

# RESOURCE GUIDE



Office of  
Mental Health



## Lewis County

This resource guide includes information about where you can find help in your local community. All the programs and services listed below allow you to self-refer and some may offer walk-in appointments.

### Crisis Services & Support

#### Mobile Crisis (THRIVE/Children's Home of Jefferson)

24/7 number to call in moments of mental health crisis.

(315) 405-0696

Crisis team can rapidly respond to you at your home or in the community if necessary.

#### Citizen Advocates Crisis Respite

Urgent care facility also offers voluntary respite stays.

650 State St, Watertown, NY 13601

(315) 755-1251

Call or walk-in 24/7.

#### Watertown Behavioral Health Urgent Care

Mental health center with 24/7 walk-in capability.

650 State St, Watertown, NY 13601

(315) 755-1251

Psychiatric assessment, counseling, med management, peer support all available. Operated by Citizen Advocates.

#### Lewis County Department of Social Services

5274 Outer Stowe St, Lowville, NY 13367

(315) 376-5400

**Hours:** Monday—Friday, 8:30 am—4:30 pm

Call **211** after hours.

### Mental Health Treatment & Rehabilitation

#### THRIVE Wellness & Recovery Outpatient Clinic

Outpatient clinic with constant crisis support.

7550 S. State St, Lowville, NY 13367

(315) 376-5450

**Hours:** Mon-Wed/Fri 8 am-5 pm, Thurs 8 am-6 pm

Crisis walk-ins always welcome. Mobile crisis after hours.

#### Watertown Behavioral Health Urgent Care

Facility has ability for 24/7 walk-in outpatient services.

650 State St, Watertown, NY 13601

(315) 755-1251

Call or walk-in anytime.

#### Community Clinic of Jefferson County (CHJC)

Outpatient clinic with walk-in capability.

211 J.B. Wise Pl, 1st Floor, Watertown, NY 13601

(315) 782-7445 **Standard Hours:** Mon/Wed 8 am-6 pm,

Tues/Thurs 8 am-7 pm, Fri 8 am-5 pm **Walk-In Hours:**

Mon/Wed/Fri 9 am-1 pm, Tues/Thurs 1 pm-5 pm.

#### Lewis County Single Point of Access (SPOA)

Program for mental health, housing, and support.

(315) 377-6014

Call between 8:30 am and 4:30 pm Monday—Friday.

Program connects you to a variety of mental health resources. Even just calling can be very informative.

## Peer Support Services

### Northern Regional Center for Independent Living

Professional peer-run organization fostering inclusion.

5520 Jackson St, Lowville, NY 13367

(315) 836-3735

**Hours:** Monday—Friday, 8:30 am-4:30 pm

Call or drop in anytime.

### THRIVE Wellness & Recovery Outpatient Clinic

Outpatient clinic offers peer support on as needed basis.

7550 S. State St, Lowville, NY 13367

(315) 376-5450

**Hours:** Mon-Wed/Fri 8 am-5 pm, Thurs 8 am-6 pm

Peer support available by appt or walk-in anytime.

### Joseph P. Dwyer Veteran Peer Support Project

Peer support and advocacy for veterans & their families.

7518 S. State St, Suite 2, Lowville, NY 13367

(315) 681-6772

Call for more information.

### NRCIL Warmline

Overnight and holiday peer support line.

(315) 755-8408

Line operated 4:30 pm-8:30 am every night and all week-ends and holidays. Call to speak with a peer outside business hours. If you are in crisis, use mobile crisis.

### Watertown Behavioral Health Urgent Care

Facility has 24/7 peer support services.

650 State St, Watertown, NY 13601

(315) 755-1251

Call or walk-in anytime.

## Addiction or Substance Use Treatment and Support

### THRIVE Wellness & Recovery Outpatient Clinic

Outpatient clinic offers substance use services as needed.

7550 S. State St, Lowville, NY 13367

(315) 376-5450

**Hours:** Mon-Wed/Fri 8 am-5 pm, Thurs 8 am-6 pm

Substance use services available by appt or walk-in.

### Anchor Recovery Center of Northern New York

Free substance use treatment and support services.

7714 Number Three Rd, Lowville, NY 13367

(315) 836-3460

**Hours:** Mon-Thurs 8 am-5 pm, Fri 8 am-12 pm

Call for more information. Individuals & families welcome.

### Watertown Behavioral Health Urgent Care

Facility has 24/7 substance use services.

650 State St, Watertown, NY 13601

(315) 755-1251

Call or walk-in anytime.

**MATTERS Network:** (765)-MATTERS. Substance use and peer support. Telehealth appts daily 11 am-11 pm.

**Alcoholics Anonymous (AA):** (315) 788-2280

**Narcotics Anonymous (NA):** (315) 847-3842

Call 24/7 for information on groups in Lewis County.

**OASAS 24-Hour Hopeline:** 1 (877)-8-HOPENY

## Other Services

### Central New York Health Home Network (CNYHHN)

Care management service.

(855) 784-1262

Eligibility is contingent on having two chronic conditions

**OR** one qualifying serious chronic condition (including schizophrenia and bipolar disorder).

### Healthy Alliance

Social care network.

(518) 656-8312

Call to inquire about being linked with a network of professionals who will help you manage every facet of your care.

To find more mental health programs and services, visit our website at: [www.omh.ny.gov](http://www.omh.ny.gov)



BeWell.ny.gov

