**Student Assistance Services Corporation**

**914-332-1300**

**www.sascorp.org**

# Psychiatric Emergencies, you can call:

* *Call 911 in any emergency*
* *National Suicide Hotline (800) 273-TALK or (800) 273-8255*
* *Crisis Prevention and Response Team at (914) 925-5959*

# Anxiety or stress that has begun to affect your daily life and you feel you need support:

* + *Call Westchester County at (914) 995-1900 or send a text message use #914-461-7281 (8am-8pm, Monday-Friday)*
	+ *Crisis text line - Text “Home” to 741741*

**If you are experiencing a loss The Bereavement Center** provides grief counseling to individuals & their families. <https://www.bcwtreehouse.org>

 *To make an appointment**(914) 787-6158 x317*

# National Alliance on Mental Health (NAMI):

https://[www.namiwestchester.org](http://www.namiwestchester.org/) Trained staff answer calls and provide information about mental health resources in Westchester. Call 914-592-5458 Help Line, 9am- 2pm, Monday-Friday

**Family Ties of Westchester** - Offers many

resources including virtual support: https://[www.familytieswestchester.org/](http://www.familytieswestchester.org/)

**NYS Office of Mental Health**

NY Project Hope

Emotional Support Helpline: 1-844-863-9314

**8am-10pm / 7 days**

# Westchester County’s Department of

# Community Mental Health

Lists local substance use prevention and treatment programs, provides information and resources: <https://mentalhealth.westchestergov.com/chemical-dependency>

Information, support, and referral line. Resources and tips for coping with Covid-19.

Call (914 995-1900 or send a Text (914) 461-7281, 8am-8pm, Monday-Friday

<https://mentalhealth.westchestergov.com>

**Regional Addiction Resource Center** provides regional information, resources and listsprevention, treatment, and recovery programs in Westchester, Putnam, Rockland, Duchess, Orange, Sullivan and Ulster Counties:

<http://fordrughelp.com>

**New York State Office of Addiction Services and Supports** provides information and access to prevention, treatment, and recovery services for alcohol and other substance use disorders and problem gambling. <https://oasas.ny.gov>

Call **(**877) 846-7369 or text HOPENY (467369) for help 24 hours a day

**Family Support Navigators,** Free support, guidance, resources and referrals for families of persons with addiction and substance use disorders. Contact Lily Neuman at 914-575-1605 or lneuman@svwsjmc.org

**Apps** that help support teen’s metal health: https://learnsafe.com/5-apps-that-help-teens- with-mental-health/

**Mindfulness** for teens with guided meditations: <http://mindfulnessforteens.com/guided-> meditations/