



**There is Hope
There is Help**
for you and for others
Suicide Prevention Coalition of Rockland



#BeThe1To

Changes to employment or other financial hardships can leave people feeling stressed, depressed, or anxious, which could lead to increased use of drugs, cigarettes, or alcohol. It can even lead to thoughts of suicide.

Even if you never experienced these issues before!

Emotional Stress can be replaced with *Emotional Hope*

Call the United Way of Rockland County at 211 for financial and behavioral health care supports



New York HOPEline - Call 24/7

If you or someone you care about needs help for Drugs, Alcohol or Gambling, Call 1-877-8-HOPENY (1-877-846-7369) or Text HOPENY (467369). There is hope and help. All calls are toll-free, anonymous and confidential.



We've got time to listen
Text "Got5" to 741741 to start a conversation

CRISIS TEXT LINE

Free, 24/7, Confidential Crisis Support



845-517-0400
www.RocklandHelp.org



COVID-19 Resources to assist with Emotional Stress

If you have health insurance check your plan to see if counseling services are included and for providers.

Emotional Support Lines

New York State COVID-19 Emotional Support Hotline (844) 863-9314 8:00 am – 10:00 pm

Mental Health Association of Rockland Warm Line (845) 589-0671 7:00 am – 7:00 pm

Rockland County Department of Mental Health (845) 364-2955 9:00 am – 3:00 pm - weekdays

24 hours 7 days a week Support Lines

Behavioral Health Response Team (BHRT) (845) 517-0400 or (844) 255-2478 Mental Health Crisis Services

National Suicide Prevention Lifeline: (800) 273-8255

Suicide Crisis Text Line: Text GOT 5 to 741741

Stress Reduction and Financial Resilience for People with Disabilities: Text RESILIENT to (833) 632-0273

Westchester Medical Center Emotional Support Hotline (914) 216-7733.

Suicide Prevention Lifeline (800) 273-8255

Veterans Crisis Line (800) 273-8255

Center for Safety and Change: Domestic Violence Hotline (845) 634-3344

Westchester Medical Center: Sexual Assault Abuse and Victim Empowerment Hotline (833) 220-2444

NYS Hope Line - Gambling and Substance Use (877) 846-7349

Bereavement Emotional Support

United Hospice – Bereavement Support (845) 634-4974

Bereavement services for individuals/families that have lost loved ones due to COVID-19.

Red Cross – Emotional & Spiritual Support (585) 957-8187

Link families who have lost loved one due to COVID-19 to crisis counselors who will provide emotional and spiritual support

Counseling & Support: Individual and Group

<http://rocklandgov.com/departments/mental-health/>

VCS – Mental Health Clinic (845) 634-5729 info@vcs-inc.org

Individual therapy and medication management services for adolescents and adults.

Achieve Behavioral Health (845) 445-6699

Counseling services for children and adults.

Jawonio - Cornerstone Family Healthcare (845) 563-8000 or Jawonio PROS program 845-708-2000 x 2300

Psychiatric and Social Work services

NAMI Rockland (845) 359-8787 Spanish: (845) 359-8784

Online and virtual workshops, wellness programs and support groups for children, teens, young adults and adults with mental health concerns and their family and friends.

Mental Health Association of Rockland (845) 267-2172

Preventative, supportive, treatment and advocacy services for children and adults living with mental illness or substance use disorder.

Mental Health Association of Westchester (914) 345-0700 ext. 7350

Individual, group, family and medication therapy for children, adolescents, adults and their families. Clinics in Nyack and Haverstraw.

Rockland Jewish Family Services (845) 354-2121

Individual and group therapy for adults, adolescents and children.

BRIDGES Joseph Dwyer Veterans Peer Support Program (845) 624-1366

Vet-to-Vet support among Veterans who personally understand the effects of Post-Traumatic Stress Disorder (PTSD).

Substance Use and Recovery Assistance

Rockland Council on Alcohol and Other Drug Dependencies (845) 215-9788

Resource for addressing addiction and supporting prevention and recovery.

Mental Health Association of Rockland (845) 267-2172

Treatment and support services for children, adults and families.

Onward Recovery (845) 565-1162 ext. 453

For intensive peer and recovery supports

Achieve Behavioral Health (845) 445-6699

Treatment of substance use disorders and addictions.