CSU LOCATIONS

MANHATTAN (MAIN OFFICE)
251 Lafayette St, 3rd Floor
New York, NY 10012
Tel: 212-570-1693
24 Hour Phone Line

ADDITION TRANSITION PROGRAM
251 Lafayette St, 4th Floor
New York, NY 10012
Tel: 212-925-6671

FORT TOTTEN, QUEENS
Fort Totten, Building 413B
Bayside, NY 11359
Tel: 718-352-2140

BRENTWOOD, SUFFOLK COUNTY
Center Cottage- Suffolk Community College
1001 Crooked Hill Road
Brentwood, NY 11717
Tel: 631-851-6888

STATEN ISLAND
1688 Victory Blvd, Suite 101A
Staten Island, NY 10314
Tel: 718-815-4111

ORANGE/PUTNAM/ROCKLAND COUNTIES
2279 Goshen Turnpike
Middletown, NY 10941
Tel: 845-695-1029

We proudly offer services to all Active, Retired and Civilian FDNY Employees that are FREE CONFIDENTIAL EDUCATIONAL WIDE-RANGING EASILY ACCESSIBLE

IT IS A SIGN OF WISDOM, NOT WEAKNESS, TO ASK FOR HELP
Individual Therapy
We offer one-on-one sessions at all CSU sites with clinicians who have training working with multiple issues including depression, trauma, workplace stress, grief and bereavement, and substance use disorders. Clinicians are available by appointment.

Couples Therapy
We offer couples assistance in defining the conflict(s) within their relationship so that the two individuals can work towards improvement together. Participants explore various techniques to enhance intimacy, solve communication problems, and investigate other issues that may be impacting their partnership.

Family Therapy
We offer assistance to families struggling with communication and/or behavioral issues.

EMDR Therapy
We offer Eye Movement Desensitization and Reprocessing (EMDR) as a form of therapy for PTSD and trauma exposure. EMDR is an empirically-based, proven therapeutic method that helps people reprocess their traumatic experiences and reduce trauma symptoms.

Group Therapy
We offer professionally-led groups where participants can discuss sources of conflict they have in common, and lend each other assistance and support. Individuals often find it beneficial to participate in groups made up of peers with similar life experiences.

Addiction Transition Program
The Addiction Transition Program (ATP) offers daytime group and individual counseling by trained certified addiction counselors and licensed professionals to employees recovering from substance abuse. Educational resources and individual assessments are also available to help further assist in the development of more healthy coping mechanisms. Family members may receive assessment and referrals as well.

FDNY Peer Outreach Counselors
The Peer Program is comprised of active and retired personnel who visit firehouses and EMS stations to educate members and offer a sympathetic ear. Peers are typically the first to respond to critical incidents on the job. These are people who have been where you are, both professionally and emotionally, and they can relate.

Professional Consultation
If you are seeking advice on how to handle a situation, either at home or at work, we can provide objective viewpoints, resources, and referrals. By gaining a psychological understanding of yourself and others, you can improve coping mechanisms, increase empathy, and grow more emotionally resilient. We will work with you to help you reach your goals.

*IF YOU ARE LOOKING FOR ADDITIONAL RESOURCES, WE WOULD BE HAPPY TO PROVIDE YOU A LIST OF OPTIONS IN YOUR AREA*

“Thanks to the conversations with the Counseling Unit, I at least understand the questioning now. I would sincerely suggest that any member in a situation similar to mine take advantage of the assistance...” - Captain Pat Brown