

Mental Health & Related Resources in the Community:

Ardsley:

Ardsley High School Psychologists/ Guidance/Social Worker	(914)-295-5800 ex.5858 or 5860
Ardsley SAYF Coalition (Theresa DelGrosso, Coalition Coordinator)	(914)-674-4845
Ardsley Youth Advocate (Marissa Caldarola)	(914)-674-4845
Ardsley Youth Officer (Anthony Vacca)	(914)-693-1700

Crisis Services:

Referral and Information Hotline for Health & Human Services	211
Child Abuse Hotline	1-800-422-4453
Crisis Prevention and Response Team:	(914)-925-5959 (9AM-9PM, M-F) Other times: 914-925-5572
Domestic Crisis 24 Hour Hotline:	1-888-438-8700
Domestic Violence 24 Hour Hotline	1-888-298-7233 (SAFE)
Hope's Door (Domestic Violence)	(914)-747-0828
Love Shouldn't Hurt Hotline (Domestic Violence)	1-800-621-4357
My Sister's Place (Domestic Violence)	(914)-683-1333
Rape Crisis Hotline	(914)-345-9111
Sanctuary (Runaway) Hotline	1-800-786-2929
Victim's Assistance Hotline	(914)-345-3113

Family Services:

Family Services of Westchester (Mental Health Treatment)	(914)-428-8225
Family Ties of Westchester (service to families who have Children with emotional and behavioral difficulties)	(914)-995-5238

Food Pantries

Dobbs Ferry Food Pantry	(914)-552-1154
Feeding Westchester	(914)-923-1100
Community Food Pantry of Sleepy Hollow	(914)-332-0182

Grief:

Bereavement Center of Westchester	(914)-787-6158
Phelps Hospital (Bereavement)	(914)-366-3325

Hospital Psychiatric Emergency Numbers:

Four Winds	(914)-763-8151/1-800-528-6624
Mount Vernon Hospital	(914)-664-8000
New York Presbyterian Hospital-Westchester	(914)-682-9100
Phelps Memorial Hospital Center	(914)-366-3000
St. Joseph's Medical Center	(914)-378-7000
St. Vincent's Hospital Westchester	(914)-967-6500
Westchester Medical Center	(914)-493-7000
White Plains Hospital	(914)-681-0600

LGBTQ Support:

Center Lane (Yonkers)	(914)-423-0610
Center Lane (White Plains)	(914)-761-0600

Mental Health Services:

Child Family Institute (Mental Health Treatment)	(914)-361-5283
Clementine (Eating Disorders Treatment)	1-866-784-9358
Community Counseling Center of Larchmont/Mamaroneck	(914)-698-7549
Community Mental Health	(914) 995-5263

CUCARD (Mental Health Treatment)	(914)-631-4618
Eating Disorders Center of Westchester	(914)-368-6357
Mental Health Assn. (Mental Health & Treatment Referral)	(914)-345-0700
National Alliance of Mental Illness of Westchester	(914)-592-5458
Phelps Hospital (Mental Health Treatment)	(914)-366-3027
Westchester County Department of Community Mental Health:	(914) 995-5263
Westchester Jewish Comm. Services (Mental Health Treatment)	(914)-761-0600
Westchester Medical Center (Mental Health Treatment)	(914)-493-7000
White Plains Hosp. Behavioral Health (Mental Health Treat: Anxiety)	(914)-681-1038

Police Departments:

Ardsley Police	(914)-693-1700
Dobbs Ferry Police	(914)-693-5500
Greenburgh Police	(914)-989-1700

Self-Help/ Support Groups

Al-Anon/Alateen (support for family/friends of a substance user)

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Alcoholics Anonymous	https://www.nyintergroup.org/meetings/?tsml-region=westchester-county
Marijuana Anonymous	https://marijuana-anonymous.org/find-a-meeting/
Narcotics Anonymous	https://na.org/
Overeaters Anonymous	https://oa.org/find-a-meeting/?type=0
Westchester Self-Help Clearinghouse	(914)-761-0600 ext. 308

Substance Use/Gambling:

Arms Acres Alcohol & Drug Rehabilitation Center	1-888-227-4641
Daytop (Substance Abuse Treatment)	(845)-353-2730
Helpline for Gambling, Alcohol & Drug Problems	1-877-846-7369
Innovative Health Systems (Addiction Treatment)	(914)-683-8050
Lexington Center for Recovery & Addiction	(914)-666-6740
Phelps Hospital (Addiction Treatment)	(914)-944-5220
St. John's Riverside Hospital (Addiction Treatment)	(914)-964-4444

Additional Resources:

Gilda's Club Westchester (Cancer Support Services)	(914)-644-8844
Hudson Valley Developmental Disabilities Service Office	(914)-332-8989