

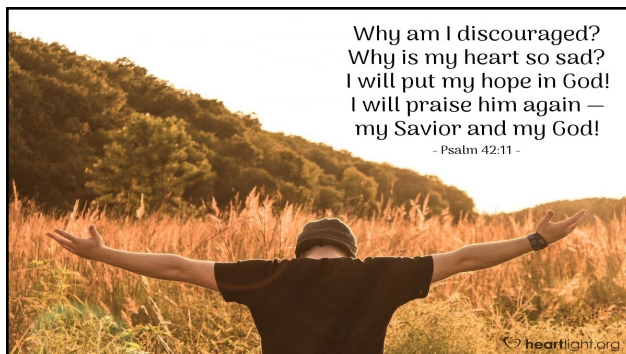
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**Reason for this presentation?**  
To bring **awareness** to the church that people in and outside of the church have mental health needs.

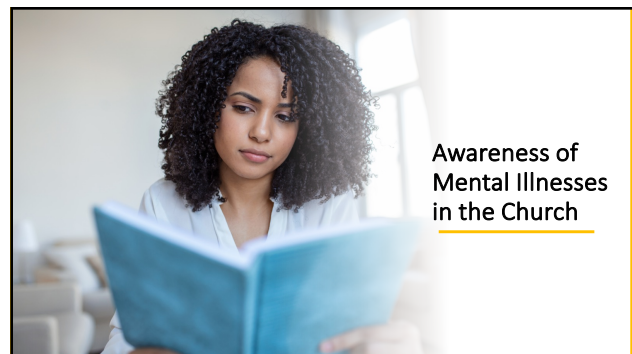
**Purpose for Us?**  
As the local Church we should address all mental health needs with an **attitude** that will reflect the Love, Empathy, Hope and Compassion of Jesus Christ.

**An opportunity now?**  
The church needs to **act** in Faith in order to help meet the needs of individuals, couples and families challenged by mental health problems.

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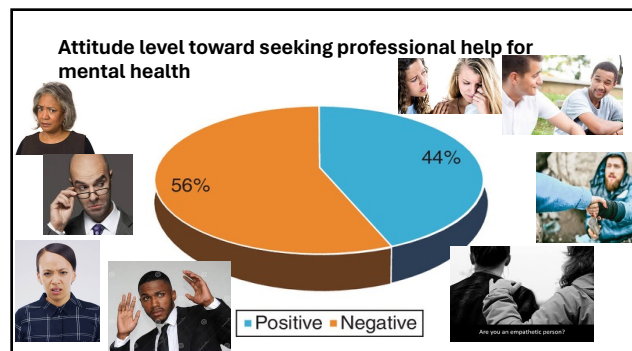
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### Mental Health In The USA

- Mental illnesses are common in the United States. It is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021).
- Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.
- Two broad categories can be used to describe these conditions: Any Mental Illness (AMI) and Serious Mental Illness (SMI).
  - AMI encompasses all recognized mental illnesses.
  - SMI is a smaller and more severe subset of AMI.

\*Additional information on mental illnesses can be found on the [NIMH Health Topics Pages](#).

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## 12 Month Prevalence of Any Mental Illness of US Adults

- 23% of all Adults
- 16% of Asian Adults
- 21% of Black Adults
- 21% of Hispanic or Latino Adults
- 24% of White Adults
- 27% of Adult Indigenous People
- 35% of Adults who report mixed/multiracial
- 50% of lesbian, gay & bisexual adults

Data from CD, NIMH & other select source NAMI



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## 12 Month Prevalence of Any Mental Illness of US Adults

- 1 in 5 US adults experience mental illness
- 1 in 20 US adults experience serious mental illness
- 17% of youth (6-17 years) experience a mental health disorder



Data from CD, NIMH & other select source NAMI

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## You Are Not Alone

12 Month Prevalence of Common Mental Illness of US Adults

- 19% Anxiety Disorders
- 8% Depression
- 8% Co-occurring Substance Use Disorder & Mental Illness
- 4% Post Traumatic Stress Disorder
- 3% Bipolar Disorder
- 1% Schizophrenia
- 1% Borderline Personality Disorder
- 1% Obsessive Compulsive Disorder



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## Students with Mental Health in USA

**74%**  
of students said they were either "uncomfortable" or "very uncomfortable" approaching faculty about a mental health concern.

More than  
**91%**  
of students have dealt with a personal mental health concern.

