Regional Mental Health Resource Guide

A Directory of Hotlines and Mental Health Services
## Regional Mental Health Resource Guide

### Mental Health Services

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Updated February 2022
Detailed List of Referral Resources by Category: Mobile Crisis Services

**Albany County Department of Mental Health- Psychiatric Crisis Services**
ACDMH offers crisis services at the CDPC Crisis Unit and from their Mobile Crisis Team. These services are for children, adolescents, and adults who are currently in a mental health emergency. Staff will be able to recommend next steps, which may include transportation to the hospital via ambulance. Services available 24/7.

**Contact Information:** (518) 549-6500
**County:** Albany County
[www.albanycounty.com/departments/mental-health](http://www.albanycounty.com/departments/mental-health)

**Albany County Department for Children, Youth & Families (DCYF)- Child & Adolescent Mobile Crisis Team**
Onsite and mobile crisis services are provided for children and adolescents who are in a behavioral health emergency. Services are provided 24/7.

**Contact Information:** (518) 447-4550 and/or (518) 549-6500
**County:** Albany County

**Mental Health Association of Columbia-Greene Counties, Inc. - Mobile Crisis Assessment Team (MCAT)**
MCAT provides telephonic and mobile crisis services including assessments, crisis prevention, crisis intervention, crisis follow-up, care coordination, and referrals. They operate 7 days per week from 8:00 a.m.–10:00 p.m.

**Contact Information:** (518) 943-5555
**County:** Columbia and Greene Counties
[https://www.mhacg.org/mcat-team](http://www.mhacg.org/mcat-team)

**Northern Rivers- Mobile Crisis Services**
Telephonic and mobile crisis services including assessment, crisis intervention and stabilization, referrals for children, adolescents, adults, and their families.

**Contact Information:** (518) 292-5499 (for all counties listed below)
**County:** Albany (child and adolescent only), Rensselaer, Saratoga, Schenectady, Warren, and Washington
[https://www.parsonscenter.org/mobile-crisis](http://www.parsonscenter.org/mobile-crisis)
Detailed List of Referral Resources by Category: Walk-in Crisis Services

**Albany County Department of Mental Health - Psychiatric Crisis Services**
ACDMH offers crisis services at the CDPC Crisis Unit and from their Mobile Crisis Team. These services are for adolescents and adults who are currently in a mental health emergency. Services available 24/7.

**Contact Information:** (518) 549-6500

**County:** Albany County

www.albanycounty.com/departments/mental-health
**Detailed List of Referral Resources by Category: Walk-in Crisis Services cont.**

**Albany County Department for Children, Youth & Families (DCYF)- Children’s Mental Health Clinic**
Walk-in crisis services are provided for children and adolescents aged 5–18 who are in a psychiatric emergency.
**Contact Information:** (518) 447-4550 and/or (518) 549-6500
**County:** Albany County

**Columbia County Mental Health Center- Crisis Services**
24-hour crisis line for individuals and families experiencing psychiatric emergency. Walk-in crisis services are available Monday–Friday 9:00 a.m.–4:30 p.m. at 325 Columbia Street in Hudson, NY.
**Contact Information:** (518) 828-9446
**County:** Columbia County
https://www.columbiacountymhc.com/crisis.html

**Ellis Medicine- Mental Health Crisis Services**
Crisis services are available by phone and through the Emergency Department 24/7 for individuals of all ages. Callers and visitors receive crisis evaluation, support, and referrals for treatment and/or services.
**Contact Information:** (518) 243-4000
**County:** Schenectady County
http://ellismedicine.org/services/mental-health.aspx

**Greene County Mental Health Center- Crisis Services**
Crisis support including assessment, support, and referral to services. During COVID-19 emergency, services are being provided by telemedicine only; please call first.
**Contact Information:** Monday–Friday 9:00 a.m.–5:00 p.m. (518) 622-9163, after hours: (518) 622-3344
**County:** Greene County
https://www.greenegovernment.com/departments/mental-health

**Samaritan Hospital: Behavioral Health Crisis Unit**
St. Peter’s crisis services are available 24 hours/day, 7 days/week. Crisis evaluation, treatment planning, and referrals for those experiencing a behavioral health emergency.
**Contact Information:** (518) 271-3540
**County:** Rensselaer County
www.sphp.com/find-a-service-or-specialty/behavioral-health/

