**Mental Health Resources**

[**Pathways to Empower**](https://www.pathwaystoempower.com)**:** Mental Health Literacy programs for all audiences. Here is a QR code to go directly to a discounted parent program:



[**Connected Mind**](https://connectedmind.me/)**:** Free mental health screening tool **(www.connectedmind.me)**

[**Psychology Today**](https://www.psychologytoday.com/us/therapists/new-york?gclid=CjwKCAjw1ICZBhAzEiwAFfvFhOTITZdPXORe7V47L04bZmSRuCfAz0NTus36PtWMpHWyf74iIeC4zRoC8lkQAvD_BwE): Offers a directory of therapists that is searchable by location and specialty

[**Zocdoc**](https://book.zocdoc.com/get-started?utm_source=google&utm_medium=cpc_brand&utm_campaign=10439133071&utm_term=zocdoc&utm_content=102297848623&gclid=CjwKCAjw1ICZBhAzEiwAFfvFhLin1ORjR6ntqGFF5PtdS7M74Y19_5UtgJmHiLGc1LcSkIAehL2MxhoCTRUQAvD_BwE): Offers a directory of therapists that is searchable by location, specialty, and insurance

**Telehealth services:** Offer monthly rates for therapeutic services.

[betterhelp.com](http://betterhelp.com/)

[goodtherapy.org](http://goodtherapy.org/)

[talkspace.com](http://talkspace.com/)

**Comprehensive Mental Wellness Platform:**

**Mindfulness for a Messy Life:**

Whether you're contending with anxiety or depression, or are simply overwhelmed by the ongoing stressors of everyday life, managing life's 'mess' can become a full-time job–an exhausting, dispiriting one at that! Combining the best of positive psychology, mindfulness practices, somatic awareness, and cognitive behavioral therapy, *Mindfulness for a Messy Life* will help you get back in touch with the healthy, vibrant person you are underneath all that mess. Through the MfML programs, tools & resources, you will learn to relate to yourself from a place of understanding and acceptance; recognize yourself as valuable, and worthy of love and respect; build an inner foundation of compassion, and develop the kind of grounded optimism that fosters meaningful change.

**Child & Teen Specific: Some organizations that specifically offer services for children and teens.**

[**teencounseling.com**](http://teencounseling.com/)

[**talkspace.com**](http://talkspace.com/)

[**littleotterhealth.com**](http://littleotterhealth.com/)

[**Youth Mental Health Project:**](https://ymhproject.org/) https://ymhproject.org/ The Youth Mental Health Project is a nonprofit organization whose mission is to educate, empower, and support families and communities to better understand and care for the mental health of our youth. We envision a world made up of informed families and caring communities that realize and strengthen the mental health of our youth -- a world where people are just as aware of their mental health as their physical health, where families are validated and able to readily access the care they need.

**Wilderness Therapy and Residential Treatment Search Facebook Group:** https://www.facebook.com/groups/wtrswildernessresidentialsearch

**Seeking Help in a Crisis**

The earlier we seek help, the better. But sometimes, there will be crises where we need to seek help immediately.

Launched in July 2022, the 988 Suicide and Crisis Lifeline provides 24/7 free and confidential support to people in suicidal crises or emotional distress.

**National Suicide Prevention Lifeline** 800-273-8255

**Find a Helpline:** [https://findahelpline.com](https://findahelpline.com/i/pathwaystoempower)

**Self-Medication Abuse/Addiction Resources:** <https://www.drugabuse.gov/>

**The National Institute of Mental Health:** <https://www.nimh.nih.gov/index.shtml>

**SAMHSA** 1-800-662-HELP (4357)- free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](https://www.samhsa.gov/node/1127287))

**National information and Mental Health support:**[https://www.nami.org/#](https://www.nami.org/%23)

**Mental Health.gov**

<https://www.mentalhealth.gov/get-help/immediate-help>

**211.org** <https://www.211.org/get-help/mental-health>

**Mentalhelp.net** <https://www.mentalhelp.net/mental-health/hotline/>

**Legal Help for mental health crises:** Lisa Herman is a partner at Abrams Fensterman, LLP and a member of the firm’s Mental Health Law Practice Group, the only family-focused mental healthcare practice in the country. Ms. Herman focuses her practice on Mental Health Law and Elder Law with a particular concentration in working with individuals and families facing psychiatric diagnoses, substance abuse issues, and other disabilities to help them navigate the complex legal and mental health systems that impact them.