### University Mental Health

- 77% are struggling with mental health and wellbeing as a result of the pandemic
- 80% of students are feeling anxious or stressed
- 37% affected by friendship or relationship issues
- 8.8% admitted to self-harming
- 11% admitted to alcohol abuse
- 84% believe that engaging in university life has a positive impact on their mental health
- 86% are keen to return to their university campuses as soon as it is safe to do so

Article: Telegraph Jan 21  
Survey: Under Students

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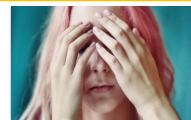
## Prevalence of Any Mental Illness (AMI)

- In 2021, there were an estimated 57.8 million adults aged 18 or older in the United States with AMI. This number represented 22.8% of all U.S. adults.
- The prevalence of AMI was higher among females (27.2%) than males (18.1%).
- Young adults aged 18-25 years had the highest prevalence of AMI (33.7%) compared to adults aged 26-49 years (28.1%) and aged 50 and older (15.0%).
- The prevalence of AMI was highest among the adults reporting two or more races (34.9%), followed by American Indian / Alaskan Native (AI/AN) adults (26.6%). The prevalence of AMI was lowest among Asian adults (16.4%).



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## Mental Illnesses



**Any Mental Illness (AMI)** is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment.

(e.g., individuals with serious mental illness as defined in Figure 2)

Figure 1

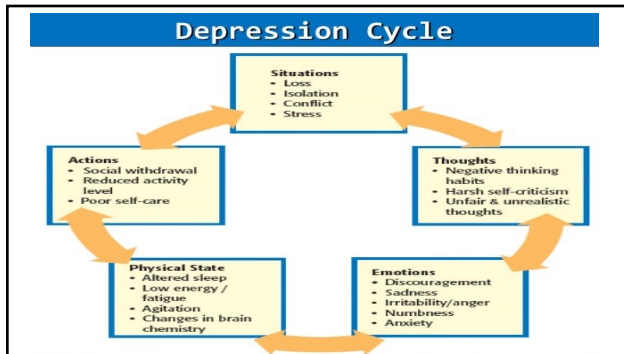


**Serious Mental Illness (SMI)** is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.

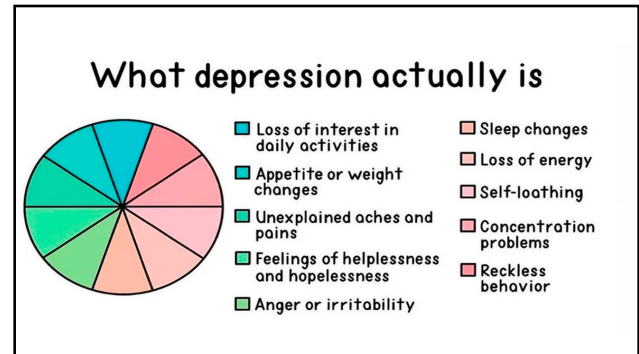
The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI.