**Saratoga County Mental Health Clinic**
Emergency and crisis assessments, interventions, and referrals at clinic locations in Saratoga Springs and Mechanicville. Telephonic crisis support is available, but after regular business hours, mobile crisis is preferred.
**Contact Information:** (518) 584-9030
**County:** Saratoga County
https://www.saratogacountyny.gov/departments/mental-health-center/

**The Living Room**
The Living Room is a crisis drop in center providing support for individuals in crisis and referrals for housing, employment, crisis/respite services, treatment, care coordination, socialization, wellness programs, and more.
**Contact Information:**
Schenectady (518) 243-1523 (Located at Ellis Mental Health Clinic)
Troy (518) 281-1186 (Located at the Mental Health Empowerment Project Empowerment Exchange)
http://www.ellismedicine.org/services/mental-health.aspx
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<td>Institute on Aging</td>
<td>Friendship Line for the Elderly</td>
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<td>National Domestic Violence Hotline</td>
<td>Counseling, Support, and Referrals for Victims of Domestic Violence and Concerned Friends or Family</td>
<td>Victims of Domestic Violence and Concerned Friends or Family</td>
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<td>RAINN (Rape, Abuse &amp; Incest National Network)</td>
<td>Crisis Intervention, Support, and Referral Services</td>
<td>Victims and Survivors of Sexual Assault, Abuse, and Violence</td>
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<td>The Trevor Project</td>
<td>Emotional and Crisis Support Hotline via Telephone, Chat, and Text Platforms</td>
<td>LGBTQIA+ Youth and Teens who are feeling suicidal or are in need of support</td>
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<td>Trans Lifeline</td>
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<tr>
<td><strong>National Suicide Prevention Lifeline</strong></td>
<td>1-800-273-8255 for English, 1-888-628-9454 for Spanish, For Deaf or TTY Dial 711 then 1-800-273-8255. Online chat also available. <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
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<tr>
<td><strong>Crisis Text Line</strong></td>
<td>Text HOME to 741741 or message on Facebook County: All of US and Canada</td>
<td></td>
</tr>
<tr>
<td><strong>New York State Office of Mental Health Emotional Support Helpline</strong></td>
<td>1-844-863-9314 Free and confidential support for callers in New York State experiencing increased anxiety, stress, grief, trauma and/or other mental health symptoms due to the COVID-19 pandemic. Callers are connected to volunteers and mental health professionals. Helpline operates 7 days per week from 8:00 a.m.–10:00 p.m.</td>
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<tr>
<td><strong>American Red Cross: Virtual Family Assistance Center</strong></td>
<td>1-833-492-0094 English, Spanish and other language services available.</td>
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<tr>
<td><strong>Institute on Aging: Friendship Line</strong></td>
<td>1-800-971-0016 County: Hotline available nationwide. Additional services provided only in California.</td>
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<td><strong>National Domestic Violence Hotline</strong></td>
<td>1-800-799-7233. For Deaf and/or Hard of Hearing: 1-800-787-3224.</td>
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**Detailed List of Referral Resources by Category: Crisis Hotlines**

**National Suicide Prevention Lifeline**
We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
**Contact Information:** 1-800-273-8255 for English, 1-888-628-9454 for Spanish, For Deaf or TTY Dial 711 then 1-800-273-8255. Online chat also available.
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Crisis Text Line**
Individuals of all ages are able to access free crisis counseling and support 24/7/365 via text message or Facebook Messenger. Common areas of support include anxiety, suicide, COVID-19, bullying, school, and emotional abuse.
**Contact Information:** Text HOME to 741741 or message on Facebook County: All of US and Canada
[https://www.crisistextline.org](https://www.crisistextline.org)

**New York State Office of Mental Health Emotional Support Helpline**
Free and confidential support for callers in New York State experiencing increased anxiety, stress, grief, trauma and/or other mental health symptoms due to the COVID-19 pandemic. Callers are connected to volunteers and mental health professionals. Helpline operates 7 days per week from 8:00 a.m.–10:00 p.m.
**Contact Information:** 1-844-863-9314

**American Red Cross: Virtual Family Assistance Center**
The Red Cross provides individual and group support to pandemic frontline workers as well as to those who have lost a loved one to COVID-19.
**Contact Information:** 1-833-492-0094 English, Spanish and other language services available.

