



**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 2023)

#### **Northern Rivers-Behavioral Health & Crisis Response Services**

**“Northern Rivers offers a network of NYS Office of Mental Health-licensed community-based social work and psychiatric services throughout the Capital Region and beyond to support the emotional, social, and developmental needs of children, adults, and families.”**

**Visit: [www.northernrivers.org/bh](http://www.northernrivers.org/bh) or for the Schenectady office, call 518-381-8911  
For crisis support, call 518-292-5499 ([www.northernrivers.org/mobile-crisis](http://www.northernrivers.org/mobile-crisis))**

### Ellis Medicine-Mental Health Services

“Our message to those affected by mental illness is simple - there is hope. People can and do recover from mental illnesses and go on to lead happy, productive and rewarding lives. There is effective help available, right here and right now, at Ellis Medicine.”

Visit: [www.ellismedicine.org/services/mental-health.aspx](http://www.ellismedicine.org/services/mental-health.aspx)

Crisis/Inpatient Services - 518.243.4000

Adult Outpatient Mental Health Services - 518.243.3300

Child & Adolescent Outpatient Mental Health Services – 518.382.2290

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### Capital District Psychiatric Center

“Capital District Psychiatric Center (CDPC) provides inpatient psychiatric treatment and rehabilitation to patients who have been diagnosed with serious and persistent mental illnesses and for whom brief or short-term treatment in a community hospital mental health unit has been unable to provide symptom stability. CDPC has outpatient treatment services for children, adolescents, and adults.”

Visit: [omh.ny.gov/omhweb/facilities/cdpc/index.ht](http://omh.ny.gov/omhweb/facilities/cdpc/index.ht), or call 518-549-6000

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### The Living Room at State Street Mental Health Center

“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.”

1023 State Street, Schenectady

518-243-1523

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

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### Consultation Center-Roman Catholic Diocese of Albany

“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](http://consultationcenteralbany.org), or call 518-489-4431

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### Mohawk Opportunities, Inc.

“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](http://mohawkopportunities.org), or call 518-374-8424

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The National Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress. Don't hesitate to call 988 to get the support you need today. **If you believe danger to self or others is imminent, call 911.**

## **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)

Visit: <https://www.nami.org/Home>

### **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](https://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 <https://www.samhsa.gov/mental-health> 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.