

CSU LOCATIONS

MANHATTAN (MAIN OFFICE)

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

ADDICTION 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

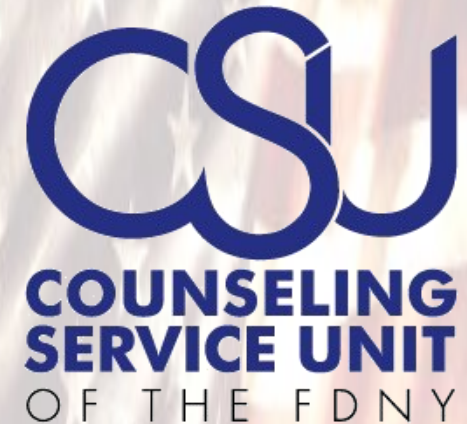
ORANGE/PUTNAM/ROCKLAND COUNTIES

2279 Goshen Turnpike
Middletown, NY 10941
Tel: 845-695-1029



Counseling Service Unit (CSU)
251 Lafayette Street, 3rd Floor
New York, NY 10012
Tel: 212-570-1693
24 Hours

***IT IS A SIGN OF WISDOM,
NOT WEAKNESS,
TO ASK FOR HELP***



**We proudly offer
services to all
Active, Retired and
Civilian FDNY
Employees that are**

FREE

CONFIDENTIAL

EDUCATIONAL

WIDE-RANGING

EASILY ACCESSIBLE

CSU Programs are specifically designed to meet the unique needs of FDNY members and families.

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.

We are committed to providing effective and convenient services by maintaining several sites throughout NYC, Long Island, and Upstate New York.

We always do our best to accommodate your schedule and needs.

Please call 212-570-1693 with any and all inquires.

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

TYPES OF GROUPS

(subject to change)

TRAUMA

**WIDOW AND PARTNER BEREAVEMENT
SUPPORT FOR MEMBERS WHO HAVE
CHILDREN WITH SPECIAL NEEDS**

RETIREE BREAKFASTS

RETIREE SUPPORT

OPEN AA MEETINGS

FAMILY SUPPORT FOR ADDICTION

CANCER SUPPORT

TABACCO CESSATION

"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