NORTHSIDE CENTER

Behavioral Health/Clinic

Northside's licensed mental health professionals provide outpatient therapy and support for children, young adults (ages 6–26), and parents or caregivers. We use evidence-based, trauma-informed approaches to help strengthen family well-being and promote healing. Northside is also the official Manhattan provider for Perinatal Early Childhood Mental Health Services through the Department of Health and Mental Hygiene (DOHMH), offering specialized therapy for expecting parents, new parents, and children ages 0–5. Additionally, we provide psychiatric evaluations, medication management, crisis support, case management, and family-centered services to help meet each client's needs.

WE SERVE

- Children & Youth
- Young Adults
- Parents
- Caregivers

WHAT WE PROVIDE

- Child Parent Psychotherapy
- Perinatal Child Parent Psychotherapy
- Interpersonal Psychotherapy
- Trauma-Focused Cognitive Behavioral Therapy
- Psychiatric Evaluations
- Medication Management
- Case Management,
- Crisis Intervention
- Individual Therapy
- Circle of Security and Dialectical Behavioral Therapy

Our Impact

1,000+

children and families served through mental and behavioral health services so far in 2026

SUCCESS STORY

When Brianna first came to Northside at 15, she was living with PTSD, trauma, and severe depression that made everyday life feel overwhelming. Today, thanks to the support she received through our Main Clinic, she's on track to graduate and head to college on an athletic scholarship.

Holistic Family Healing | Healthy Futures | Emotional Wellness | Nurturing Development

1475 Park Ave, New York, NY 10029 | NorthsideCenter.org
clinicinfo@northsidecenter.org | (212) 426-3400