**Institute on Aging: Friendship Line**
Friendship Line is the only nationwide 24-hour crisis hotline and warmline for people 60 years old and over, or for adults living with disabilities. Volunteers provide friendly conversation, emotional support, grief support, and/or suicide intervention amongst other services.
**Contact Information:** 1-800-971-0016
**County:** Hotline available nationwide. Additional services provided only in California.
[https://www.ioaging.org/services/all-inclusive-health-care/friendship-line](https://www.ioaging.org/services/all-inclusive-health-care/friendship-line)

**National Domestic Violence Hotline**
Counseling, support, and referrals to local services for victims and survivors of domestic violence and/or abuse, as well as for their loved ones. Available 24/7 in over 200 languages. Secure online chat available.
**Contact Information:** 1-800-799-7233. For Deaf and/or Hard of Hearing: 1-800-787-3224. [https://www.thehotline.org](https://www.thehotline.org)
Detailed List of Referral Resources by Category: Crisis Hotlines

**RAINN (Rape, Abuse & Incest National Network)**
RAINN provides hotline support 24/7 to victims and survivors of sexual abuse, assault, and violence. It connects callers to their local rape crisis and/or domestic violence support providers.
**Contact Information:** 1-800-656-4673 for English or Spanish. Online Chat also available.

**The Trevor Project**
The Trevor Project provides emotional and crisis support along with intervention and suicide prevention to LGBTQIA+ youth and teens 24/7/365. Support is often provided for topics of suicide, sexuality, gender identity, bullying, and more.
**Contact Information:** 1-866-488-7386 or Text START to 678678. Online chat also available.
[https://www.thetrevorproject.org](https://www.thetrevorproject.org)

**Trans Lifeline**
Trans Lifeline is a nonprofit organization with a hotline providing emotional and financial support to trans people in crisis. The hotline is staffed with trans people for the purpose of supporting trans people.
**Contact Information:** 1-877-565-8860
[https://translifeline.org](https://translifeline.org)

**National Eating Disorders Association (NEDA): Eating Disorders Helpline and Screening Tool**
NEDA provides education and resources for those suffering from problem eating, including an online screening tool. The NEDA Helpline offers support, resources, and treatment options for various eating disorders and problem eating for individuals and their loved ones. The Helpline is available via online chat, telephone, and text during the hours listed below. Please refer to their website for updated hours.
**Contact Information:**
National HelpLine 1-800-931-2237 Monday–Thursday 11:00 a.m.–9:00 p.m., Friday 11:00 a.m.–5:00 p.m. ET
Online Chat Monday–Thursday 9:00 a.m.–9:00 p.m., Friday 9:00 a.m.–5:00 p.m. ET
Text 1-800-931-2237 Monday–Thursday 3:00 p.m.–6:00 p.m. ET
[https://www.nationaleatingdisorders.org](https://www.nationaleatingdisorders.org)

**Veterans Crisis Line**
Confidential, 24/7 support for veterans in crisis and/or their loved ones.
**Contact Information:** 1-800-273-8255 Option 1, Text 838255, TTY 1-800-799-4889. Online chat also available.
[https://www.veteranscrisisline.net](https://www.veteranscrisisline.net)
## County Outpatient Treatment Services

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<tr>
<th>AGENCY</th>
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Medication Management  
Individual and Group Therapy | Albany County Residents  
Adults |
| Albany County Department for Children, Youth and Families | Children’s Mental Health Division  
Medication Management  
Individual and Group Therapy | Albany County Residents  
Ages 5-18 |
| Columbia County Mental Health Center | Psychiatric Evaluation  
Individual, Group, and Family Therapy  
Medication Management  
Psychological Testing | Columbia County Residents  
All Ages |
| Ellis Medicine | Child and Adolescent Treatment Center  
Outpatient Mental Health Clinic | Schenectady County Residents  
All Ages |
| Greene County Mental Health Center | Medication Management and Counseling Services | Greene County Residents  
All Ages |
| Rensselaer County Department of Mental Health | Unified Services for Children and Adolescents Outpatient Clinic  
Outpatient Clinic for Adults  
MICA Outreach and Assessment | Rensselaer County Residents  
All Ages |
| Saratoga County Department of Mental Health | Outpatient Mental Health Clinic  
Screening and Referral  
Medication Management and Counseling Services | Saratoga County Residents  
All Ages |

**Detailed List of Referral Resources by Category: County Outpatient Treatment Services**

**Albany County Department of Mental Health Integrated Clinic**
The Integrated Clinic offers a wide range of services to Albany County citizens, including treatment for mental illness and substance abuse. The clinic provides a full range of services that promote stabilization, rehabilitation and recovery for the purpose of enhancing their patients’ lives.

