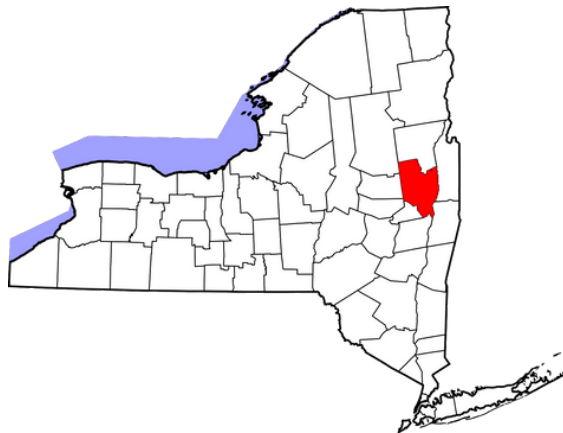




**MENTAL HEALTH
&
SUBSTANCE USE DISORDER
RESOURCE GUIDE**



Saratoga County, New York

**PUBLISHED BY THE SARATOGA COUNTY DEPARTMENTS OF
HEALTH & MENTAL HEALTH AND ADDICTION SERVICES**

UPDATED APRIL 2023



This is a directory of mental health and substance use disorder treatment programs and services for residents of Saratoga County, New York. This is by no means a complete listing of all organizations within the county.

The listing of an organization in this directory does not imply an endorsement of its purpose or quality, nor does omission signify disapproval.

For a list of all providers in New York, please visit

[Mental Health Program Directory](#)

[Substance Use Disorder Treatment Availability Dashboard](#)

Updates are made on a monthly basis. If you are not currently listed in the Resource Guide, but would like to be included in the next update, please submit your request to ed@saratogacountyny.gov

PUBLISHED BY THE SARATOGA COUNTY DEPARTMENTS OF HEALTH & MENTAL HEALTH AND ADDICTION SERVICES

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**Agencies in this directory are listed
alphabetically**

Adirondack Health Institute (AHI)
Adirondack Vets House
Alliance for Positive Health -AIDS Council of NENY
Backstretch Employee Service Team (BEST)
Ballston Area Community Center
Baywood Center
Big Brothers Big Sisters of the Capital Region
Capital District Physicians' Health Plan, Inc
Capital District Psychiatric Center
Capital District YMCA
Captain Community Human Services
Catholic Charities –Saratoga County
Center for Recovery
**Champlain Valley Physicians Hospital (CVPH) Child &
Adolescent Psychiatry**
Child and Adolescent Psychiatric Evaluation Services
Children's Health Home of Upstate NY (CHHUNY)
Chelsea Place Psychological, PLLC
Conifer Park
CPR Certification
ECS Psychological Services
Fentanyl Test Strips



**Agencies in this directory are listed
alphabetically**

Four Winds Hospital

Glens Falls Center for Children and Families

Healing Springs

Heroin Anonymous

Home & Community Based Services

Karner Psychological Services

**Mechanicville Area Community Services Center
(MACSC)**

Medication Disposal Drop Boxes

Mediation Matters

Mental Hygiene Legal Services

Mohawk Valley Psychiatric Center

National Alliance for the Mentally Ill (NAMI)

New Paradigm Psychological Services, PLLC

Northeast Psychological Associates

Northern Rivers

NY Presbyterian Hospital -Center for eating disorders

Office of Mental Health (OMH)

Parsons Behavioral Health Centers

Parsons Home Based Crisis Intervention (HBCI)

Parsons OnTrack NY

RISE Housing and Support Services



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alphabetically**

Saratoga Center for the Family

Saratoga Community Health Center

Saratoga County Alcohol & Substance Abuse Services

**Saratoga County Department of Mental Health
and Addiction Services**

**Saratoga County Personalized Recovery Oriented
Services (PROS)**

Saratoga Hospital

Saratoga Mentoring -A program of Catholic Charities

Saratoga Psychological Associates

Saratoga Regional YMCA

Saratoga Stress Reduction Program

Sharps Disposal Kiosks

Smoking and Vaping Cessation

**SPARC Saratoga- St. Peter's Addiction Recovery
Center**

St. Peter's Addiction Recovery Services

**The NYS Community Health Access to Addiction &
Mental Healthcare Project (CHAMP)**

The Prevention Council

Union Street Counseling

Wellspring

MENTAL HEALTH & SUD RESOURCES

Adirondack Health Institute (AHI)