Figure 2

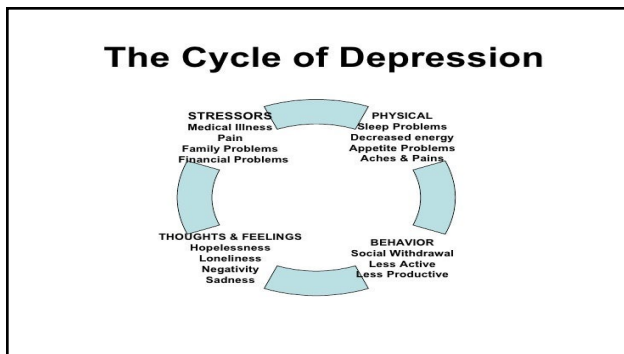
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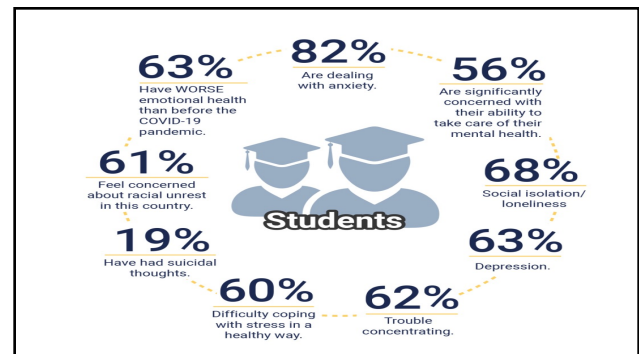
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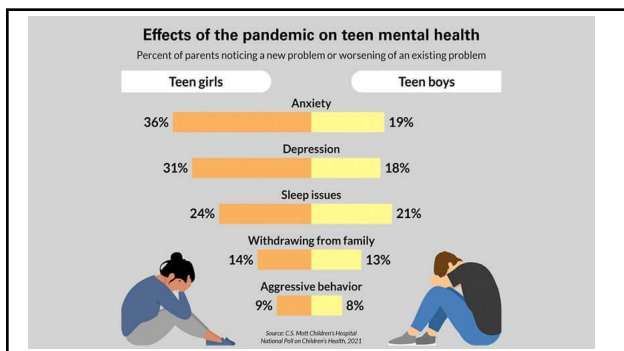
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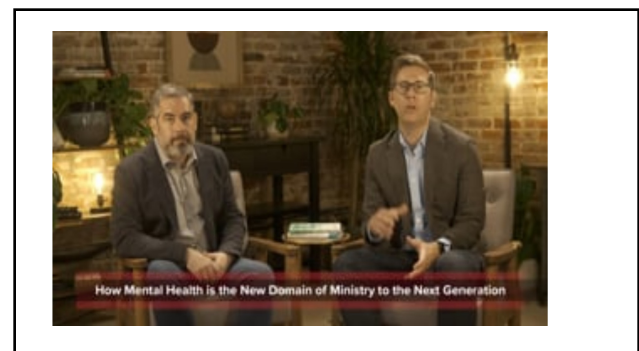
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### 5 Truths the Church Needs to Realize About Suicide

1. Suicidal thoughts reflect deep-seated suffering
2. Some groups are at greater risk for suicide
3. The church has a role to play in suicide prevention
4. Asking directly about suicide *does not* increase risk
5. Help is available

© 2018 The Church Needs to Realize About Suicide  
Images: iStock by Getty Images / iStock by Getty Images

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### Practical Steps for Action

- Practical Steps for Action:
  - Cultivating Christ-like Attitudes:
    - Emphasize the qualities of Love, Empathy, Hope, and Compassion as essential attitudes.
    - Share stories or testimonies that exemplify these attitudes in addressing mental health challenges.
    - Provide resources for mental health education and awareness.
    - Offer guidance on how to approach and support individuals, couples, and families facing mental health challenges.
    - Discuss the role of prayer, faith family, and ministry (mental health/medical collaborative community) support in the healing process.
    - Discuss the concept of the Body of Christ and the responsibility to care for one another.
- 1. Teach a balanced view of mental illness as a part of an ongoing education process.
  - Sermon Illustrations: Speaking of depression, anxiety, trauma, addiction, and other struggles in an informed, unstigmatized way will go a long way toward giving people the emotional freedom to talk about their struggle with friends and seek the help they need.
  - Testimonies: Someone sharing their story has a powerful influence on any group's culture. As someone tells their story of wrestling with mental illness they should (a) speak of how personal faith, a community of care, wise care of their body, and counseling played a role in their recovery; and (b) clarify that this is their personal story and not necessarily the map of how God guides every person with a similar struggle in their pursuit of hope and wholeness.

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### Practical Steps for Action

- Follow Up Blogs: A blog that follows up on a sermon or testimony can be a great way to connect people who still prefer to remain anonymous with helpful resources. The ultimate goal is to create an open community of care, but the process may involve facilitating many smaller steps in that direction. Here's an [example](#).
- Adult Education Classes or Conferences: There are a growing number of excellent Christian books on various types of mental illness. These classes or events can simultaneously comfort and equip. Having classes like this communicates that your church is a "safe place" for these conversations and that these topics are a relevant part of living a God-honoring life.
- Support Groups: While a class or event is educational (educating a subject), a support group is therapeutic (taking someone on a journey). While support groups can create cliques within a church, they can also provide a context for a greater transparency as a next step toward more general authenticity. When starting these groups, a church would want to think through how to prevent a support group from becoming someone's long-term community and, thereby, inadvertently reinforcing their struggle and identity.
- Befriend those who are struggling with mental illness with multiple people so no one person carries the full weight of responsibility. We often fail to realize that no professional qualifications are required to be a friend. As Amy Simpson in *Trouble Minds* wrote, "When churches have antibiotic-like expectations for mental health treatment, they communicate, 'go get treated, then you can come back and you can be a growing Christian with us.'"

