MENTAL HEALTH RESOURCES FOR STUDENTS

24/7 Hotlines/Crisis Support:

National Suicide Prevention Lifeline (24/7) 1-800-273-8255
Crisis Textline (24/7) Text HOME to 741741
SAMHSA Helpline (24/7) 1-800-662-HELP
National Sexual Assault Hotline (24/7) 1-800-656-HOPE (4673)
National Domestic Violence Hotline (24/7) 1-800-799-SAFE (7233)
Trevor Project (LGBTQIA+) (24/7) 1-866-488-7386

Digital Resources:

NYC Well
Mental Health Apps

Find a Therapist:

The Shrink Space
Psychology Today
https://omh.ny.gov/ - Resources in NY
https://portal.ct.gov/dmhas - Resources in CT
https://www.state.nj.us/humanservices/index.shtml - Resources in NJ

Mental Health Clinics in White Plains, NY

(SHAC has established relationships with the following sites)

WJCS
845 N Broadway, White Plains, NY 10603
(914) 761-0600

MHA (Mental Health Association)
Angelica Falloon
FalloonA@mhawestchester.org
(914) 703 – 9076

RDC Center for Counseling and Human Development
52 N Broadway, White Plains, NY 10603
(914) 949-0504