**Contact Information:** (518) 447-4555  
**County:** Albany  
[www.albanycounty.com/departments/mental-health](http://www.albanycounty.com/departments/mental-health)
Detailed List of Referral Resources by Category: County Outpatient Treatment Services cont.

**Albany County Department for Children, Youth and Families: Children’s Mental Health Division**
Adolescents and children can receive assessment, therapy, and medication management for emotional and behavioral disorders through the Department for Children, Youth and Families.
**Contact Information:** (518) 447-4550
**County:** Albany

**Columbia County Mental Health Center**
Columbia County children, adults, and families may receive psychiatric medication and therapy services to address mental, emotional, and behavioral health issues such as trauma, anxiety, depression, and more.
**County:** Columbia
**Contact Information:** (518) 828-9446
[https://www.columbiacountymhc.com/](https://www.columbiacountymhc.com/)

**Ellis Medicine Child and Adolescent Treatment Center and Ellis Medicine Outpatient Mental Health Clinic**
Ellis provides Schenectady County residents with an array of mental health services in an outpatient setting.
**Contact Information:**
Child and Adolescent Treatment Center (518) 382-2290
Adult Outpatient Mental Health Clinic (518) 243-3300
**County:** Schenectady

**Greene County Mental Health Center**
Greene County residents of all ages can receive support and treatment for behavioral health issues.
**Contact Information:** (518) 622-9163
**County:** Greene
[https://www.greenegovernment.com/departments/mental-health](https://www.greenegovernment.com/departments/mental-health)

**Rensselaer County Department of Mental Health**
Children and adults receive support and treatment for mental health and substance use disorders at clinic locations.
**Contact Information:** (518) 270-2800
**County:** Rensselaer
[https://www.rensco.com/departments/mental-health/](https://www.rensco.com/departments/mental-health/)

**Saratoga County Department of Mental Health**
Saratoga County Mental Health Clinic provides services for all ages at their outpatient clinic locations.
**Contact Information:** (518) 584-9030
**County:** Saratoga
[https://www.saratogacountyny.gov/departments/mental-health-center/](https://www.saratogacountyny.gov/departments/mental-health-center/)
## Regional Outpatient Treatment Services

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<td></td>
<td>Child and Adolescent Psychiatry</td>
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<tr>
<td><strong>Albany Stratton VA Medical Center</strong></td>
<td>Behavioral Health Outpatient Clinic</td>
<td>Veterans All Counties</td>
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<tr>
<td><strong>Capital District Psychiatric Center (CDPC)</strong></td>
<td>Medication Management Therapy</td>
<td>All Counties All Ages</td>
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<tr>
<td><strong>Capital Counseling</strong></td>
<td>Individual, Relational, Family, and Group Counseling</td>
<td>4 Counties All Ages</td>
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<tr>
<td><strong>Choices Counseling &amp; Consulting</strong></td>
<td>Individual, Relational, Family, and Group Counseling</td>
<td>All Ages Individuals and Families</td>
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<tr>
<td></td>
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<td>Specialty in LGBTQI+ issues</td>
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<td><strong>Equinox: Mental Health Services</strong></td>
<td>Outpatient Clinic</td>
<td>Adults Albany County</td>
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<td><strong>Four Winds</strong></td>
<td>Child and Adolescent Outpatient Program</td>
<td>Children and Adolescents</td>
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<td>Individual, Relational, Family, and Group Therapy Life Coaching</td>
<td>Capital District All Ages</td>
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<td><strong>LaSalle School</strong></td>
<td>Children and Family Treatment and Support Services (CFTSS) Counseling Center</td>
<td>Youth and Families Specialty in Trauma, Sexual Abuse, and Problematic Behavior</td>
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<td><strong>Northern Rivers Behavioral Health</strong></td>
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<td><strong>Pinnacle Behavioral Health</strong></td>
<td>Individual Therapy Group Therapy Medication Management</td>
<td>Capital District Adults</td>
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### Rehabilitation Support Services (RSS) Capital District Clinic

| Medication Management Therapy | 4 Counties Adults |

### Samaritan Hospital Outpatient Behavioral Health Clinic

| Medication Management Therapy | Rensselaer County Adults |

### Saratoga Center for the Family

| Individual, Group, and Family Counseling Psychological Testing | 3 Counties Individuals and Families All Ages |

### Detailed List of Referral Resources by Category: Regional Outpatient Treatment Services

#### Albany Medical Center Department of Psychiatry
AMC offers a variety of outpatient services for individuals of all ages seeking treatment for mental illnesses, trauma, and other behavioral health issues.