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### Practical Steps for Action

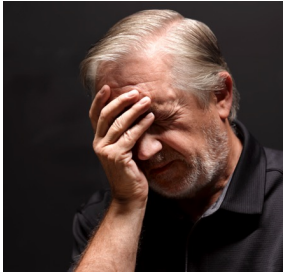
- Have a relationship that includes but transcends the struggle with mental illness. In a purely professional setting, a struggle with mental illness is why an individual is known and cared for. This adds to the stigma and results in a mindset that says I have to be "all better" to be known authentically. With a professional counselor or recovery group if you get better, you "graduate" from having people who know and care for you.
- Emotional unrest and embarrassment make it difficult to sort out how to best categorize struggles. One of the main goals for this presentation is to equip people for these conversations. The more these conversations can be had effectively in natural relationships the earlier people will receive care, the longer they will stick with their care, and less ashamed they will be to embrace the care God wants for them.
- 5. Attend a counseling session with your friend, take notes, gain an understanding of their struggle, and serve as an echo of key truths or practices recommended by the counselor. This would require the permission of your friend and the cooperation of the counselor. But many counselors are willing to cooperate with this kind of counseling-advocate model, and it can greatly enhance both the short-term and long-term effectiveness of counseling.
- *This post is an edited excerpt from "Towards a Christian Perspective of Mental Illness," which is available for free in its entirety in both [print](#) and [audio](#) formats.*
- Brad Hambrick
- Brad serves as the Pastor of Counseling at The Summit Church in Durham, North Carolina

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### 1. Suicidal thoughts reflect deep-seated suffering

A recent Lifeway survey revealed evangelicals are more likely than others to believe suicide is selfish and people who commit suicide automatically go to hell. The reality, however, is that suicide often reflects deep-seated suffering.

**Ninety percent** of people who die by suicide have an underlying mental health condition, especially depression, bipolar disorder, and substance abuse.



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### 2. Some groups are at greater risk for suicide

 <p><b>Middle Aged Adults</b></p> <ul style="list-style-type: none"> <li>• Men</li> <li>• Women</li> <li>• Adults who live in rural areas</li> </ul>	 <p><b>People who serve</b></p> <ul style="list-style-type: none"> <li>• Veterans</li> <li>• First Responders</li> <li>• Police</li> <li>• Firefighters</li> <li>• EMS</li> </ul>	 <p><b>Those struggling with:</b></p> <ul style="list-style-type: none"> <li>• gender dysphoria or same-sex attraction</li> <li>• AUD/STD</li> <li>• Psychiatric Disorders</li> </ul>	 <p><b>Indigenous Populations</b></p> <p>Hispanic and African Americans</p> <p>Socioeconomic Stressors</p>	 <p><b>Young Adults</b></p> <ul style="list-style-type: none"> <li>• High Schoolers</li> <li>• Young women</li> </ul>
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### 3. The church has a role to play in suicide prevention

Faith is a protective factor against suicide.

Church attendance and faith practices have both been linked to lowering the risk of suicide.

And yet, research suggests we can do more.



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### 4. Asking directly about suicide *does not* increase risk

- Loved ones frequently worry that asking someone about suicidal thoughts will "put the idea" in a sufferer's head.
- Multiple studies, however, show this concern is unfounded. In fact, experts agree that directly asking someone if they are considering suicide is the best and safest approach.

Experts agree that directly asking someone if they are considering suicide is the best and safest approach. — Kathryn Butler



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### 5. Help is available

- Suicide Hotline (telephone and text)
- Talk Therapy
- Support Groups
  - AA
  - Al-ANON (Support for those with family members struggling with Alcohol Abuse)
  - NAMI (National Alliance on Mental Illness- Family Support)
- Substance Abuse Rehabilitation/Detox
- Stabilization Center
- Psychiatric Evaluations
- Pharmacology (Medication)
- Bereavement Services
- And More...

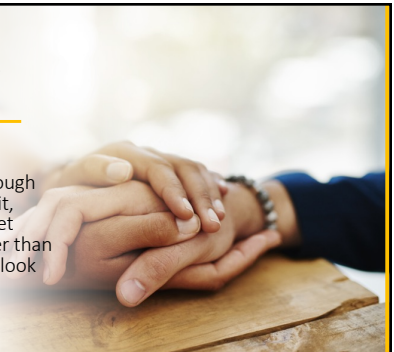


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**Attitude** that will reflect the Love, Empathy, Hope & Compassion of Christ

Philippians 2:3-5 (NKJV)

<sup>3</sup> Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. <sup>4</sup> Let each of you look out not only for his own interests, but also for the interests of others.