Adirondack Health Institute is a team of mission-driven professionals partnering with regional health care providers and community-based organizations to improve health care, lower costs and realize a healthier future for the Adirondack region. They coordinate medical and behavioral health care by connecting community and social supports with health care for high-risk Medicaid members with: HIV/ AIDS, or a serious persistent mental illness, or two or more other chronic conditions.

Phone:
(518) 480-0111

Address:
100 Glen Street,
Suite 1A;
Glens Falls, NY 12801

Website:
<https://ahihealth.org/>

Adirondack Vets House

Adirondack Vets House is a non-profit longer-term facility for homeless veterans. The location of the house is within walking distance to the VA medical clinic for medical or psychological assistance if needed. All other appointments that are not in the approximate area can be arranged through a VA van service to accommodate their specific needs.

Phone:
(518) 793-6545

Address:
26 Pine Street,
Glens Falls, NY 12801

Website:
<https://www.adirondackvetshouse.com/>



MENTAL HEALTH & SUD RESOURCES

Alliance for Positive Health - AIDS Council of NENY

The Alliance for Positive Health provides care coordination for people with chronic diseases including HIV/AIDS, diabetes, hypertension, heart disease, obesity, serious mental illness, substance use and asthma.

Phone:
(518) 434-4686
Albany

(518) 743-0703
Glens Falls

Address:
927 Broadway,
Albany, NY 12207

13 Chester St,
Glens Falls, NY 12801

Website:

<https://www.allianceforpositivehealth.org/>

Backstretch Employee Service Team (BEST)

The Backstretch Employee Service Team provides both preventative and responsive healthcare to the backstretch workers of Saratoga. They consider a person's physical health in relationship to mental and social factors in order to promote a healthier lifestyle for all backstretch employees.

Phone:
(518) 587-3720

Website:

<https://www.bestbackstretch.org/>



MENTAL HEALTH & SUD RESOURCES

Ballston Area Community Center

The Ballston Area Community Center provides essential community services, programs, support and projects that enhance the social, emotional and recreational development of youth and families of the Ballston Area.

Phone:
(518) 885-3261

Address:
20 Malta Ave,
Ballston Spa,
NY 12020

Website:
<https://ballstonareacc.org/>

Baywood Center

The Baywood Center specializes in the treatment of mental health and substance abuse, opioid addiction and alcoholism. The agency utilizes a person centered approach to identify the services most appropriate for each individual. Services include individual therapy, group therapy, specialized group therapy and medication assistance.

Phone:
(518) 798-4221

Address:
551 Bay Rd #2,
Queensbury,
NY 12804

Website:
<https://recovery.org/providers/baywood-center-2841250988/>



MENTAL HEALTH & SUD RESOURCES

Big Brothers Big Sisters of the Capital Region

The Big Brothers Big Sisters of the Capital region is a community Mentoring Program where adult volunteers are matched with children between ages 6 and 18. Program enrollees will spend time in the community, building friendships and enjoying everyday fun and activities.

Phone:
(518) 862-1250

Email:
info@bbbscr.org

Website:
<https://bbbscr.org/>

Capital District Physicians' Health Plan, Inc

CDPHP members have access to licensed mental health professionals who can offer emotional support, crisis de-escalation, and assistance in connecting with providers and resources, free of charge. CDPHP partners with the area's preeminent psychologists, psychiatrists, social workers, therapists, and other mental health care experts for all mental health and substance use disorder needs.

Phone:
1-888-320-9584
After-Hours
Crisis Hotline

1-888-320-9584
Behavioral Health
Access Center

Website:
<https://www.cdphp.com/members/wellness/get-health-support/mental-health>



MENTAL HEALTH & SUD RESOURCES

Capital District Psychiatric Center

Capital District Psychiatric Center provides inpatient psychiatric treatment and rehabilitation to patients who have been diagnosed with serious and persistent mental illnesses and for whom brief or short-term treatment in a community hospital mental health unit has been unable to provide symptom stability.

