

## Social Services and Mental Health Resources

### Resources related to COVID 19

#### Related (Social Emotional Learning; How to deal with COVID; Some Educational Resources)

- ChildMind: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- The National Child Traumatic Stress Network: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- Nationwide Children's Organization: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/01/novel-coronavirus>
- UNICEF: <https://www.unicef.org/coronavirus/covid-19>
- Public Broadcasting Stations: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- BestBuddies (<https://www.bestbuddies.org/bbu/covid-19/parents>)
- <https://www.greatschools.org/gk/>
- Panorama Education: <https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19>
- US Education Department: <https://www.ed.gov/coronavirus>

### Emergency Assistance

#### Emergency Assistance 911

##### Alcohol or Drug Crisis

- Alcoholics Anonymous: 845-352-1112
- Al Anon: 800-344-2666
- New York State HOPEline:  
Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling. All calls are toll-free, anonymous and confidential. <https://www.oasas.ny.gov/accesshelp>  
1-877-8-HOPENY Call or text

##### Crisis Prevention and Response Team

St. Vincent's Hospital - A Division of St. Joseph's Medical Center:  
The CPRT is an interdisciplinary mobile team of mental health professionals (social workers, a child and family specialist and a psychiatrist). The Team responds to people in the community, usually visiting them at home, although they can be seen elsewhere as well.  
<https://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team>  
914-925-5959

##### Chemical Dependency/Addiction

Lexington Center for Recovery-Open Access: 24 hours a day, 365 days a year.  
Counselors and Peers offer help to access substance use treatment and recovery services.  
All calls are toll-free and confidential. <https://www.lexingtonctr.org> 833-515-4673

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**Domestic Violence / Child Abuse**

- National Domestic Violence Hotline: 800-799-7233
- My Sisters' Place This organization offers legal support, counseling, mentoring, and skills training to victims of domestic violence and human trafficking.  
<http://mysistersplaceny.org> (914) 683-1333 / Crisis Hotline: 1-800-298-7233, intake 914-358-0333
- Hope's Door: 888-438-8700
- Putnam/Northern Westchester Women's Resource Center: 845-628-9284 (Office)/845-628-2166 (Hotline)
- NYS Child Abuse and Maltreatment: 800-342-3720
- NYS Domestic & Sexual Violence Hotline  
24-hour, toll-free, statewide hotline that offers information and crisis counseling to abused women and children. (English): 1-800-942-6906 (TTY English): 1-800-818-0656 (Spanish): 1-800-942-6908 (TTY Spanish): 1-800-780-7660
- Westchester County Office for Women  
112 East Post Road, Room 110B White Plains, NY 10601  
This organization provides counseling, legal, and supportive services for women and families who are victims of domestic violence, dating violence, sexual assault, and stalking. Information is available on childcare, education, equal pay, legal issues, employment, financial planning and women's health.  
<http://women.westchestergov.com/>  
914- 995-5972 (English), 914-995-6581 (Spanish); Yonkers 914-231-2882

**LGBTQ+**

- The Trevor Project: Gay, Lesbian, Straight Education Network (GLSEN): 866-488-7386
- Lesbian, Gay, Bisexual & Transgender Hotline: 888-843-4564
- The Loft: LGBT Community Services Center 914-948-2932 ext. 13

**General**

- United Way of Westchester and Putnam: 914-997-6790

**Homeless Youth**

- Student Advocacy: 914-347-3313

**Pregnancy**

- Birthright: 800-550-4900
- Planned Parenthood: 914-761-6566

**Runaways**

- National Runaway Hotline: 800-786-2929

**Children's Village** Office: 914-693-0600 ext. 6401, Sanctuary: 888-997-1583

**National Center for Missing and Exploited Children:** 800-843-5678

**Sexual Assault**

- Women's Resource Center: 845-628-2166
- National Sexual Assault Hotline: 800-656-4673
- Victims Assistance: 914-345-9111
- Department of Defense Safe Helpline: 877-995-5247
- Pace Women's Justice Center Legal Helpline 914-287-0739; Legal Clinic – 914-422-4188

**Suicide**

- National Suicide Prevention Services: 800-273-8255

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## Additional Resources for Families

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### Eviction Prevention and Housing Assistance

