

WESTCHESTER CONNECTIONS

Reentry Resources That Can Turn Your Life Around

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Mental Health



If in need, make the call.

911 for emergency services | National Suicide Prevention Helpline 1 (800) 273-TALK (1-800-273-8255)

[Go here for a complete list of phone and text helplines](#)

To speak with a mental health counselor, contact any of the groups listed below. If you do not have health insurance, many of these organizations offer low-cost or sliding scale services. Start by identifying a site that you can get to and then call to ask about payment.

For a complete list of behavioral/mental health agencies and programs that serve Westchester County (including transitional and inpatient services) see the [Westchester County Department of Community Mental Health’s online directory \(dcmhservices.westchestergov.com/DCMHservices/\)](#) which includes a geographic search option. Select “Directory Search” from the left-hand menu.

Two services to consider when in a moment of need: [The Living Room](#) and [MHA’s Community Connections Line](#). See entries below.

<p>Family Services of Westchester (FSW) – Family Mental Health Clinics</p> <p>fsw.org/our-programs/family-mental-health-centers Locations in Hastings, Mount Vernon, Pelham, Port Chester, and Sleepy Hollow. Call to [Read More]</p>	<p>Mental Health Association of Westchester (MHA)</p> <p>Central Scheduling number (multiple locations): 914-345-0700 ext. 7350 mhawestchester.org/ Locations: 344 Main Street, Suite [Read More]</p>	<p>Saint Joseph’s Mental Health Clinic</p> <p>107 South Broadway, Lower Level, Yonkers NY, 10701 914-378-7461 Monday through Thursday 9 a.m. [Read More]</p>
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Saint Vincent's Hospital Westchester (a division of Saint Joseph's Medical Center)
275 North Street | Harrison, NY 10528 914-967-6500
stvincentswestchester.org
Inpatient, partial hospitalization, and outpatient [\[Read More\]](#)

Shiloh Consulting LLC
50 Pine Street, New Rochelle, NY 10801 914-633-3001
ShilohConsultingLLC@gmail.com
shilohconsultingllc.com/ Intensive outpatient treatment, including [\[Read More\]](#)

Sun River Health
Locations in Peekskill and Yonkers. sunriver.org Make appointments online and/or call to set up an [\[Read More\]](#)

The Guidance Center of Westchester (TGCW)
Integrated Mental Health & Addiction Services (Wellness Clinics and the Sunrise Program)
Crisis/Urgent: 888-TGCW-CAN, [\[Read More\]](#)

The Living Room
930 Mamaroneck Ave, Mamaroneck, NY 10543 914-882-8659 8:30am to 8:30pm; 7 days/week, including all [\[Read More\]](#)

Westchester County Community Mental Health
The Department of Community Mental Health plans, oversees and coordinates services for individuals – [\[Read More\]](#)

Westchester Jewish Community Services (WJCS)
Four locations - Hartsdale, Mount Vernon, Peekskill, Yonkers. wjcs.com Hartsdale Family Mental Health Center [\[Read More\]](#)