CDPC has outpatient treatment services for children, adolescents, and adults. CDPC also operates three adult community residences.

Phone:
(518) 549-6000

Address:
**75 New Scotland Ave,
Albany, NY 12208**

Website:

<https://omh.ny.gov/omhweb/facilities/cdpc/>

Capital District YMCA

The Capital District YMCA provides health and wellness activities to promote strong mind, body and spirit.

Phone:
(518) 371-2139

Address:
**1 Wall St,
Clifton Park
NY 12065**

Website:

<https://cdymca.org/>



MENTAL HEALTH & SUD RESOURCES

Captain Community Human Services

Captain Community Health Services offers family support services that provide respite and skill building, family support, special needs advocacy, pre-vocational and crisis services to children and youth with special needs. Captain also offers a family development empowerment-based mentoring program that provides guidance, advocacy, and support to individuals and families seeking to restore their sense of hope and healthy independence.

Locations:

5 Municipal Plaza
Suite 3
Clifton Park,
NY 12065
(518) 371-1185

543 Saratoga Road
Glenville, NY 12302
(518) 399-4624

Website:

<https://captaincares.org/>

Catholic Charities –Saratoga County

Catholic Charities is a long standing community case management provider that offers a family counseling program, mentoring programs for children, and harm reduction services through drop in and by appointment.

Phone:

(518) 587-5000

Address:

142 Regent St,
Saratoga Springs,
NY 12866

Website:

<https://www.ccrda.org/>



MENTAL HEALTH & SUD RESOURCES

Center for Recovery

The Center for Recovery offers outpatient services including evaluations for substance use disorders, individual and family counseling, group therapy, medication assisted treatment and vocational services. Intensive outpatient treatment is available by arrangement according to clinical needs, up to five days per week. The population served includes adolescents, adults (through all stages of life), pregnant women, and families.

Phone:
(518) 926-7200

Address:
101 Ridge St,
Glens Falls, NY
12801

Website:

<https://bhsn.org/mental-health/center-for-recovery/>

Champlain Valley Physicians Hospital CVPH Child & Adolescent Psychiatry

The Champlain Valley Physicians Hospital child and adolescent inpatient psychiatry unit has 12 beds, all in private rooms with shared bathrooms. The program is designed to help children and adolescents ages 6-18 who are having a crisis severe enough to impact their safety and/or the safety of others.

Phone:
(518) 562-7458

Address:
75 Beekman St,
Plattsburgh, NY
12901

Website:

<https://www.cvph.org/Departments-and-Programs/Psychiatry/Child-and-Adolescent-Inpatient-Psychiatry>



MENTAL HEALTH & SUD RESOURCES

Child and Adolescent Psychiatric Evaluation Services

The Child and Adolescent Psychiatric Evaluation Services (CAPES) at Albany Medical Center recognize the emotional challenges faced by children and adolescents. CAPES specialize in treating patients suffering from psychiatric disorders and other illnesses.

Phone:
(518) 262-5511

Address:
**2 Clara Barton
Drive,
Albany, New York
12208**

**1019 New Loudon
Road
Cohoes, New York
12047**

Website:

https://www.amc.edu/patient/services/childrens_hospital/pediatric_psychiatry/index.cfm

Children's Health Home of Upstate NY (CHHUNY)

The Children's Health Homes of Upstate New York (CHHUNY) was established to plan for and operate as a Health Home for Children. CHHUNY is using a model of care management based upon the belief that every family has strengths and that families are the natural and most effective drivers of their care. This model also ensures that families have "voice and choice," at every stage in the care management process.

Phone:
(855) 209-1142

Address:
**2300 Buffalo Rd
Building 500-B,
Rochester, NY 14624**

Website:

<https://www.childrenshealthhome.com/>



MENTAL HEALTH & SUD RESOURCES

Chelsea Place Psychological, PLLC

Chelsea Place Psychological offers a range of consultation and evaluation services to meet the needs of all of clients. Services include developmental assessments, individual and group counseling.