**Tel:** (516) 592-5857

**LOCAL WESTCHESTER COUNTY RESOURCES:**

**Crisis Prevention and Response Team**

#### Serving Westchester County

#### Call (914) 925-5959

#### 24/7 Telephone Coverage

#### Mobile Response Monday - Sunday

#### Walk-in evaluations available 24/7 at St. Vincent's Hospital in Harrison.

#### Services available in Spanish

**OASAS HOPEline: New York** State's 24/7 problem gambling and chemical dependency hotline. For Help and Hope call 1-877-8-HOPENY or text HOPENY.

**NYS Project Hope: Emotional Support Helpline:** 844-863-0314

8am-10pm Monday-Sunday

<https://nyprojecthope.org/>

**Bereavement Center of Westchester** (914) 787-6158 <https://www.bcwtreehouse.org/>

**Westchester Department of Community Mental Health**

<https://mentalhealth.westchestergov.com/>

<https://dcmhservices.westchestergov.com/DCMHservices/index.jsp>

<https://www.mhawestchester.org/our-services>

 ***Licensed Outpatient Substance Abuse TREATMENT Programs for Adolescents in Westchester***

*Licensed \*Programs providing ENCOMPASS Treatment\*\* for Adolescents with co-occurring Mental Health & Substance Use Disorders*

[7-NYS Licensed Treatment and Prevention Programs in Westchester combined with ENCOMPASS List updated 6.15.22.docx](https://docs.google.com/document/d/1vcyGkXFecbEiea88HAFiHa1OrDhtc9gC/edit?usp=sharing&ouid=110053164282598839714&rtpof=true&sd=true)

**Westchester County Department of Community Mental Health**

**DCMH’s Directory and GIS based map of behavioral health services in Westchester:**

<https://dcmhservices.westchestergov.com/DCMHservices/index.jsp>



NAMI Westchester

***Licensed Outpatient Substance Abuse TREATMENT Programs for Adolescents in Westchester***

**Central Park Recovery,** (914) 619-5242

2176 Central Park Avenue, Yonkers NY, 10710

*Nicole Intervallo, Director*

**Counseling Center at Yorktown Heights,** (914) 962-5101 2000 Maple Hill, Yorktown, NY 10598

*Dair Melendez-Drier, Director of Adolescent Program*

**Guidance Center of Westchester, Sunrise** (914) 613-0700 x 7445

256 Washington Street, Mount Vernon NY,10550

*Thurman Brown, Director*

**Innovative Health Systems**, (914) 683-8050 20 Church Street, White Plains, NY, 10601 *Jeanine Klotzkin, Director*

**Lexington Center for Recovery Mt Kisco Program** (914) 666-6740

24 Smith Avenue, Mount Kisco, NY, 10549

*James Hughes, Program Director*

**Lexington Center for Recovery New Rochelle Program**

(914) 235-6633

3 Cottage Place, New Rochelle, NY, 10801

*Carey Wardell, Director*

**Maxwell Institute, St Vincent’s Hospital**, (914) 337-6033 A Division of Saint Joseph’s Medical Center

92 Yonkers Avenue, Tuckahoe, NY 10707

*Karen Goldman-Hertz, Director*

**Mountainside Treatment Center**, (914) 534-6030 480 North Bedford Road, Chappaqua, NY 10514 *Jana Wu, Outpatient Program Manager*