**Contact Information:** (518) 262-5511  
**County:** Albany  
[www.amc.edu/Departments/psychiatry/index.cfm](http://www.amc.edu/Departments/psychiatry/index.cfm)

#### Albany Stratton VA Medical Center
Veteran and other individuals who qualify for VA health care are eligible for mental health services including medication management, counseling, and individual and group therapy.

**Contact Information:** (518) 626-5339  
[https://www.albany.va.gov/services/Mental_Health.asp](https://www.albany.va.gov/services/Mental_Health.asp)

#### Capital Counseling
Individuals, couples, and families can receive support, therapy, screenings, and assessments for a variety of issues. Capital Counseling is also a leading provider for Employee Assistance Program (EAP) in upstate New York.

**Contact Information:** (518) 462-6531  
**County:** Albany, Rensselaer, Saratoga and Schenectady  
[https://capitalcounseling.org/](https://capitalcounseling.org/)

#### Capital District Psychiatric Center (CDPC)
CDPC is a NYS Office of Mental Health provider of psychiatric services. CDPC offers outpatient mental health treatment for individuals of all ages who reside within the nine-county service area.

**Contact Information:**  
Albany Community Support Center (518) 549-6400  
Schenectady County Clinic Treatment Center (518) 374-3403  
**County:** Located in Albany and Schenectady, but Rensselaer, Saratoga, Warren, Washington, Schoharie, Columbia, and Greene County residents are also served  
[https://omh.ny.gov/omhweb/facilities/cdpc/](https://omh.ny.gov/omhweb/facilities/cdpc/)

#### Choices Counseling & Consulting
Choices provides individual, group, and family therapy. Specialties in gender identity, sexuality, and sexual orientation.

**Contact Information:** (518) 438-2222  
**County:** Albany  
[https://choicesconsulting.com/](https://choicesconsulting.com/)
Detailed List of Referral Resources by Category: Regional Outpatient Treatment Services cont.

**Equinox: Mental Health Services**
Psychiatric assessment, medication management, and therapy are available to adults with serious mental illness.
*Contact Information:* (518) 435-9931
*County:* Albany

**Four Winds Child and Adolescent Outpatient Program**
Four Winds provides children and adolescents specialized outpatient mental health treatment including psychiatric evaluation, medication management, and care coordination as well as individual and group therapy.
*Contact Information:* (518) 584-3600 x3153
*County:* Saratoga

**Karner Psychological Associates**
Children, adults, couples, and families can receive counseling, therapy, and life coaching services.
*Contact Information:* (518) 456-5056
*County:* Albany and Saratoga locations, but clients are not restricted to residency in these counties
[https://karnercare.com/](https://karnercare.com/)

**LaSalle School**
The LaSalle School provides a range of specialized services to children, adolescents, and their families in the areas of treatment for and education about mental illness, addiction, trauma, and sexual abuse.
*Contact Information:* (518) 242-4731
*County:* Albany
[https://lasalle-school.org/programs-services/counseling-center-at-lasalle and](https://lasalle-school.org/programs-services/counseling-center-at-lasalle)

**Northern Rivers Behavioral Health**
Northern Rivers has four behavioral health centers licensed by the NYS Office of Mental Health for those aged 64 years and under. Individual and family therapy, psychiatric consultation and medication management are offered.
*Contact Information:*
Albany County (518) 982-2152 and (518) 431-1650
Saratoga County (518) 292-5433
Schenectady County (518) 381-8911
[https://northernrivers.org/behavioral-health-centers](https://northernrivers.org/behavioral-health-centers)

**Pinnacle Behavioral Health**
This practice provides medication management in addition to individual and group therapy services to adults in the Capital District.
*Contact Information:* (518) 689-0244
*County:* Albany location, but Albany residency not required
[https://pinnaclebehavioralhealth.com/](https://pinnaclebehavioralhealth.com/)

**Rehabilitation Support Services (RSS) Capital District Clinic**
Located in Albany, the Capital District Clinic is an outpatient mental health clinic that serves adults living with mental illness. Each clinic participant receives psychiatric medication management and therapy services.
*Contact Information:* (518) 407-0093
*County:* Albany, Rensselaer, Saratoga and Schenectady
[www.rehab.org/service/capital-district-clinic/](http://www.rehab.org/service/capital-district-clinic/)
Detailed List of Referral Resources by Category: Regional Outpatient Treatment Services cont.

