

# MENTAL HEALTH SUPPORTS

## COVID-19 Mental Health Support - How To Cope

Ad•[www.naminycmetro.org/](http://www.naminycmetro.org/)

Get help and **support** in managing your **mental health** during times of uncertainty. Contact our helpline, or dial-in to one of our free online **support groups**. Free-of-Charge **Services** | 5 Classes | Parent Matching Available.

[Events](#) · [Get Involved](#) · [Find Support](#) · [Who We Are](#)

## Westchester County Department of Community Mental Health

[mentalhealth.westchestergov.com](http://mentalhealth.westchestergov.com)

If you are experiencing **anxiety** or stress that has begun to affect your daily life and you feel you need **support**, call our office at (914) 995-1900 between 8 a.m. and 8 p.m. To send a text message, use #914-461-7281. We can provide supportive counseling and refer you to longer term **services** if you need it.

## [NAMI Westchester](#)

[www.namiwestchester.org](http://www.namiwestchester.org)

NAMI Westchester helps families and individuals affected by **mental illness** ... NAMI Westchester provides **support groups** and classes in **Westchester County**.

## Mental Health Association of Westchester County

[www.mhawestchester.org](http://www.mhawestchester.org)

## [Mental Health - Westchester Jewish Community Services](#)

[www.wjcs.com](http://www.wjcs.com)

Mental Health. WJCS is the largest not-for-profit provider of licensed outpatient **behavioral health services** in **Westchester County**. During the COVID-19 public ...

## Saint Vincent's Hospital Westchester | Harrison, NY

[www.stvincentswestchester.org](http://www.stvincentswestchester.org)

St. Vincent's offers 24/7 evaluation services, mobile crisis intervention, inpatient and outpatient **mental health** and addiction treatment services, and residential ...

## Services for Westchester County - Mental Health Association ...

[mhanys.org](http://mhanys.org) › [RE\\_20180820\\_WestchesterCounty-1](#)

**Services for Westchester County.** NYS Reentry Hotline, 1 (800) 766-6177. National Suicide Prevention Lifeline, 1 (800) 273 TALK (8255). Operates during ...

## Family Mental Health Centers - Family Services of Westchester

[www.fsw.org](http://www.fsw.org) › [our-programs](#) › [family-mental-health-c...](#)

Telephone and video therapy now available! Family **Services of Westchester's** seven Family **Mental Health** Centers are licensed by the **New York** State Office of ...

## Crisis Prevention and Response Team

[www.stvincentswestchester.org](http://www.stvincentswestchester.org) › [outpatient-programs](#)

Serving **Westchester County** ... The CPRT is an interdisciplinary mobile team of **mental health** professionals (social workers, a child and family specialist and a ...

## Mental Health Association of Westchester County ACT Program

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov) › [services](#) › [mental-health-ass...](#)

ACT Teams provide mobile intensive treatment and **support** to people with **psychiatric** disabilities. The focus is on the improvement of an individual's quality of life ...

## Westchester County Department of Community Mental Health

**Westchester County** Department of Community **Mental Health** ... and coordinates **services** for individuals, and their families, with **mental illness**, developmental ...

## NewYork-Presbyterian Westchester Behavioral Health Center - Borderline Personality Resource Center

White Plains, NY · In NewYork-Presbyterian Westchester Behavioral Health Center  
Open 24 hours · (888) 694-2273

 Online care