*Thea Ross, Information (203) 219-2800*

**Peekskill Pathways/Sun River Healthcare** (914) 734-8740

1037 Main Street, Peekskill, NY, 10566

*Lorna Johnson, Director*

**Phelps Memorial Hospital (ATS)**, (914) 944-5220

22 Rockledge Avenue, Ossining, NY, 10562

*Heather Howe, Director*

**St. John’s Riverside Hospital (Archway)**, (914) 668-1450 or (914) 668-1451

20 East First Street, Mount Vernon, NY, 10550

*Elaine Bryant, Director*

**St. John’s Riverside Hospital (Greenburgh)**, (914) 683-5311

30 Manhattan Avenue, Greenburgh, NY, 10607

*Kim O’Mara, Director*

**St. John’s Riverside Hospital (New Focus)**, (914) 964-8000

2 Park Avenue, Yonkers, NY, 10703

*Sherlon Quarless, Director*

**St. Joseph’s/St. Vincent’s – Harrison, EXCEL Program**

275 North Street, Harrison, NY, 10528

*Rosie Martinez, Director*, (914) 925-5112

***Licensed Substance Abuse PREVENTION Programs for Adolescents in Westchester***

**Archdiocese Drug Abuse Prevention Program (ADAPP)**

Administrative Office, (718) 904-1333

2789 Schurz Avenue, Bronx, NY 10465

*Christine Cavallucci, Director*

**Cortlandt (Town of) Division of Recreation**

(914) 736-0498

3 Memorial Drive, Croton, NY 10520

**Administrative Office** (914) 734-1050

1 Heady Street, Cortlandt Manor, NY 10566

*Katherine Sclafani, Director*

**Harrison Youth Council** (914) 835-7500

84 Calvert Street, Harrison, NY 10528

*Amanda Ammirati, Director*

**Hastings Youth Advocate Program** (914) 478-2471

44 Main Street, Hastings-on-Hudson, NY 10706

*Joann Reed, Director*

**Larchmont/Mamaroneck Community Counseling Center**

(914) 698-7549

234 Stanley Avenue, Mamaroneck, NY 10543

*Mark Levy, Director*

**Student Assistance Services Corporation,**

Administrative Office, (914) 332-1300

660 White Plains Road, Tarrytown, NY 10591

*Ellen Morehouse, Director*

**White Plains Youth Bureau** (914) 422-1378 11 Amherst Place, White Plains, NY 10601 Frank *Williams, Jr. Executive Director*

**YCAP Yonkers Community Action Program**

(914) 423-5905

164 Ashburton Avenue, Yonkers, NY 10701

*Don Brown, Director*

**YMCA – Youth & Young Adults Club House**

(914) 963-0183

17 Riverdale Avenue, Yonkers, NY 10701

*Vincent Taliaferro, Director*

**Other Resources:**

**Helpful website:**[www.powertotheparent.org;](http://www.powertotheparent.org/) [www.ForDrugHelp.com](http://www.fordrughelp.com/)

**For programs out of Westchester:** 1-877-8-HOPE NY [1-877-846-7369], Combatheroin.ny.gov

**Cove Care Family Navigator Program:** 1-845-225-2700 Ext. 245*, Susan Salomone, Resource Manager*

*Compiled by Student Assistance Services Corporation*

*Last Updated on 6/15/22*

***Licensed\* Programs providing ENCOMPASS Treatment\*\* for Adolescents***

***with co-occurring Mental Health & Substance Use Disorders***

**Cognitive & Behavioral Consultants** (Private Practice)

* + 1 North Broadway #704, White Plains, NY 10601

*Jensyn Marquesano,* Intake Coordinator, 914-385-1150, jmarquesano@cbc-psychology.com

**Family Services of Westchester** (OMH, IOS)

* + One Gateway Plaza, Suite 3B, Port Chester, NY 10573

*Lupita Deluccia*, Site Director, 914-305-6837, ldeluccia@fsw.org

* + 7-11 South Broadway, White Plains, NY 10606

*Lindsay March*, Site Director, 914-948-8004, x22, lmarch@fsw.org

**Mental Health Association-Westchester** (OMH)

* + White Plains Clinic: 300 Hamilton Avenue, Suite 201, White Plains, NY 10601
	+ Yonkers Clinic: 200 South Broadway, Suite 402, Yonkers, NY 10701
	+ Mt. Kisco Clinic: 340 Main St, Suite 301, Mt. Kisco, NY 10549
	+ Nyack Clinic: 311 N. Midland Avenue, Suite 3

*Rosemarie Spencer,* Senior Director SUD Services, 914-610-5505, spencerr@mhawestchester.org

**St. Vincent’s Hospital** (OMH, OASAS)

* + 275 North St, Harrison, NY 10528

*Lorena Rucaj,* Outpatient Mental Health Services Coordinator, 914-925-5354, lrucaj@svwsjmc.org

**The Guidance Center of Westchester** (OMH, OASAS, IOS)

* + 256 Washington St, Mt Vernon, NY 10553
	+ 150 Huguenot Street, New Rochelle, NY 10801

*Carolyn Hatfield,* Director Mt. Vernon Clinic, 914-613-0700 x7416, chatfield@theguidancecenter.org

**Westchester Jewish Community Services** (OMH, IOS)

* + Hartsdale Family Mental Health Center, 141 North Central Avenue, Hartsdale, NY 10530
	+ Mount Vernon Family Mental Health Clinic, 11 West Prospect Avenue, 4th Fl, Mt. Vernon, NY 10550
	+ Yonkers Family Mental Health Clinic, 487 South Broadway, Yonkers, NY 10705