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### Moving Forward:

<sup>5</sup> "I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. John 15:5

- Follow-up:
  - Provide post-workshop resources, such as reading materials, contact information for mental health professionals, and support groups.
- Content to the specific needs and dynamics of the local church community should be considered.
- Creating and fostering a safe and non-judgmental space for discussion will be crucial in fostering openness and understanding around mental health issues.



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### Should The Church Care About Mental Health?

**Yes**

Why should we care?

"With **100** people in your church on Sunday morning, **26** of them will suffer from a diagnosable mental illness this year."

\*Amy Simpson, Author of Troubled Minds, Mental Illness and the Church's Mission



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**The Church Should exude an attitude that will reflect the Love, Empathy, Hope & Compassion of Christ**


According to the Merriam-Webster's Dictionary

Love is a strong affection for another arising out of kinship or personal ties

Empathy is the feeling that you understand & share another person's experiences & emotions: the ability to share someone else's feelings.

Hope is a desire accompanied by expectation of or belief in fulfillment

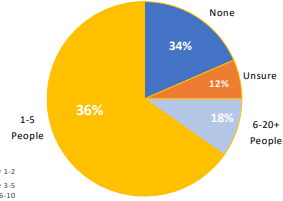
Compassion is the sympathetic consciousness of others' distress together with desire to alleviate it.



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**Pastor Awareness of Congregates Mental Health**

When U.S. Protestant Pastors were asked, "In the churches where you have served on staff, how many church members have you known who have been diagnosed with a severe mental illness such as clinical depression, bipolar, or Schizophrenia?"




**Note:**  
 18% say 1-2  
 18% say 3-5  
 8% say 6-10  
 9% say 11-12  
 6% say 20+

**Lifeway research**

Source: Lifeway Research phone survey of 1,000 U.S. Protestant pastors conducted Sept. 1-28, 2021

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**A Biblical View On Mental Health**

Matthew 22:36-40(NKJV)

<sup>36</sup> "Teacher, which is the great commandment in the law?"

<sup>37</sup> Jesus said to him, "'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' <sup>38</sup> This is the first and great commandment.

<sup>39</sup> And the second is like it: 'You shall love your neighbor as yourself.'

<sup>40</sup> On these two commandments hang all the Law and the Prophets."

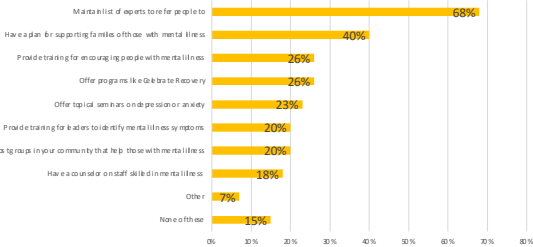
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**Actions The Church is taking...**

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**What types of care do churches provide for those with mental illness or their families?**



**Note:** 1% say not sure. Respondents could select all that apply.

**Lifeway research**

Source: Lifeway Research phone survey of 1,000 U.S. Protestant pastors conducted Sept. 1-28, 2021

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**The Body of Christ taking action looks like**

If someone is actively suicidal, he or she should not be left alone. Church leaders should **call 911** or **text 988** Suicide and Crisis Lifeline to connect to a crisis counselor from the Crisis Text Line, and after speaking with a specialist, **escort** them to the emergency room.




Photo by iStockphoto. Author is licensed under CC BY.

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**Awareness** to the church that people in and outside of the church have mental health needs.

**Attitude** that will reflect the Love, Empathy, Hope & Compassion of Christ

**Action** Finding the right people to refer people to

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## **Crisis Services/Mental Health: Mobile Crisis Teams**

- [Crisis Services/Mental Health Main Page](#)
- [NYC Well](#)
- [Child & Adolescent Mental Health Emergency/Crisis Services](#)
- [Mobile Crisis Team Frequently Asked Questions \(PDF\)](#)

A Mobile Crisis Team is a group of behavioral health professionals — such as social workers, peer specialists and family peer advocates — who can provide care and short-term management for people who are experiencing severe behavioral crisis.

Service are primarily provided in people's homes, as well as in schools for children experiencing crisis. Mobile Crisis Teams are available in all five boroughs.

