



## HOURS OF OPERATION

### Addiction Medicine

**Monday - Friday 7am to 3pm**

Walk-ins Accepted

**Saturday 7am to 12noon**

Methadone Treatment Only

### Primary Care

**Monday - Friday 8am to 4pm**

Scheduled Appointments/Same Day

[www.harlemeastlifeplan.com](http://www.harlemeastlifeplan.com)

(212) 876-2300

(212) 722-7618 fax



Harlem East  
Life Plan

## DIRECTIONS

### Bus Service:

First Ave - Take M15 line to 121<sup>st</sup> Street

Second Ave - Take M15 to 122<sup>nd</sup> Street

Third Ave - Take M98, M101 or  
M103 to 122<sup>nd</sup> Street

### Subway Service:

Service for the number 4, 5 and 6 lines  
are located on all corners of 125<sup>th</sup> Street  
and Lexington Ave.

### Metro North:

125<sup>th</sup> Street and Park Avenue

### Automobile Transportation:

From the Bronx or Queens take the  
Tri Boro Bridge to Second Ave and  
125th Street. The FDR Drive has exits  
on 125th Street in both directions.

*Street parking  
is available*



Harlem East  
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### Community Health Care Facility

Enhancing the quality of life in the  
East Harlem community.

***Hablamos Español!***

2367-69 Second Avenue  
New York, NY 10035  
Between 121<sup>st</sup> and 122<sup>nd</sup>

(212) 876-2300

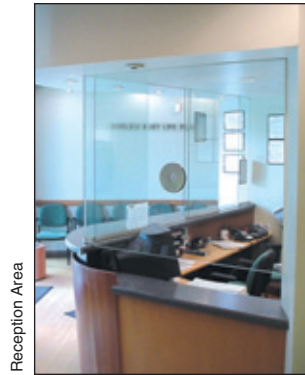
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## Harlem East Life Plan

is a diagnostic and treatment medical facility that serves the multi ethnic communities of the geographic area of East Harlem commonly known as “el Barrio.”

H.E.L.P. offers a continuum of health care and addiction medicine services which include methadone treatment, chemical dependency and primary care.



### H.E.L.P.'s specialized services include:

#### • **Addiction Medicine**

- Methadone Maintenance
- Key Extended Entry Program (KEEP)
- Chemical Dependencies
  - Opiate
  - Cocaine
  - Alcohol
  - Marijuana
  - Other Substances

#### • **General Medicine and Case Management**

- Primary Care
- Infectious Disease
- Preventive Medicine
- Women's Health Care
- Psychiatry
- Nutrition
- Specialty Care Referrals

#### • **Services Offered Under Addiction Medicine are Facilitated Through:**

- Individual and Group Counseling
- Health Education Sessions
- Vocational and Educational Sessions

H.E.L.P. is committed to offering quality, culturally sensitive services that are accessible, comprehensive and affordable.



Harlem East  
Life Plan

*Affiliated with Mt. Sinai Hospital.*

- **OASAS Licensure**
- **DOH Licensure**
- **CARF Accredited**