



NEW YORK STATE SENATOR

Elaine Phillips

Senator Elaine Phillips Joins North Shore Child-Family Guidance Center Officials To Promote Access To Mental Health Care

[Elaine Phillips](#)

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Senator Elaine Phillips joined North Shore Child-Family Guidance Center officials at a news conference today to promote the importance of affordable and timely mental health care for all New York residents. . The news conference unveiled results to “Project Access,” a study conducted by the center that explores roadblocks individuals face when trying to obtain mental health and addiction care.

“Timely and affordable mental health and addiction care should be accessible to anyone in need.” Senator Elaine Phillips said. “I applaud the North Shore Child-Family Guidance Center for its unwavering support and dedicated work to raise awareness of a problem that has affected far too many middle and working class families on Long Island. ‘Project Access,’ the Center’s recent study, sheds much needed light on the obstacles individuals face when trying to obtain care for mental health illnesses and substance abuse problems.”

“Project Access” is an initiative to improve access to mental health and addictions care. Nearly 650 Long Islanders responded to the survey, with almost half of the respondents indicating that it was more difficult finding help for mental health or substance abuse problems than finding help for physical illnesses.

The North Shore Child & Family Guidance Center helps children and families address issues such as depression and anxiety, developmental delays, bullying, teen pregnancy, sexual abuse, teen drug and alcohol abuse, and family crises stemming from illness, death, trauma and divorce.