The Bridge Fund of Westchester

The Bridge Fund provides one-on-one budget counseling and direct financial assistance to working families in immediate danger of eviction. [www.thebridgefund.org](http://www.thebridgefund.org) (914) 949-8146 or 211

### Food Pantry Services

Food Bank for Westchester

The Food Bank provides assistance to Supplementary Nutrition Assistance Program (Food Stamps) applicants and delivers hot meals to Kids Cafes and Food Pantries within Westchester County. [foodbankforwestchester.org](http://foodbankforwestchester.org) (914) 923-1100

### Salvation Army

Food Pantry (Need photo ID and either insurance card or EBT card for each child food is collected for at that time) Branch 110 New Main Street Yonkers, NY 10701 Office Hours Tuesday and Thursday from 10 a.m.-1 p.m. 914-963-1222

### WIC (Women Infant and Children Nutrition Services)

WIC is the popular name for the Special Supplemental Nutrition Program for Women, Infants and Children and provides supplemental foods, nutrition education and referrals for health care and other services. Yonkers WIC Office, 20 South Broadway, 2nd floor Yonkers, NY 10701 (914) 231-2510

### Financial Assistance

Westchester County Social Services

This agency provides temporary rental assistance, child support, enforcement assistance, medical assistance, day care payment assistance, and food stamps for eligible families.

Westchester Community Opportunity Program <http://www.westcop.org> (914) 592-5600 This agency provides clothing, immigration, eviction prevention, tax information, and food assistance to needy families. They also provide victims assistance services.

Westchester Residential Opportunities Inc. <http://www.wroinc.org> (914) 428-4507

This agency provides assistance to first-time home-buyers, as well as eviction prevention and utility shut off prevention assistance. <http://socialservices.westchestergov.com> (914) 995-5000

### Intellectual and Developmental Disabilities

ARC Westchester Offers 24 hour a day, 365 days per year assistance to people with intellectual and developmental disabilities and their families. [www.arcwestchester.org](http://www.arcwestchester.org) 914-949-8200

Hawthorne Foundation Offers 24 hour a day, 365 days per year assistance to people with intellectual and developmental disabilities and their families.

[www.hawthornefoundation.org](http://www.hawthornefoundation.org) 914-592-8526

### Legal Services

Legal Services of the Hudson Valley, press 0 for the operator

This organization provides free legal representation in non-criminal cases for low-income individuals and families. [www.lshv.org](http://www.lshv.org) 914-376-3757

### Disability and Housing Advocacy

Westchester Disabled On the Move, Inc.

This agency provides benefits advocacy for people with disabilities, including assisting individuals in completing applications, preparing for rental interviews, negotiating with landlords, eviction prevention, and modifying their homes to make them more usable to individuals with disabilities. The center maintains a list of realtors, managing agents, public housing sites and will provide referrals to individuals. [www.wdom.org](http://www.wdom.org) 914-968-4717



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### **Westchester County Office for the Disabled**

This office offers a Disability Resource Guide, Para-Transit services, travel training, special needs registry, and sign language interpreters. <http://disabled.westchestergov.com> (914) 995-2957

### **Homeless Services**

The Office of Temporary Housing Assistance (OTHA) of the Westchester County DSS provides temporary shelter to homeless families, singles and childless couples. Eligibility for temporary shelter and services is determined at the social services [district offices](#), depending on where you last lived in the county of Westchester. They are open Monday - Friday, 8:30 a.m. - 5 p.m.

- Homeless Shelters And Supportive Housing  
Yonkers Y.W.C.A. (For Women)  
87 South Broadway  
Yonkers, NY 10701  
914-963-0640
- Sacred Heart Housing Corporation Yonkers  
1 Father Finian Sullivan Dr.  
Yonkers, NY 10703  
914-965-1659
- Monastery Manor Housing Development Fund Corporation Yonkers  
2 Father Finian Sullivan Dr  
Yonkers, NY 10703  
(914)963-0202

### **Home Energy Assistance**

The low income [Home Energy Assistance Program](#) (HEAP) is a federally funded program administered by Westchester County Department of Social Services that assists eligible low-income, elderly and disabled residents with home heating costs.

Public Assistance and Food Stamp customers can apply for HEAP at their [local social services district](#). If one has questions, call (914) 995-3333. These households can mail their completed applications to the HEAP Unit, 112 East Post Rd. 5th Fl., White Plains, NY 10601.

