



### *Our Approach:*

From the very first phone call, our team is with your family every step of the way, from assessment to treatment to healing.

With the Douglas S. Feldman Suicide Prevention Project, the Guidance Center addresses high-risk cases with a thorough evaluation for suicide risk; multiple sessions of individual, group and family therapy each week; and an individualized, culturally sensitive treatment plan that focuses on safety strategies, healthy coping skills and relapse prevention.

Evaluation with a psychiatrist regarding the possible use of medication will also be provided, when needed.

We also provide in-home treatment and referrals to programs and services that will support your efforts to protect your child.

**Unlike many providers, the Guidance Center promises that at-risk children and teens will be seen within 24-48 hours, when the case is deemed urgent.**

*Important Note: In response to the COVID-19 crisis, we have incorporated telehealth, seeing clients via phone or video. In-person therapy is available when needed.*

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

### *The Douglas S. Feldman Suicide Prevention Project*

A PROGRAM OF NORTH SHORE  
CHILD & FAMILY GUIDANCE CENTER

**Held at:**

North Shore Child &  
Family Guidance Center Headquarters  
480 Old Westbury Road, Roslyn Heights, NY 11577

**Operating Hours:\***

Monday 10AM – 6PM  
Tuesday, Wednesday and Thursday 10AM – 9PM  
Friday 10AM – 5PM

**To schedule an assessment appointment,  
call (516) 626-1971.**

\*After hours, contact our partners at  
Long Island Crisis Center, (516) 679-1111.

Self and provider referrals welcome.  
We take most insurance plans, including Medicaid.  
No one will be denied services due to inability to pay.

Made possible by a generous grant from  
Ellen and Donald Feldman.

**Visit us at [www.northshorechildguidance.org](http://www.northshorechildguidance.org)**

Send us an email at [info@northshorechildguidance.org](mailto:info@northshorechildguidance.org)  
Friend us on Facebook at North Shore Child & Family Guidance Center  
Follow us on Instagram @the\_guidance\_center  
Tweet us @NSCFG

Follow us on Pinterest @NSCFG  
Follow us on LinkedIn @north-shore-child-&-family-guidance-center  
Watch our videos on YouTube at North Shore Child & Family Guidance Center



## *Douglas S. Feldman Suicide Prevention Project*

AT NORTH SHORE CHILD  
& FAMILY GUIDANCE CENTER



- Have you noticed dramatic changes in your teen's moods?
- Do they seem depressed and hopeless?
- Are you afraid they may be at risk of suicide?

**You are not alone.  
Our experts are here to guide you  
through this challenging time.**

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

## ***The Problem:***

Children and teens are under more stress than ever, with suicidal thinking and suicide attempts on the rise – plus, the isolation and fear surrounding the pandemic has created a dramatic increase in severe depression and anxiety.

When a situation is urgent, parents don't know where to turn for timely, compassionate and professional help. With the Douglas S. Feldman Suicide Prevention Project, the Guidance Center provides a family-centered solution to bring hope and healing.



## ***The Statistics:***

- Suicide is the second leading cause of death for ages 10-24.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects and other diseases combined.
- Each day there are an average of 3,069 suicide attempts by young people in grades 9-12.
- Nearly one in five college students consider suicide.
- Four out of five teens who attempt suicide have given clear warning signs.



## ***Warning signs that your child or teen may be at risk of suicide:***

- Withdrawing from friends and family
- Doing risky or self-destructive things
- Sleeping more or less than usual
- Changes in eating patterns
- Increased use of drugs or alcohol
- Being depressed and crying often
- Giving away possessions
- Posting suicidal thoughts on the Internet
- Talking about death and not being around anymore
- Cutting themselves
- Aggressiveness or irritability

## ***North Shore Child & Family Guidance Center***

As the preeminent not-for-profit children's mental health agency on Long Island, North Shore Child & Family Guidance Center is dedicated to restoring and strengthening the emotional well-being of children (from birth – age 24) and their families.

Our highly trained staff of psychiatrists, psychologists, social workers, vocational rehabilitation counselors and other mental health professionals lead the way in diagnosis, treatment, prevention, training, parent education, research and advocacy.

For more than 65 years, the Guidance Center has been a place of hope and healing, providing innovative and compassionate treatment to all who enter our doors, regardless of their ability to pay.

