



Dear Colleague

The novel coronavirus (COVID-19) pandemic has quickly changed our daily lives. Being home often feels isolating as we have all changed our daily routines. Worries about going out and how long this crisis will last certainly takes a toll on our mental health. Some of us may begin to feel depressed, others may encounter increased anxiety or have difficulty concentrating or focusing. These are all normal responses to this new and unknown community experience.

For those who are unfamiliar with CAPE we are the licensed Office of Mental Health (OMH) clinic of Commonpoint Queens and have been providing comprehensive mental health services to members of the Queens community for decades. Our clinic has trained Licensed Clinical Mental Health Social Workers that can provide tele-psychotherapy, and for medication assessment and treatment we offer a video appointment with a Psychiatric Nurse Practitioner or Psychiatrist. We have a Registered Nurse on staff to answer medical questions. We can provide Zoom support groups for adults experiencing anxiety. Our clinic accepts most insurances and no one is turned away due to inability to pay.

Remember we are all in this together and CAPE is here to help!

If we can help you and feel the need to speak to a clinician we are here for you!

Please contact:

Karen at 718-224-0566 or email to kbuckner@commonpointqueens.org or cape@commonpointqueens.org

Stay well!

Debra Ilberman, LCSW
CAPE Director