Phone:
(518) 982-1886

Address:
**6 Chelsea Place,
Suite 202,
Clifton Park, NY**

Website:

<https://www.chelseaplacepsych.com/>

Conifer Park

Conifer Park has been treating substance use disorder and behavioral health since 1983. They offer a variety of services for patients and their families to help aid in the process of recovery. Conifer Park is happy to offer transportation to those entering the Inpatient Rehabilitation and Detoxification services at the Glenville location, free of cost.

Phone:
(800) 989-6446

Address:
**79 Glenridge Road
Glenville, NY 12302**

Website:

<https://www.coniferpark.com/>



MENTAL HEALTH & SUD RESOURCES

CPR Certification

American Heart Association

<https://cpr.heart.org/en/>

American Red Cross

<https://www.redcross.org/take-a-class/cpr>

Various Saratoga County EMS Agencies

<https://saratogaems.org/>



MENTAL HEALTH & SUD RESOURCES

ECS Psychological Services

The mission of ECS Psychological Services is to provide a caring and supportive environment that personalizes treatment for each clients needs. They provide services for children, couples and family therapy, animal assisted therapy, group therapy, psychological evaluations, rapid resolution therapy, military services and bariatric services.

Phone:
(518) 580-0520

Address:
210 Church Street
Saratoga Springs,
NY 12866

Website:
<https://ecspychological.com/>

Fentanyl Test Strips

**Healing Springs Recovery Community &
Outreach Center**
(518) 306-3048
<https://www.sararecovery.org/>

**Medication for Addiction Treatment and
Electronic Referrals (MATTERS)**
(765) 628-8377
<https://mattersnetwork.org/>



MENTAL HEALTH & SUD RESOURCES

Four Winds Hospital

Four Winds Hospitals provides inpatient and outpatient mental health treatment services for children, adolescents and adults. They acknowledge and honor the fundamental value of all individuals by embracing diversity and cultural differences.

Phone:
(518) 584-3600

Address:
**30 Crescent Ave,
Saratoga Springs,
NY 12866**

Website:

<https://www.fourwindshospital.com/about-four-winds/saratoga/>

Glens Falls Center for Children and Families

The Glens Falls Center for Children and Families provides outpatient treatment services. Treatment includes dialectical behavior therapy, trauma therapy and cognitive behavioral therapy.

Phone:
(518) 926-7100

Address:
**1 Lawrence St #1,
Glens Falls, NY
12801**

Website:

<https://www.glensfallshospital.org/>



MENTAL HEALTH & SUD RESOURCES

Healing Springs Recovery Community Outreach Center

The Healing Springs Recovery Community & Outreach Center provides free programs for people in recovery from a substance use disorder and their families. They offer peer support, skill building, recreation, wellness education, employment readiness, and social activities in a safe, welcoming, and alcohol/drug free environment. The Center also provides information, education, and assistance to the community on how to access addiction treatment and will help people navigate complex insurance and treatment issues.

Phone:
(518) 306-3048

Address:
125 High Rock Ave.
Saratoga Springs,
NY 12866

Website:

<https://www.sararecovery.org/>



MENTAL HEALTH & SUD RESOURCES

Heroin Anonymous

Heroin Anonymous (HA) is a fellowship of men and women who have found a better way of life, free from heroin addiction. Both in-person and online meetings are available.

Phone:
(518) 375-9811

Address:
362 State St.
Albany, NY 12210

Website:

<https://heroinanonymous.org/>

Home & Community Based Services

Home and community based services (HCBS) provides opportunities for Medicaid beneficiaries to receive services in their own home or community rather than institutions or other isolated settings. These programs serve a variety of targeted populations groups, such as people with intellectual or developmental disabilities, physical disabilities, and/or mental illnesses.

Phone:
1-833-333-2937

Website:

<https://www.medicaid.gov/medicaid/home-community-based-services/index.html>



MENTAL HEALTH & SUD RESOURCES

Karner Psychological Services

Karner Psychological Associates is a long-established outpatient mental health practice, serving the Capital District and larger tri-state area. They aim to provide patients with the highest quality therapeutic experience across a broad range of specialties.

