

RESOURCE GUIDE



Office of
Mental Health



Westchester 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

Crisis Prevention and Response Team (CPRT)

St Vincent's Hospital Westchester
Assessment, crisis intervention, supportive counseling,
referrals
914-925-5959

People USA

Crisis Stabilization Team, Mobile Crisis Response Team
serving Westchester County
845-452-2728

Mobile Crisis Response Team

Responds in partnership with law enforcement, transport
to ER if appropriate, crisis intervention
Call 911

Mental Health Treatment & Rehabilitation

St. Vincent's Hospital

79 East Post Road White Plains
914-925-5480
Medication Management, group & family therapy, DBT, co
-occurring disorders, bilingual services

Greater Mental Health of New York

Outpatient clinic, Groups, Partners in Parenting, ACT,
Residential, Sex Offender Program
Info and Referral Line: 914-345-0700 ext. 7303

Family Services of Westchester

Hastings-on-Hudson 914-274-8334 ext. 223
Mount Vernon 914-668-9124 ext. 11
Pelham 914-738-1728
Port Chester 914-305-6837
Multi-lingual services

Peer Support Services

Family Ties of Westchester

Support groups, parent coaching, peer support
112 East Post Road 3rd Floor White Plains
914-995-5238
Mount Vernon, Ossining, Peekskill, White Plains, Yonkers

Greater Mental Health of New York

Westchester Recovery Networks

Peer Specialists support services, Compeer, Drop-In Program
580 White Plains Road Suite 510 Tarrytown
914-345-0700 ext. 7303

Human Development Services of Westchester (HDSW)

HOPE House— Clubhouse Program
100 Abendroth Ave Port Chester
914-939-2878

NAMI Westchester

Support groups, education, resources
220 White Plains Road Suite 125 Tarrytown
Helpline 914-592-5458
Monday-Friday 9am-4pm

Addiction or Substance Use Treatment and Support

Innovative Health Systems

Psychotherapy, medication, day treatment, evaluations
7 Holland Ave White Plains
914-683-8050

The Lexington Center for Recovery

Psychotherapy, assessments, day treatment, groups
24 Smith Ave Mount Kisco
914-666-6740

Saint John's Riverside Hospital-Archway

Psychotherapy, medication, peer support
20 East First St Mount Vernon
914 668-1450 & 1451
Also 30 Manhattan Ave Greenburgh 914-683-5311

Phelps Addiction Treatment

Psychotherapy, medication, family support, day treatment
22 Rockledge Ave Ossining
914-944-5222

Other Services

Westchester Medical Center—SAAVE Crisis Intervention and Counseling Services

Assistance for victims of sexual assault
833-220-2444 24/7 Hotline
English and Spanish

Human Development Services of Westchester

The Living Room—Day respite program.
7 Days/Week, 8:30am-8:30pm
914-882-8659

Family Services of Westchester-Reentry Task Force

Linkages to resources and services for those returning from state incarceration
2975 Westchester Ave Suite 401 Purchase
914-964-6767 ext. 132

To find more mental health programs and services, visit our website at: www.omh.ny.gov



BeWell.ny.gov

