

If you are feeling suicidal, wait a moment. You have time to act on your decision. Many people experience emotional stress and have thoughts of suicide—but if you are feeling overwhelmed by stress or are thinking of acting on thoughts of suicide, you may need some help to remain safe and regain control. There are some items on this page that may be of interest to you: some numbers you can call, some sites to text to, a TED talk on suicide.

Listen. Speak. Consider.

Counseling Services is a safe, free, and confidential place to talk. You are welcome here. Your counselor will want to listen to you, hear about the problems you face, and help you to come up with solutions and remain safe. If our receptionist says there is a waiting list, let him or her know that, due to the nature of your issue (you don't have to tell what the issue is), you'd like an immediate appointment.

Sometimes, when one feels suicidal, it is a good idea to have a respite from all the stresses and pain of ongoing life. A good hospital can provide that. A hospital that Counseling Services is associated with is [Long Island Jewish/Zucker Hillside Hospital](#), which has a psychiatric college track program. This is a place in the hospital that is new and arranged like a college residence hall. Only college students are admitted there. The address of the emergency room is 270-05 76th Avenue, New Hyde Park, NY 11040.

If your desire to suicide is overwhelming, and the thought of getting yourself to the hospital seems to be overwhelming, [consider calling 911 and asking for help](#). It seems like a big step, but, once you take the step, you will feel relieved.

You can also call the following hotlines, as well as friends or family that you trust:

[NYC Well](#): 27/7 phone, text, and chat support

Text Line: text "START" to 741-741

[Veterans Crisis Line](#): 1-800-273-8255 and Press 1, or you can text to 838255.

[TED Talk: The bridge between suicide and life](#)

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COUNSELING SERVICES
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Hours: Monday, Thursday, Friday, 9am to 5pm
Tuesday, Wednesday, 9am to 7pm
Saturday 10am to 3pm

This office is not open after 5pm or on Saturdays during winter and summer sessions.
The office is closed on Fridays during the summer.