Phone:
(518) 456-5056

Address:
**634 Plank Rd.,
Suite 206
Clifton Park, NY
12065**

**2280 Western Ave.
Guilderland, NY
12084**

Website:

<https://www.karnercare.com/>

Mechanicville Area Community Services Center (MACSC)

MACSC's Youth Development Program offers educational and recreational activities after school, evenings and weekends, and during the summer. The Program is designed to help children learn, build their socialization skills and play while their parents are working and/or continuing their education.

Phone:
(518) 664-8322

Address:
**6 S Main St,
Mechanicville, NY
12118**

Website:

<https://www.mechanicvilleacsc.org/>



MENTAL HEALTH & SUD RESOURCES

Medication Disposal Drop Boxes

**Corinth EMS
101 Sherman Ave, Corinth, NY 12822**

**CVS Pharmacy - Select Locations:
34 Congress St, Saratoga Springs, NY 12866
839 Rte. 146, Clifton Park, NY 12065**

**Mechanicville Police Department
36 N Main St #1, Mechanicville, NY 12118**

**Paul E. Lent Public Safety Facility
6012 County Farm Rd, Ballston Spa, NY 12020**

**Saratoga County Correctional Facility
6010 County Farm Rd, Ballston Spa, NY 12020**

**Saratoga Hospital Emergency Center
211 Church St, Saratoga Springs, NY 12866**

**Saratoga Springs Police Department
5 Lake Ave, Saratoga Springs, NY 12866**

**Walgreens Pharmacy
3020 Rte. 50 Saratoga Springs, NY 12866**



MENTAL HEALTH & SUD RESOURCES

Mediation Matters

Meditation matters is a multi-faceted organization of volunteers and professionals dedicated to empowering individuals, communities and families to manage and resolve conflict. They offer a Peer Mediation programming that works to train and empower students to resolve interpersonal conflicts without violence and bullying.

Phone:
(518) 584-6361

Address:
480 Broadway, LL-32
Saratoga Springs,
NY 12866

Website:

<https://www.mediationmatters.org/>

Mental Hygiene Legal Services

The Mental Hygiene Legal Service (MHLS) is a New York State agency responsible for representing, advocating and litigating on behalf of individuals receiving services for a mental disability.

Phone:
(518) 451-8710

Website:

<https://www.nycourts.gov/ad3/mhls/index.html>



MENTAL HEALTH & SUD RESOURCES

Mohawk Valley Psychiatric Center

The Mohawk Valley Psychiatric Center provides quality, individualized psychiatric treatment and rehabilitation services that promote recovery. Evidence based psychiatric care is available for both children and adults. Recovery for each individual is emphasized through a strengths-based and person centered approach. Services are designed to support the individual recovery process through psychiatric clinical services, rehabilitation, self-help/peer support services, and employment services.

Phone:
(315) 738-3800

Address:
1400 Noyes St,
Utica, NY 13502

Website:

<https://omh.ny.gov/omhweb/facilities/mvpc/>

National Alliance for the Mentally Ill (NAMI)

NAMI-NYS is the state organization of the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. NAMI-NYS provides support to family and friends of individuals with mental illness and persons living with mental illnesses through more than 50 affiliates statewide.

Phone:
(518) 462-2000

NAMI-NYS
HELPLINE
518-245-9160

Website:

<https://www.naminys.org/>



MENTAL HEALTH & SUD RESOURCES

New Paradigm Psychological Services, PLLC

New paradigm is a psychological practice that focuses in forensic psychology with a current specialization in dealing with populations that have committed sexual offenses or have sexual problems.

Phone:
(518) 729-3953

Address:
845 Central Ave,
Albany, NY 12206

Website:
<http://www.np-psych.com/>

Northeast Psychological Associates

Northeast Psychological Associates is a private behavioral health practice, located in the Capital Region in New York State, staffed by licensed psychologists, certified clinical social workers and licensed mental health counselors.

Treatment services are available for adults, adolescents, and children.

