

Hay esperanza.



988 LÍNEA DE
PREVENCIÓN DEL
SUICIDIO Y CRISIS

PEP22-08-03-014
2027.7A



BEHAVIORAL HEALTH SERVICES Resources

SCAP • 518.374.9181

Monday - Friday • 8:30 am - 4:30 pm

Other resources available:

Crisis Text Line (Mental Health and/or Substance): Text GOT5 to 741741

Disaster Distress Hotline: 1-800-985-5990 (talk and text)

National Association on Mental Illness: 1-800-950-NAMI,
the “Chat with us” at www.nami.org/help, OR
Email at helpline@nami.org Monday – Friday 10am-10pm, OR
Text HELPLINE to 62640 Monday-Friday 10am-10pm

National Council on Alcoholism and Drug Dependence: (800) 622-2255

National Domestic Violence Hotline: 1-800-799-7233, OR
Text START to 88788

National Suicide Prevention Lifeline: 1-800-273-8255 or 988 (call or text)

Northern Rivers Mobile Crisis: 518-292-5499

NY Project Hope Emotional Support Line: 1-844-863-9314

Office of Addiction Services and Supports (OASAS): 1-877-7HOPENY
(467369), OR Text HOPENY to 467369

**Substance Abuse and Mental Health Services Administration
(SAMHSA) Hotline:** 1-800-662-HELP (4357)



There is hope.



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LIFELINE

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