org/southnassau](https://mountsinai.org/southnassau)

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

# Behavioral Health Services

## For Individuals, Groups and Families



**Mount  
Sinai  
South  
Nassau**

## Mount Sinai South Nassau's Behavioral Health Services provides comprehensive, quality care to a diverse population of all ages on Long Island.

Our inpatient and outpatient programs reach people in our communities through almost 50,000 sessions every year.

### Programs:

- **Adult Psychotherapy Program** offers medication management, individual or group therapy.
- **Family and Children's Program** offers medication management, individual, group and family psychotherapy for children and their families.

### Options for more intensive care:

- **Partial Hospitalization Program:** A short-term program based in Baldwin. This program provides intensive medication management, individual treatment and group therapy in a highly structured environment to help shorten or avoid an inpatient hospital stay. Program runs daily from 8 am to 2 pm.
- **Intensive Outpatient Program:** Provides medication management, individual treatment and group therapy for acute mental health conditions in a supportive environment designed to help patients better understand and manage symptoms. Program is held 3 times per week for 4 hours.



### Education and Support:

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

- Personal stress management
- Workplace stress
- Parenting
- Depression
- Women's health
- Breast cancer
- Chronic pain
- Bereavement/long-term loss
- Divorce and separation
- Family mental illness
- Psychiatric illness

### OUR EXPERTS

Each patient's treatment team is made of behavioral health experts, which include psychiatrists, psychologists, licensed clinical social workers and art and activity therapists. Together, we work with you and your loved ones to improve overall wellbeing.

### OUR FACILITIES AND PROGRAMS

Some patients benefit best from weekly therapy or education. Others benefit from intensive day treatment and still others from an inpatient hospital stay. Because of these different needs, our dedicated staff has created a variety of options for care. Your team will work with you to determine the best program for you.

### INSURANCES ACCEPTED

We are an approved provider for most commercial insurance plans and Medicare and Medicaid. For individuals without insurance, a financial assistance representative can assist you in applying for free care or care at reduced rates through Mount Sinai South Nassau's Financial Assistance Program.

### › How to make an appointment

**To become a new patient, call Mount Sinai South Nassau Behavioral Health Services at 516-377-5400**

An intake coordinator will then assist you in finding the specific services that meet your needs.

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