Phone:
(518) 456-2060

Address:
435 New Karner Rd,
Albany, NY 12205

Website:
<https://neppsych.com/>



MENTAL HEALTH & SUD RESOURCES

Northern Rivers

Northern Rivers Family of Services empowers children, adults, and families to change their lives and build stronger communities. They provide a behavioral health center, school-based behavioral health, Assertive Community Treatment (ACT), Home Based Crisis Intervention (HBCI), and prevention and Family Intervention services.

Phone:

**(518) 426-2600
General number**

**(518) 292-5499
Immediate
Crisis Support**

Address:

**653 Plank Road
Clifton Park, NY
12065**

**Behavioral Health
Center
2452 U.S. Route 9
Suite 206
Malta, NY 12020**

**Unlimited Potential
36 Cady Hill
Boulevard
Saratoga Springs,
NY 12866
518.587.2851**

Website:

<https://www.northernrivers.org/>



MENTAL HEALTH & SUD RESOURCES

NY Presbyterian Hospital Center for eating disorders

The Eating Disorders Center of NY Presbyterian Hospital is designed to help individuals with eating disorders work toward recovery in a comfortable and supportive environment. Patients benefit from the most recent clinical research findings and advances in the treatment of eating disorders such as anorexia and bulimia nervosa.

Phone:
(888) 694-5700

Address:
21 Bloomingdale Rd
White Plains,
NY 10605

Website:

<https://www.nyp.org/psychiatry/center-for-eating-disorders>

Office of Mental Health (OMH)

The Office of Mental Health (OMH) operates psychiatric centers across the State to promote the mental health of all New Yorkers. The mission of OMH is to promote the mental health of all New Yorkers, with a particular focus on providing hope and recovery for adults with serious mental illness and children with serious emotional disturbances

Phone:
(845) 454-8229

Website:

<https://omh.ny.gov/>



MENTAL HEALTH & SUD RESOURCES

Parsons Behavioral Health Centers

The Parsons Behavioral Health Center through Northern Rivers provides outpatient mental health treatment services individuals with emotional and behavioral challenges.

Phone:
(518) 292-5433

Address:
2452 U.S. Route 9
Suite 206
Malta, NY 12020

Website:

<https://www.northernrivers.org/behavioral-health-centers>

Parsons Home Based Crisis Intervention (HBCI)

The Parsons Home-Based Crisis Intervention (HBCI) program through Northern Rivers is an intensive 4- to 6-week in-home service available to families. HBCI therapists are on call 24 hours a day, 7 days a week, to help families manage crisis and provide support. The program is committed to strengthening relationships while empowering and educating children and their families in enhancing problem-solving skills. The program helps maintain healthy family functioning in a safe environment.

Phone:
(518) 292-5433

Website:

<https://www.northernrivers.org/home-based-crisis-intervention>



MENTAL HEALTH & SUD RESOURCES

Parsons OnTrack NY

Parsons OnTrack NY through Northern Rivers supports young people who have recently began experiencing symptoms of psychosis and helps them return to living the life that is most aligned with their desired goals as quickly as possible. OnTrackNY collaboratively works with young people in achieving their education and/or employment goals, maintain healthy relationships, and improve life satisfaction

Phone:
(518) 292-5451

Website:

<https://www.northernrivers.org/on-track-ny>

RISE Housing and Support Services

RISE programs provide safe, healthy housing and support services to people with mental health concerns, substance use, and other life challenges.

Phone:
(518) 587-6193

Address:
127 Union St,
Saratoga Springs,
NY
12866

Website:

<https://www.riseservices.org/>



MENTAL HEALTH & SUD RESOURCES

Saratoga Center for the Family

Saratoga Center for the Family Saratoga Center for the Family offers a wide range of services focusing on mental health, anger management, parenting programs, child custody stress prevention programs, keeping children safe, physical and sexual abuse, behavioral interventions and attention disorders, and child advocacy.

Phone:
(518) 587-8008

Address:
**359 Ballston Ave,
Saratoga Springs, NY
128665**

Website:
<https://saratogacff.org/>

Saratoga Community Health Center

The Saratoga Community Health Center provides high quality, primary, dental, behavioral and addiction medicine health services to members of the community, regardless of their insurance status and ability to pay. Social workers are also available to assist patients and their families.

