

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

If your life or someone else's is in imminent danger, please call 911.

Please note that the below list of resources may not be all inclusive of available resources in our area. We will work to update the resource list as we learn of additional resources. You may also wish to speak to your physician and/or insurance company to learn about additional resources for mental health services in our area and to determine which resources may be best for you. (Updated May 2021)

Telephone & Mobile Crisis Services

Northern Rivers provides crisis services that you can call anytime at **518-292-5499**. At this number you can access telephone support for children, families and adults experiencing emotional and/or behavioral crisis. Mobile services - in-person crisis assessment and intervention - can also be accessed from that number.

Ellis Mental Health

Crisis/Inpatient Services - 518.243.4000

Adult Outpatient Mental Health Services - 518.243.3300

Child & Adolescent Outpatient Mental Health Services – 518.382.2290

The Living Room at State Street Mental Health Center

1023 State Street, Schenectady

518-243-1523

Monday-Friday 10:00AM-6:00PM

The Living Room provides crisis diversion services to adults 18 and older. Guests will be assessed for safety throughout the visit. Supportive therapy will be provided; coping skills and stress reduction skills will be explored. Services for mental health, substance-abuse treatment, physical health providers, care management services, housing supports, and community resources are all available and provided according to the immediate needs of each individual who visits.

NYS Crisis Text Line



A crisis can happen at any time. And it isn't always a life-threatening situation. Maybe you're stressed about school, work, family or your housing situation? Maybe you're a new parent and are overwhelmed? There's a new way to reach out.

New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. Text **GOT5 to 741741** or **Got5U to 741741**

24/7 Help: National Suicide Prevention Lifeline & Crisis Text Line

By Phone: 1-800-273-8255 - The National Suicide Prevention 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.

By Text: Text HOME to 741741 to connect with a crisis counselor

Consultation Center-Roman Catholic Diocese of Albany

(518) 489-4331

The Consultation Center of the Roman Catholic Diocese of Albany is a mental health center which provides therapeutic services within a Christian environment, respecting the unity of body, mind and spirit. The Center offers individual and couples counseling, a variety of personal growth groups, spiritual direction, and lectures and workshops in the area of mental health and personal growth. Visit: consultationcenteralbany.org

Mohawk Opportunities, Inc.

(518) 374-8424

As an agency Mohawk Opportunities, Inc. strives to provide individuals living with Mental Illness, HIV/AIDS and Homelessness the support they need to live stable meaningful lives. Our services include a wide array of supported housing options, skills training in such areas as symptom management, medication management, daily living/self care tasks and socialization, advocacy and assistance in obtaining needed benefits and services, supportive connections during times of need and flexible, community/home based clinical treatment. Visit: mohawkopportunities.org

Additional Information and Resources

National Alliance on Mental Health

NAMI's HelpLine serves as a resource for people seeking mental health support: Monday–Friday, 10 a.m.–8 p.m., ET 800-950-NAMI (6264) info@nami.org nami.org/Help

Centers for Disease Control and Prevention (CDC)

Children's Mental Health

Learn more about mental health, mental disorders, treatments, prevention, and public health research on children's mental health.

Visit: cdc.gov/childrensmentalhealth

Children's Mental Health

It is important for parents and caregivers to be aware of warning signs a child may be struggling. Visit mentalhealth.gov to learn about warning signs, tips for how to talk to children about mental health, and how to get help. Talking to your child's doctor and/or school nurse or counseling office are good places to start.