### **Mental Health**

Saint Joseph's Medical Center in Yonkers

What is the Crisis Prevention and Response Team (CPRT)?

The CPRT is an interdisciplinary mobile team of mental health professionals (social workers, a child and family specialist and a psychiatrist). The Team responds to people in the community, usually visiting the home, although they can be seen elsewhere as well. The team also has offices at Saint Joseph's Medical Center in Yonkers and at St. Vincent's Hospital in Harrison. 24/7 telephone coverage 914-925-5959

Westchester Jewish Community Services, Inc.

Stresses of home, school & work can create tense family situations. WJCS' experienced counselors can help others cope with challenging situations and improve family functioning.

- Yonkers Family Mental Health Clinic 487 South Broadway • Yonkers (914) 423-4433
- Children's Crisis Services 1 Odell Plaza • Yonkers (914) 237-6089
- Crisis Intervention 1 Odell Plaza • Yonkers (914) 237-6089

### **Family Services of Westchester Yonkers**

FSW, licensed by the New York State Office of Mental Health, provides comprehensive mental health services throughout Westchester. FSW offers services addressing the social, emotional and environmental factors that can have a negative impact on family life and can diminish an individual's ability to function optimally. 20 South Broadway 3rd Floor • Yonkers (914) 964-6767

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### Psychiatric Inpatient Service

The hospitals listed below have dedicated inpatient units to serve people experiencing acute psychiatric symptoms. Care can be accessed by contacting the hospital directly. For urgent care, the Crisis Prevention and Response Team (CPRT) may be contacted at (914) 925-5959. For situations requiring an immediate, emergency response, contact 911.

- Four Winds Hospital <https://www.fourwindshospital.com> 800-528-6624
- Montefiore Mount Vernon Hospital <https://www.montefiorehealthsystem.org/MountVernon> 914-664-8000
- New York Presbyterian Hospital <https://www.nyp.org/locations/newyork-presbyterian-westchester-division> 888-694-5700
- Northern Westchester Hospital Center / Northwell Health <https://nwhc.net> 914-666-1036
- Phelps Memorial Hospital / Northwell Health <https://phelpshospital.org> 914-366-3513
- St. Joseph's Medical Center <https://www.saintjosephs.org> 914-378-7471
- St. Vincent's Hospital Westchester A Division of St. Joseph's Medical Center <https://www.stvincentswestchester.org> 914-967-6500
- Westchester Medical Center <https://www.westchestermedicalcenter.com> 914-493-1778

### Chemically Dependency Inpatient Services

Medically Managed Detox Programs in Westchester County are for individuals 18 years and older. An adult would qualify for these services if he or she is intoxicated or on a substance and suffering from mild withdrawal complications.

- Saint John's Riverside Hospital - Medically Managed Detox Program <http://riversidehealth.org/Specialty-Services/Behavioral-Health-Services> 914-964-7537 or 844-944-2273 2 Park Ave. Yonkers, NY 10703
  - Inpatient Rehab Programs in Westchester County are for adults 18 years and older. This level of care provides intensive evaluation and treatment that includes individual and group counseling, and rehabilitation services. The program is medically supervised 24 hours a day, seven days a week. Generally this program keeps clients in treatment for 14 to 28 days. Recommendations are made for the appropriate level of care prior to discharge.
  - Russell E. Blaisdell Addiction Treatment Center <https://www.oasas.ny.gov/atc/blaisdell> 845-359-8500
  - New York Presbyterian Hospital: New York Weill Cornell Center <https://www.nyp.org/locations/newyork-presbyterian-westchester-division> 888-694-5700
  - Phelps Memorial Hospital / Northwell Health <https://phelpshospital.org/clinical-services/alcohol-substance-abuse-treatment> 914-366-3027 or 914-967-6500 ext. 273
  - Saint John's Riverside Hospital <http://www.riversidehealth.org/Specialty-Services/Behavioral-Health-Services> 914-964-7537 or 844-944-2273
  - Arms Acres Inpatient Rehabilitation <http://www.armsacres.com> 914-225-3400 or 1-888-CARING1 (1-888-227-4641)
  - St. Vincent's Hospital Westchester, A Division of Saint Joseph's Medical Center <https://www.stvincentswestchester.org/inpatient-programs/inpatient-rehabilitation-program> 914-925-5320 or 855-239-0019
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