



Regional Mental Health Resource Guide

A Directory of Hotlines and Mental Health Services



**Healthy
Capital District**

Get Covered • Find Care
Stay Healthy

Regional Mental Health Resource Guide

Mental Health Services			
Service	Page	Service Description	Target Audience
Mobile and Walk-In Crisis Services	2-4	Mobile Crisis Teams And Crisis Units	General Public Adults Children and Adolescents
Crisis Hotlines	5-7	Telephonic and Text Lines	Everyone
County Outpatient Treatment Services	8-9	Outpatient Clinics Affiliated with Specific Counties	General Public
Regional Outpatient Treatment Services	10-13	Outpatient Clinics Not Restricted to Residents of Particular Counties	General Public
Grief and Bereavement Support	14	Grief Counseling, Support Groups, and Online Communities	Individuals in All Stages of Grief
Treatment Locators	15	Online Search Tools to Find Local Treatment Providers	General Public

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Mobile Crisis Services		
AGENCY	Program(s)	Target Audience
Albany County Department of Mental Health	CDPC Crisis Unit and Mobile Crisis Team	Albany County Residents All Ages
Albany County Department for Children, Youth & Families (DCYF)	Crisis Services Mobile Crisis Children's Mental Health Clinic (Albany)	Albany County Residents Children or Adolescents
Mental Health Association of Columbia-Greene Counties, Inc.	Mobile Crisis Assessment Team (MCAT)	Columbia or Greene County Residents, All Ages
Northern Rivers	Crisis Intervention and Mobile Crisis Behavioral Health Services	6 Counties All Ages

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

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

<https://www.albanycounty.com/departments/children-youth-and-families>

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>

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>



Walk-in Crisis Services		
AGENCY	Program(s)	Target Audience
Albany County Department of Mental Health	CDPC Crisis Unit and Mobile Crisis Team	Albany County Residents All Ages
Albany County Department for Children, Youth & Families (DCYF)	Crisis Services Children's Mental Health Clinic (Albany)	Albany County Residents Children or Adolescents
Columbia County Mental Health Center	Crisis Services	Columbia County Residents All Ages
Ellis Medicine	Crisis Services	Schenectady County Residents All Ages
Greene County Mental Health Center	Crisis Services	Greene County Residents All Ages
Samaritan Hospital: Behavioral Health Crisis Unit	Crisis Unit	Rensselaer County Residents All Ages
Saratoga County Mental Health Clinic	Emergency and Crisis Intervention	Saratoga County Residents All Ages
The Living Room	Crisis Diversion Program and Crisis Drop-In Center	Adults Seeking Temporary Respite and Support

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

<https://www.albanycounty.com/departments/children-youth-and-families>

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>



Crisis Hotlines		
AGENCY	Program(s)	Target Audience
National Suicide Prevention Lifeline	Suicide Prevention Hotline	General Public All Ages
Crisis Text Line	Emotional and Crisis Support Hotline via Texting Platform	General Public All Ages
New York State Office of Mental Health	COVID-19 Emotional Support Helpline	New York State All Ages
American Red Cross	Virtual Family Assistance Center	COVID-19 Frontline Workers Those who have lost a loved one to COVID-19
Institute on Aging	Friendship Line for the Elderly	Adults Over 60 and Adults Living with Disabilities
National Domestic Violence Hotline	Counseling, Support, and Referrals for Victims of Domestic Violence and Concerned Friends or Family	Victims of Domestic Violence and Concerned Friends or Family
RAINN (Rape, Abuse & Incest National Network)	Crisis Intervention, Support, and Referral Services	Victims and Survivors of Sexual Assault, Abuse, and Violence
The Trevor Project	Emotional and Crisis Support Hotline via Telephone, Chat, and Text Platforms	LGBTQIA+ Youth and Teens who are feeling suicidal or are in need of support
Trans Lifeline	Peer Support Crisis Hotline	Trans and Questioning Individuals All Ages



National Eating Disorders Association (NEDA)	Eating Disorders Helpline Online Screening Tool	People with questions about problem eating & treatment options
Veterans Crisis Line	Emotional and Crisis Support Hotline via Telephone, Chat, and Text Platforms	Veterans

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

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>

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.

<https://www.redcross.org/virtual-family-assistance-center.html>

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>

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>



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>

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>

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>

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>



County Outpatient Treatment Services		
AGENCY	Program(s)	Target Audience
Albany County Department of Mental Health Integrated Clinic	Mental Health and Substance Abuse Treatment 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



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

<https://www.albanycounty.com/departments/children-youth-and-families/children-s-mental-health-division>

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/>

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

<http://ellismedicine.org/services/mental-health.aspx>

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>

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/>

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/>



Regional Outpatient Treatment Services		
AGENCY	Program(s)	Target Audience
Albany Medical Center Department of Psychiatry	Psychiatry Outpatient Clinic Child and Adolescent Psychiatry	Albany County All Ages
Albany Stratton VA Medical Center	Behavioral Health Outpatient Clinic	Veterans All Counties
Capital District Psychiatric Center (CDPC)	Medication Management Therapy	All Counties All Ages
Capital Counseling	Individual, Relational, Family, and Group Counseling	4 Counties All Ages
Choices Counseling & Consulting	Individual, Relational, Family, and Group Counseling	All Ages Individuals and Families Specialty in LGBTQI+ issues
Equinox: Mental Health Services	Outpatient Clinic	Adults Albany County
Four Winds	Child and Adolescent Outpatient Program	Children and Adolescents
Karner Psychological Associates	Individual, Relational, Family, and Group Therapy Life Coaching	Capital District All Ages
LaSalle School	Children and Family Treatment and Support Services (CFTSS) Counseling Center	Youth and Families Specialty in Trauma, Sexual Abuse, and Problematic Behavior
Northern Rivers Behavioral Health	Outpatient Mental Health Treatment Services	4 Counties Ages 64 and Under
Pinnacle Behavioral Health	Individual Therapy Group Therapy Medication Management	Capital District Adults

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

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

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/>

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/>

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/>



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

<https://www.equinoxinc.org/page/outpatient-clinic-32.html>

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

https://www.fourwindshospital.com/about_four_winds/saratoga/child-adolescent_outpatient_treatment.html

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/>

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/children-and-family-treatment-support-services-cftss/>

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>

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/>

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/



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>

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>



Grief and Bereavement Support		
AGENCY	Program(s)	Target Audience
Community Hospice	Individual and Family Grief Counseling Grief Support Groups	8 Counties Children, Families, and Adults
American Red Cross	Virtual Family Assistance Center Integrated Condolence Care Program	Those who have lost a loved one to COVID-19
Grieving.com	Online Grief Support Community Online Forums Articles and Education	Individuals of all ages and stages of grief who are able to read English and use the website

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/>

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

<https://www.redcross.org/virtual-family-assistance-center.html>

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/>



Treatment Locators		
AGENCY	Program(s)	Target Audience
New York State Office of Mental Health	Web-Based Services Lookup Tool	General Public
Psychology Today	Web-Based Provider Lookup Tool	General Public
Substance Abuse and Mental Health Services Administration (SAMHSA)	National Helpline, Treatment and Service Locators, and Referrals	General Public
Rensselaer County Department of Public Health Public Health Rensselaer County, NY (rensco.com)	Recovery Helpline	General Public

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

<https://my.omh.ny.gov/bi/pd/saw.dli?PortalPages>

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

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.

Contact Information: 1-833-HOPE-123 (1-833-467-3123) <https://www.rensco.com/>