**Samaritan Hospital Outpatient Behavioral Health Clinic**
Part of St. Peter’s Health Partners, Samaritan Hospital offers mental health and addiction treatment through professional teams consisting of psychiatrists, licensed clinical social workers, licensed mental health counselors, nurse practitioners, registered nurses, and/or case managers in an outpatient setting.

**Contact Information:** (518) 271-3554  
**County:** Rensselaer  
[https://www.sphp.com/find-a-service-or-specialty/behavioral-health/outpatient-services](https://www.sphp.com/find-a-service-or-specialty/behavioral-health/outpatient-services)

**Saratoga Center for the Family**
The Saratoga Center for the Family provides individual, group, and family counseling in the areas of trauma, depression, anxiety, stress management, family dysfunction, and more.

**Contact Information:** (518) 587-8008  
**County:** Saratoga, Schenectady, Albany  
[https://saratogacff.org/mental-health-services](https://saratogacff.org/mental-health-services)
### Grief and Bereavement Support

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<td>Community Hospice</td>
<td>Individual and Family Grief Counseling</td>
<td>8 Counties Children, Families, and Adults</td>
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<td>Grief Support Groups</td>
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<td>American Red Cross</td>
<td>Virtual Family Assistance Center</td>
<td>Those who have lost a loved one to COVID-19</td>
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<td>Integrated Condolence Care Program</td>
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<tr>
<td>Grieving.com</td>
<td>Online Grief Support Community</td>
<td>Individuals of all ages and stages of grief who are able to read English and use the website</td>
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<td>Online Forums</td>
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<td>Articles and Education</td>
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### Detailed List of Referral Resources by Category: Grief and Bereavement Support

**Community Hospice**
Free grief and bereavement support services are provided to individuals and families of all ages and in all stages of grief. Services include individual grief counseling; family grief counseling; various support groups for adults including Early Grief, Daughter's Group, Grief Under 40, COVID-19 Loss, Living with Loss, Survivors of Violent Loss, Widows and Widowers, and Parent Survivors of Overdose Loss; and Wave Riders, a program for grieving children and adolescents aged 3-17. Virtual services are available due to the pandemic.

**Contact Information:**
- Albany and Schenectady Counties (518) 724-0200
- Columbia and Greene Counties (518) 943-5402
- Montgomery County (518) 843-5412
- Rensselaer County (518) 285-8116
- Saratoga and Washington Counties (518) 581-0800
  - [https://www.hospicegriefservices.com/](https://www.hospicegriefservices.com/)

**American Red Cross: Virtual Family Assistance Center**
The Integrated Condolence Care Program provides emotional, spiritual, and health related support as well as referrals to those who have lost someone to the pandemic.

**Contact Information:**
- 1-833-492-0094 English, Spanish and other language services available

**Grieving.com**
Grieving.com is an extensive website and support system for individuals in various stages of the grieving process. There are online forums and journals on multiple types of grief, including but not limited to Loss of a Sibling, Loss of a Partner, Loss of a Child, Loss of a Pet, Miscarriage, etc.

- [https://forums.grieving.com/](https://forums.grieving.com/)
Detailed List of Referral Resources by Category: Treatment Locators

New York State Office of Mental Health: Find a Mental Health Program 111
New York State Office of Mental Health has a Mental Health Program Directory with basic, full, and advanced search options by county for individuals seeking mental health services. Descriptions of various types of care and treatment can also be found.
County: All Counties

Psychology Today
Psychology Today is a magazine and website that publishes articles written by mental health professionals. They also offer a tool on their website to assist with finding a local therapist, teletherapy provider, psychiatrist, treatment center, and/or support group.
https://www.psychologytoday.com/us/therapists

Substance Abuse and Mental Health Services Administration (SAMHSA)
SAMHSA provides education about mental health conditions and substance use disorder as well as various treatment options. SAMHSA offers a National Helpline 24/7 that offers information on mental health and substance use disorders, prevention, treatment, and treatment referral. The SAMHSA website also provides information and service locators.
Contact Information: National Helpline 1-800-662-4357 in English and Spanish
www.samhsa.gov

Rensselaer County Department of Public Health Public Health | Rensselaer County, NY (rensco.com)
The Recovery Helpline is open every day from 9 a.m. to 9 p.m. and staffed by people with lived experience in addiction and recovery who will partner with callers in their recovery planning process. Callers can find support on everything from engaging in appropriate treatment to finding education materials.