*William Mullane*, Director of Innovation, Integration & Community Partnerships, 914-761-0600 x3211, wmullane@wjcs.com

**Student Assistance Services Counseling Center**

660 White Plains Road, Suite 100, Tarrytown, NY 10591 ~

Phone: (914) 874-1660 ~ Fax: (914) 524-0444

**INPATIENT AND RESIDENTIAL ADOLESCENT FACILITIES**

**MENTAL HEALTH HOSPITALS**

**Four Winds Hospitals,** 914-763-8151 x 2007

Must arrive by 10PM for evaluation (if bed available),

or appointment scheduled for the next day

800 Cross River Road, Katonah, NY 10536

*Rosina Juman, Director of Admission,*

*direct #: 914-763-8151 x 2007*

**NY Presbyterian Hospital,** 914-997-5700

Must arrive before 10PM for evaluation,( if bed available)

21 Bloomingdale Road, White Plains, NY 10605

*Ruth Mendelowitz, Dir. of Access Svs, 914-997-5879*

**Westchester Medical Ctr,** 914-493-7000 x 3

100 Woods Road - BHC B-210, Valhalla, NY 10595

**St. Vincent's Hospital,** 914-925-5320

Must arrive by 10 pm for evaluation, (if bed available)

275 North Street, Harrison, NY 10528,

*Prevention & Response Team 914-925-5959*

**Hospitals withOUT AN Adolescent Unit**

For after-hours psychiatric emergency evaluations, clients should go to the closest hospital. In the event hospitalization is needed, evaluating hospital will forward evaluation to those hospitals w/adolescent units

**Northern Westchester Hospital,** 914-666-1254

Emergency Department

400 East Main Street, Mount Kisco, NY 10549

**Phelps Hospital,** ER 914-366-3590

or Main Number 914-366-3000

701 North Broadway, Sleepy Hollow, NY 10591

**St. Johns Riverside Hospital**, 914-964-4444

Ask for Emergency Room

2 Park Avenue, Yonkers, NY 10703

**Saint Joseph’s Hospital**, 914-378-7622

Ask for Emergency Room

127 S. Broadway, Yonkers 10701

**White Plains Hospital**, 914-681-0600

Ask for Emergency Room

41 E Post Road, White Plains, NY 10601

**SUBSTANCE USE Inpatient/Residential**

**Camelot Family Foundation,** 718-981-8117 x411

* Intensive Male Residential

 460 Brielle Avenue, Staten Island, NY 10309

* Young Adult Residential (MALE 19yr & up)

 273 Heberton Ave., Staten Island, NY 10312

*Intake Coordinator,**Justin San George*

**Caron**, **800-678-2332**

243 N Galen Hall Rd, Wernersville PA, 19565

*Admission Specialist, Megan*

**Dynamic Youth Community, Inc**.,718-376-7923

DYC Fallsburg Residential Facility,

5803 Route 42 / PO Box 101, Fallsburg NY 12733,

M-F 9am-6pm

*Intake Director, Marina*

(Admissions handled through Brooklyn office)

**Hope House** Hubbard Center I,518-486-8970

(Only Male 16-20 yrs.)

573 Livingston Avenue, Albany, NY 12206

*Dir. Of Residential Services, Megan Duncan*

*Admissions Manager, Tony* ***(518) 486-8973***

**Mountainside Canaan,** 203-219-2800

187 South Canaan Road, Canaan, CT 06018

*Referrals, Thea Diserio Ross,*

*Admissions Dept. 800-762-5433 x 1*

**Newport Academy,** 844-669-8706 (from website)

[36 Old Kings Highway S, Darien, CT 06820](https://www.bing.com/local?lid=YN873x15448627578172144646&id=YN873x15448627578172144646&q=Newport+Academy&name=Newport+Academy&cp=41.07476043701172~-73.47026062011719&ppois=41.07476043701172_-73.47026062011719_Newport+Academy&FORM=SNAPST)

