

Albany County Community Resource Directory

for Mental Health Services

This directory has been put together by the Suicide Prevention Education Committee (SPEC), a group of community service providers in Albany County that seeks to find ways to make the existing network of services work efficiently and effectively to support people who may be considering suicide and families and friends who may be grieving the loss of someone to suicide.

UNITED WAY 2-1-1 NORTHEAST REGION

To access information and referral for a broad range of social service issues, including mental health issues as well as food, housing, childcare, employment, health care, senior care, substance abuse, financial problems, crisis counseling, legal matters, and volunteer opportunities.

CRISIS INTERVENTION: *These services are for people who are in danger of killing themselves in the present moment. If a person's safety cannot be assured, it is best to call the one of the following services for assessment. Staff will be able to recommend regarding next steps, which may include transportation to the hospital via ambulance.*

Albany County Department for Children, Youth and Families - Children's Mental Health Services (518) 447-4550

260 South Pearl Street, Albany, NY 12202

- Crisis assessment, triage, ongoing counseling, and emergency on call access to Child and Adolescent Mobile Crisis Team

Albany County Mobile Crisis Team (518) 549-6500 (ask for Mobile Crisis)

- Monday to Friday 8:00am to 12:00 midnight, Saturday and Sunday, 11:30am to 9:30pm
- Emergency mental health assessment in the community access to Child and Adolescent Mobile Crisis Team

Capital District Psychiatric Center - Crisis Unit (518) 549-6500

75 New Scotland Avenue, Albany, NY 12208

- 24 hour emergency mental health assessment
- Access to Child and Adolescent Mobile Crisis Team

Parsons Child and Adolescent Mobile Crisis Team (518) 549-6500 or (518) 447-4550 (ask for Child and Adolescent Mobile Crisis)

60 Academy Road, Albany, NY 12208

- Monday to Friday 11:00 to 9:30 p.m.
 - Crisis Assessment, Intervention & Stabilization; Consultation and Information; Facilitation of Alternate Levels of Care •
- Responds to calls in Albany, Rensselaer and Schenectady Counties

Ellis Hospital Emergency Room (518) 243-3300

1101 Nott Street, Schenectady, NY 12308

- 24 hour emergency mental health assessment
- Access to Child and Adolescent Mobile Crisis Team

CRISIS HOTLINES: *Anyone who is depressed, despairing, thinking about suicide or concerned about a friend or family member may call these numbers/online chat line to receive confidential emotional support, crisis intervention and suicide risk assessment. Crisis hotline/chatline services are provided for by Family and Children's Service of the Capital Region.*

National Suicide Prevention Lifeline: 1-800-273-8255, 24/7 availability

CONTACT Lifeline: (518) 689-4673, 9:00am - 10:00pm, M-F, 1:00pm - 10:00pm weekends

SURVIVOR SUPPORT: *These are services that are provided to families and friends of those who have lost someone to suicide. Surviving a suicide loss can be traumatic and difficult on multiple levels and specialized support exists from the following organizations.*

Wave Riders: (518) 724-0200, Support Groups, camps and activities for Children and Teens (for all types of grief and loss).

American Foundation for Suicide Prevention: (518) 899-0021 or (518) 791-1544, www.afsp.org www.afsp.org/capitalregionny
Survivor-to-survivor peer support model, Post-suicide family support (in-home), Support Groups throughout the Capital Region.

Byron Center for Loss and Healing: (518) 453-2515, 775 Lancaster Street, Albany, N.Y. 12203, Individual counseling specialized in grief and loss.

COUNSELING: *Also referred to as outpatient services or therapy and this service combined with psychiatric care have been found to be effective in treating mental illness. Services are provided by professionals who may be social workers, psychologists or certified mental health counselors, either one-on-one or with a family and are paid for either by health insurance or via sliding scale based on income.*

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Albany County Department for Children, Youth and Families, Children's Mental Health, (518) 447-4550
260 South Pearl Street, Albany, NY 12202

Capital District Psychiatric Center, Child and Adolescent Outpatient Services, (518) 549-6929
75 New Scotland Avenue, Albany, NY 12208

Parsons Child and Family Guidance Clinic, Centralized Intake: (518) 426-2622, Clinic: (518) 431-1650 401
New Karner Road, Albany, NY 12205

Ellis Outpatient Child and Adolescent Psychiatry Department, (518) 382-2290
624 McClellan Street-Suite 202 2nd Floor
Schenectady, NY 12304

Lasalle School (Adolescents), (518) 242-4731 391 Western Avenue, Albany, NY

Albany County Department of Mental Health, (518) 447-4668
260 South Pearl Street, Albany, NY 12202

SUNY Psychological Services Center, (518) 442-4900
299 Washington Avenue, Albany, NY 12206

Karner Psychological Associates, (518) 456-5056
2280 Western Avenue, Guilderland, NY 12084

Pinnacle Place Behavioral Health, (518) 689-0244 1 Pinnacle Place, Albany, NY 12203

Capital Counseling, (518) 462-6531
650 Warren Street Albany, NY 12208

Capital District Behavioral Health, (518) 785-7283
20 Century Hill Drive, Suite 202 Latham, NY 12110

***Please note: Additional providers may be identified through your insurance company.
Some agencies may have a waitlist for services.***

Daniel P. McCoy
Albany County Executive