Services provided by the North Country MIT can be found by calling:

**(315) 541-2529**
Monday-Friday, 9AM-5PM

**(315) 541–2001**
After Business Hours

For 24/7 crisis services, please call your county crisis line:

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Numbers</th>
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</thead>
<tbody>
<tr>
<td>Clinton County</td>
<td>1 (866) 577-3836</td>
</tr>
<tr>
<td>Essex County</td>
<td>1 (888) 854-3773</td>
</tr>
<tr>
<td>Franklin County</td>
<td>(518) 891-5535</td>
</tr>
<tr>
<td>Jefferson County</td>
<td>(315) 782-2327</td>
</tr>
<tr>
<td>Lewis County</td>
<td>(315) 376-5450, M-F, 9am-5pm</td>
</tr>
<tr>
<td></td>
<td>(315) 376-5200, All other times</td>
</tr>
<tr>
<td>St. Lawrence County</td>
<td>(315) 265-2422</td>
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</tbody>
</table>

If you are in need of immediate medical assistance, please dial 911.

“"If it wasn’t for all of the help, I would not be this confident, and believe that I could do it, and would have given up by now.”
—A Mobile Integration Team Consumer

Individuals participating in services provided by the North Country MIT can expect:

- **Support** in their efforts to stay in their home and community
- **Immediate access** to treatment services designed to stabilize crisis situations
- **Enhanced skills and knowledge** to reduce environmental and social stressors
- **Connection to programs and services** to reduce demand on emergency departments and inpatient hospital services

A wide array of services are available

The North Country MIT provides an array of services delivered by a multidisciplinary team of professionals and paraprofessionals. These services may include, but are not limited to:

- Brief Therapeutic Support
- Skill Building
- Crisis Assessment and Intervention
- Consultation and Information
- Peer Support Groups and Skills Training
- Family and Caregiver Support and Skills Building
- Behavioral Support and Consultation
- In-home and Community Based Respite

North Country Mobile Integration Team

Transformation—A new era in New York State’s behavioral health care System.

Office of Mental Health

NEW YORK STATE OF OPPORTUNITY.
The North Country Mobile Integration Team (MIT) is designed to provide the clinical intervention and support necessary for adults with serious mental illness and youth with serious emotional disturbances to not only remain in the community, but also continue moving forward on their recovery journey. The underlying principles of every MIT service is that individuals do recover, individuals and families are resilient, and there is hope for your future.

The North Country MIT is a multidisciplinary team, including peers, dedicated to partnering with people with mental illnesses and their families to keep them healthy while living in their communities. The team will bring services to the individual and their family.

The North Country MIT provides service in Clinton, Essex, Franklin, Jefferson, Lewis and St. Lawrence counties.