

# MENTAL HEALTH SUPPORTS

MARCH 2020

## **MOBILE CRISIS SERVICES**

**518.292.5499**

**M-F: 8AM - 10 PM; SAT-SUN: 11AM - 7 PM**

Assists children, adolescents, adults, and families to resolve emotional and behavioral health crisis situations.

## **FOUR WINDS HOSPITAL - SARATOGA**

**518.584.3600**

Offers inpatient and outpatient mental health treatment services for children, adolescents, and adults.

## **SARATOGA CENTER FOR THE FAMILY**

**518.587.8008**

Provides abuse prevention programs and mental health services to strengthen children, families, and the community.

## **SARATOGA COUNTY MENTAL HEALTH**

**518.584.9030**

Offers a variety of mental health services for children, families, and adults.

## **BEHAVIORAL & MENTAL HEALTH UNITS**

Walk-in psychiatric and behavioral care:

Saratoga Hospital: 518.587.3222

Glens Falls Hospital: 518.926.1000

Ellis Hospital: 518.243.4000

## **CAPTAIN YOUTH SHELTER**

**518.369.9928**

Offers emergency shelter and support services for homeless and runaway youth.  
Ages: 13 - 17 years

## **WAIT HOUSE**

**518.798.4384**

Provides emergency and transitional shelter and support services for homeless teens.  
Ages: 16 - 25 years

## **NATIONAL SUICIDE PREVENTION HOTLINE**

**1.800.273.8255**

If in crisis and need immediate help.

## **SUICIDE PREVENTION CENTER OF NEW YORK**

**518.402.1156**

Find help when in a crisis.  
Free, confidential support.

**CRISIS TEXT LINE: TEXT "HOME" TO 741741**