Phone:
(518) 886-5600

Address:
**24 Hamilton St,
Saratoga Springs,
NY
12866**

Website:
https://www.saratogacommunityhealthcenter.org/?utm_source=local-listing&utm_medium=organic&utm_campaign=website-link



MENTAL HEALTH & SUD RESOURCES

Saratoga County Alcohol & Substance Abuse Services

Saratoga County Alcohol and Substance Abuse Services is a medically supervised outpatient program providing treatment for individuals suffering from an alcohol and/or drug program and for family members trying to cope with the presence of alcohol or drug problems within the family. Treatment is designed to promote abstinence, to improve community integration, and to improve daily functions. Services include: Screening, referral, assessment, and individual and group counseling.

Phone:
(518) 587-8800

Address:
**254 Church Street,
Saratoga Springs, NY
12866**

Website:

<https://www.nyconnects.ny.gov/providers/saratoga-county-alcohol-and-substance-abuse-services-sofarensap284>

Saratoga County Department of Mental Health and Addiction Services

The mission of Saratoga County Department of Mental Health & Addiction Services is to provide outpatient mental health and alcohol/drug treatment services that are accessible and responsive to the needs of persons suffering from mental illness and/or alcohol/drug problems, their families, and the community.

Phone:
(518) 584-9030

Address:
**135 S Broadway,
Saratoga Springs, NY
12866**

Website:

<https://www.saratogacountyny.gov/departments/mental-health-center/>



MENTAL HEALTH & SUD RESOURCES

Saratoga County Personalized Recovery Oriented Services (PROS)

Saratoga County PROS is a comprehensive, individualized, recovery based program that offers rehabilitation, support, and treatment services under one roof. PROS serves adults (over 18) with a mental illness diagnosis who have a functional disability that interferes with their ability to live a fulfilling life. The purpose of PROS is to help participants take control of their own lives by teaching the skills necessary to overcome the mental, emotional, behavioral, and social barriers resulting from mental illness and addiction.

Phone:
(518) 885-4521

Address:
**135 South Broadway,
Saratoga Springs,
NY, 12866-4532**

Website:

<https://www.saratogacountyny.gov/departments/mental-health-center/#:~:text=Personalized%20Recovery%20Oriented%20Services&text=PROS%20services%20are%20person%2Dcentered,competitive%20employment%20in%20the%20community>

Saratoga Hospital

Saratoga Hospital Medical Group – Mental Health and Behavioral Health programs provide the foremost in compassionate, confidential care with individualized psychiatric and behavioral health treatment options delivered in safe, supportive environments.

Phone:
(518) 587-3222

Address:
**211 Church St,
Saratoga Springs, NY
12866**

Website:

<https://www.saratogahospital.org/services/medicalsurgical/behavioral-mental-health>



MENTAL HEALTH & SUD RESOURCES

Saratoga Mentoring A program of Catholic Charities

The Saratoga Mentoring Program matches caring adult volunteers with children from challenging life circumstances. Mentors and kids spend a couple of hours a week together, building a friendship and having fun. Mentors are there to listen, guide and be a friend.

**Phone:
(518) 581-1487**

**Address:
368 Broadway Suite
16 Saratoga Springs,
NY 12866**

**Website:
<https://saratogamentoring.org/>**

Saratoga Psychological Associates

Saratoga Psychological Associates provides comprehensive treatment to children, adolescents, adults, couples and families who are undergoing situational stresses or more long-standing problems.

**Phone:
(518) 587-0499**

**Address:
63 Franklin St,
Saratoga Springs, NY
12866**

**632 Plank Rd
Clifton Park NY
12065**

**Website:
<https://saratogapsych.com/>**



MENTAL HEALTH & SUD RESOURCES

Saratoga Regional YMCA

The Saratoga Regional YMCA provides health and wellness activities to promote strong mind, body and spirit.

Locations:

**119 Gabriel Rd
Corinth, NY 12822
(518) 583-9697**

**10 Medical Park Dr.
Ballston Spa, NY 12020
(518) 583-9623**

**290 West Ave
Saratoga Springs,
NY 12866
(518) 583-9622**

**20 Old Gick Rd
Saratoga Springs,
NY 12866
(518) 587-3000**

Website:

<https://srymca.org/>

Saratoga Stress Reduction Program

The Saratoga Stress Reduction Program is an eight-week mindfulness-based stress reduction course.

