RESOURCE GUIDE

NEW YORK STATE | 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

Assessment, crisis intervention, supportive counseling, referrals
914-925-5959
24/7

People USA

Mobile Crisis Response Team
845-452-2728
Monday - Friday 9am-5pm

St. Vincent's Evaluation and Referral Service

Mental health and chemical dependency evaluation services
275 North St, Harrison
914-925-5320
24/7

Mental Health Treatment & Rehabilitation

St. Vincent's Behavioral Health Center

Medication management, therapy and groups
79 East Post Road, White Plains
914-925-5480
Monday - Friday 8am-9pm

Greater Mental Health of New York

Outpatient clinic and groups
Locations in White Plains and Yonkers
914-345-0700
Monday - Thursday 9am-8pm, Friday 9am-5pm

Family Services of Westchester

Individual therapy and medication management
Hastings-on-Hudson 914-274-8334 ext. 223
Mount Vernon 914-668-9124 ext. 11
Pelham 914-738-1728
Port Chester 914-305-6837

Peer Support Services

Family Ties of Westchester

Support groups, parent coaching, peer support
112 East Post Road 3rd Fl, White Plains
914-995-5238
Monday - Friday 9am-5pm

Greater Mental Health of New York

Peer support and groups
29 Sterling Ave, White Plains
914-347-4290
Monday - Thursday 9am-8:30pm, Friday 9am-5pm

Human Development Services of Westchester

Peer support and groups
100 Abendroth Ave, Port Chester
914-939-2878
Monday - Friday 9am-4pm

NAMI Westchester

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

Addiction or Substance Use Treatment and Support

Innovative Health Systems

Psychotherapy, medication, day treatment, evaluations
20 Church St,White Plains
914-683-8050
Monday - Thursday 9am-7:30pm, Friday 9am-5pm

St. John's Riverside Hospital

Psychotherapy, medication, peer support
20 East First St, Mount Vernon
914 668-1450
Monday - Friday 8am-7pm
Additional location in Greenburgh

The Lexington Center for Recovery

Psychotherapy, assessments, day treatment, groups
24 Smith Ave, Mount Kisco
914-666-6740
Monday, Tuesday, Thursday 8am-7:30pm, Wednesday 8am-6:30pm, Friday 8am-4pm

Phelps Addiction Treatment

Psychotherapy, medication, family support, day treatment
22 Rockledge Ave,Ossining
914-944-5250
Monday - Friday 9am-8pm

Other Services

Westchester Medical Center—SAAVE Crisis Intervention and Counseling Services

Assistance for victims of sexual assault
833-220-2444
24/7

Human Development Services of Westchester

The Living Room—Day respite program
914-882-8659
Monday - Sunday 8:30am-8:30pm

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

NEW YORK STATE 988 SUICIDE & CRISIS LIFELINE CALL | TEXT | CHAT

BeWell.ny.gov

2·1·1 Get Connected. Get Help.™

This Resource Guide was developed by the Office of Hospital Care and Community Transitions. *Issued/Revised June 2026*