

BEHAVIORAL HEALTH SERVICES



**FEELING OVERWHELMED OR STUCK?
NEED SOMEONE TO TALK TO?
WE'RE HERE FOR YOU AND YOUR FAMILY!**

SCAP's Behavioral Health Services (BHS) provides accessible mental health support to improve overall well-being and stability for individuals and families in our community.

OUR SERVICES

- Individual, couples, family, and group therapy
- Trauma-informed, strength-based, and person-centered care
- Case management and referrals to community resources
- In-person, telehealth, and phone options available

WHAT WE OFFER

- Address emotional challenges and improve mental health
- Work through trauma using a strength-based approach
- Connect you with additional resources and support
- Collaborate with community providers for comprehensive care



WHAT YOU NEED TO KNOW

- No medical insurance or payment required
- All ages welcome
- Must be an active SCAP customer
- Referral needed from your SCAP Case Manager

HOW TO ACCESS BHS

- Ask your SCAP Case Manager about a referral today!



Scan this QR code to start services through our online customer portal. You can also call us or visit us in person.

Schenectady Community Action Program
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