**Phone:
(518) 581-3180**

**Address:
58 Henry Street,
Saratoga Springs,
NY 12866**

Website:

<https://www.oneroofsaratoga.com/>



MENTAL HEALTH & SUD RESOURCES

Sharps Disposal Kiosks

**Corinth EMS
101 Sherman Ave, Corinth, NY 12822**

**Saratoga Hospital Emergency Center
211 Church St, Saratoga Springs, NY 12866**

**Saratoga Springs Housing Authority
1 S Federal St, Saratoga Springs, NY 12866**

Smoking and Vaping Cessation

**Be Tobacco Free
877-44U-QUIT (877-448-7848)
<https://betobaccofree.hhs.gov/>**

**New York State Smokers Quitline
1-866-NYQUITS (1-866-697-8487)
<https://www.nysmokefree.com/>**

**Truth Initiative
Youth and young adults:
Text DITCHVAPE to 88709
Parents of a young person who vapes:
Text QUIT to 847-278-9715
<https://truthinitiative.org/thisisquitting>**



MENTAL HEALTH & SUD RESOURCES

SPARC Saratoga St. Peter's Addiction Recovery Center

SPARC provides outpatient services for individuals with substance addiction. The program includes 12-step meetings, group therapy, and family support and trauma recovery groups.

**Phone:
(518) 885-6884**

**Address:
125 High Rock Ave
Saratoga Springs,
NY 12866**

Website:

<https://www.nyconnects.ny.gov/providers/st-peters-addiction-recovery-center-sofarensap285>

St. Peter's Addiction Recovery Services

St. Peters Hospital treats alcohol and drug addiction crises in emergency departments throughout the Capital Region. Physicians and nurses will stabilize symptoms, arrange for detox or medically managed detox if needed, keep you as safe and comfortable as possible during withdrawal, assess your mental health and support your family and loved ones. For patients that need to stay in the hospital during part of their recovery, St. Peters offers two inpatient rehab centers.

Locations:

**2215 Burdett Ave.
Troy, New York 12180
Inpatient Phone:
(518) 271-3390**

**1300 Massachusetts
Ave.
Troy, New York 12180
Inpatient Phone:
518-271-3390
Outpatient Phone:
(518) 268-5005**

Website:

<https://www.sphp.com/find-a-service-or-specialty/addiction/>



MENTAL HEALTH & SUD RESOURCES

The NYS Community Health Access to Addiction & Mental Healthcare Project (CHAMP)

CHAMP is designed to help individuals and their families resolve issues in accessing substance use disorder and mental health services.

Phone:
(888) 614-5400

Website:
<https://www.cssny.org/programs/entry/champ>

The Prevention Council

The Alcohol and Substance Abuse Prevention Council of Saratoga County, is a nonprofit, community-based organization working to prevent alcohol, drug and other substance abuse throughout Saratoga County. Their mission is to provide education, information and referral services on the subjects of alcohol, tobacco, other drug and violence prevention to individuals and local communities, thereby enhancing the quality of life for all citizens by diminishing the adverse effects of substance abuse and violence.

Phone:
(518) 581-1230

Address:
**125 High Rock Ave
#107,
Saratoga Springs,
NY 12866**

Website:
<https://preventioncouncil.org/>



MENTAL HEALTH & SUD RESOURCES

Union Street Counseling

Union Street Counseling offers psychological and psychiatric assessments, counseling services and supervised therapeutic visitations.

Phone:
(518) 289-5072

Address:
5 Hemphill Place
Malta NY, 12020

Website:

<http://ucbhc.weebly.com/>

Wellspring

Wellspring is the domestic violence and sexual assault services resource for Saratoga County residents. They support survivors by providing emergency shelter, a 24-hour hotline & live chat, counseling, long-term housing assistance, case management and much more.

Phone:
(518) 583-0280
Office

518-584-8188
24/7 crisis line

Address:
2816 US-9,
Malta, NY 12020

Website:

<https://www.wellspringcares.org/>