*Intake Coordinator, Kelly Kucinoki* ***973-713-5843***

**Never Alone Rehab,** 845-339-4272

20 Crofts Road, Hurley, NY 12443

*Clinical Program Director, Virginia*

**Outreach House II,** 631-231-3232

400 Crooked Hill Rd, Brentwood, NY 11717

*Intake Coordinator, Marissa*

**St Joseph’s Addiction Treatment,** 800-776-7344

**Rose Hill Residential**

100 County Route 43 Box 100, Massena NY, 13662

*Referral, Sharon Gushlaw*

**Student Assistance Services Community Resources**

**Al-Anon and Alateen**

[www.westchesterputnamalanon.org](http://www.westchesterputnamalanon.org)

**Bereavement Center of Westchester**

(914) 787-6158

**Child Protective Services**

24/7 NYS Central Register (SCR) Mandated Reporter Hotline: (800) 635-1522

**Drug Enforcement Administration (DEA)**

(646) 342-0190

*Special Agent Pete Strauss, DEA NY*

*(571) 776-3496*

*Joannna Mlicka-Anderko, Senior Prevention Program Manager*

**Green Chimneys Arbor House Putnam Runaway and Homeless Shelter**

(845) 279-2378

24/7 Hotline: (845) 279-2588

**Hopes Door**

(914) 747-0828

24/7 Confidential/Bilingual Helpline/Shelter:

(888) 438-8700

50 Broadway

Hawthorne, NY 10532

*Maya Lloyd, MPH*

*Director of Outreach & Engagement*

*Kayla Stephens, MHS*

*Youth Educator & DV Counselor/Advocate*

**Mental Health Association (MHA)**

General Information: (914) 345-0700

Suicide Crisis Hotline: (914) 347-6400

24/7 Family Abuse Services Hotline:

(914) 347-4558

**Mid-Hudson Regional Addiction REsource Center** (MH-RARC)

(845) 765-8301 Ext. 110

(914) 332-1300

Christine D’Annibale

[https://Fordrughelp.com](https://fordrughelp.com)

**My Sister’s Place**

(914) 683-1333

24/7 Hotline (800) 298-7233 (SAFE)

3 Barker Ave

White Plains, NY 10601

**National Alliance on Mental Illness (NAMI)**

(914) 592-5458

9am- 2pm, Monday- Friday

**New York State Center For School Safety (NYSCFSS)**

(800) 330-1420 Ext. 205

41 State Street, Suite 403

Albany, NY 12207

**NYS Office of Mental Health**

NY Project Hope Emotional Support Helpline

(844) 863-9314

8am- 10pm/ 7 days

**NYS Substance Abuse HOPEline**

(877) 8-HOPENY or Text to 467369

**One Love**

For Workshops, Books and Resources, visit<https://joinonelove.org/>

**Planned Parenthood**

(914) 761-6566

White Plains Health Center

175 Tarrytown Road

White Plains, NY 10607

**Poison Control**

New York Regional Poison Control Center

(800) 222-1222

New York City Department of Health

& Mental Hygiene

455 First Avenue, Room 123

New York, NY 10016

**Sanctuary Westchester Runaway and Homeless** Youth Shelter

(914) 593-0667

24/7 Hotline: (888) 997-1583

**Suicide Hotline**

24/7 National Suicide Prevention Hotline

(800) 273-TALK

24/7 National Hope Line

(800) SUICIDE / (800)784-2433

24/7 Suicide Crisis Text line 988

**Westchester County Department of Community Mental Health**

Support and referral line:

(914) 995-1900 or send a Text to (914) 461-7281

(8am- 8pm, Monday through Friday)

24/7 Crisis Text Line: Text “Home” to 741741

**Westchester County Opportunity Program (WestCOP)**

Victims Assistance Services (914) 345-3113

24/7 Rape/Crisis/Trauma Emergency Helpline:

(914) 345-9111

**Westchester County Police**

(914) 865-7701

*Sergeant Joaquim Brito, Drug Recognition Expert (DRE)*

**Westchester Crisis Prevention Response Team**

(800) 925-5959

**Westchester Jewish Community Services**

(914) 761-0600

845 North Broadway

White Plains, NY 10603

**Trager Lemp Center:**

**Treating Trauma & Promoting Resilience Sexual Abuse Treatment Program**

(914) 949-7699

**Center Lane** (914) 423-0610

***Other Resources:***

**Helpful Websites:**  [www.powertotheparent.org](http://www.powertotheparent.org)

**For programs out of Westchester:** (877) 8-HOPENY/ (877) 846-7369 [www.Combatheroin.ny.gov](http://www.combatheroin.ny.gov)

**Cove Care Family Navigator Program:** (845) 225-2700 Ext. 245 *Susan Salomone, Resource Manager*