Mobile Crisis Teams respond to referrals placed between the hours of 8 a.m. and 8 p.m. They typically provide an in-person visit within two hours of receiving a referral.

This service is for people who do not need immediate hospitalization.

### **Services Provided**

Mobile Crisis Teams can provide mental health engagement, intervention and follow-up support to help people remain connected with treatment providers. The teams may offer a range of services, including:

- Assessment
- Crisis intervention
- Supportive counseling
- Information and referrals, including to community-based mental health services

### **Request a Team**

You can request help from a Mobile Crisis Team if you are concerned about a family member, friend or acquaintance who is experiencing, or at risk of, a psychological crisis. You can also request a team for yourself. To request a team, call NYC Well at (888) NYC-WELL (888-692-9355).

### **Transport to Psychiatric Emergency Room**

If a Mobile Crisis Team determines that a person in crisis needs further psychiatric or medical assessment, they can arrange for that person to be transported to a hospital psychiatric emergency room.

Mobile Crisis Teams may direct EMS or police to take a person to an emergency room against their will only if they have a mental illness (or the appearance of mental illness) and are a danger to themselves or others. This is in accordance with NYS Mental Hygiene Law.

For more information, contact [NYC Well](#) at (888) NYC-WELL (888-692-9355).



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## **Alcohol & Substance Use Disorder Treatment Facilities**

### **Arms Acres**

[www.armsacres.com](http://www.armsacres.com)

75 Seminary Hill Rd, Carmel, NY 10512 · ~11.1 mi  
(845) 225-3400

### **Samaritan Village**

[www.samaritanvillage.org](http://www.samaritanvillage.org)

88 Fox Hollow Rd, Rhinebeck, Ny 12572 · ~28.5 mi  
(845) 647-8006

St Christopher's Inn Inc

Addiction treatment center in Philipstown, New York

**Address:** 21 Franciscan Way, Garrison, NY 10524

**Hours:**

Closed · Opens 8:30 AM

**Phone:** (845) 335-1000

Residential Treatment Services

Call 845-335-1022

The Turning Point

Addiction treatment center in Poughkeepsie, New York

**Located in:** Family Partnership Center

**Address:** 241 North Rd, Poughkeepsie, NY 12601

**Phone:** (845) 483-5512



**New York Adult & Teen Challenge**  
**585-301-2536**

## **Locations**

### **Albany**

14318 US-9W

Ravena, NY 12143

### **Buffalo**

124 Locust Street

Buffalo, NY 14204

### **Long Island**

309 Old Farmingdale Rd

West Babylon, NY 11704

### **Rochester**

160 Northaven Terrace

Rochester, NY 14621

### **Syracuse**

124 Furman Street

Syracuse, NY 13205

### **Brooklyn**

416 Clinton Ave, Brooklyn, NY 11238

**Hours:**

Open 24 hours

**Phone:** (718) 789-1414

**Comprehensive Counseling LCSWs:**

3555 Bainbridge Ave., Bronx, NY 10467 and 3174 Riverdale Ave, Bronx, NY 10463, Phone- 718-830-0246.

\*They also have offices in other Boroughs; Rego Park location has a psychiatrist on site, pts call themselves for phone screening and to schedule their intake

**Jewish Board for Family and Children Services (JBFCs):**

One Call Phone: 1-844-663-2255 or 212-584-8495 Fax: 212-632-4495, \*accepts many insurance multiple Bronx locations. Some have evening and weekend availability as well. Patient must call directly to self-refer.

**NY Psychotherapy and Counseling Center:**

579 Courtland Avenue, Bronx, NY 10451 Phone: 718-485-2100 Fax # 718-485-2101 \*Takes most Medicaid plans, walk in hours from Monday-Friday 10:00 am-1:00 pm, pts must attend 3 intake visits and then submit a form from PCP, they require weekly therapy at first

**Insurance Companies:**

Call the number on the back of your insurance ID card and ask a representative for mental health professionals in your area.

**NYC Well (Mental Health):**

Call 1-888-NYC-Well or text WELL to 65173 for help connecting to long term referrals, crisis intervention and peer support 24/7.

**Alssaro Counseling Services**

**Main Street**

**481 Main Street Suite 401 New Rochelle  
NY 10801**

Phone: (914) 355 2440

Email: [info@alssaro.com](mailto:info@alssaro.com)

Fax: 914-235-0822

**All Medical And Rehabilitation Center**

4377 Bronx Blvd. Bronx, NY 10466

718-325-0700 Fax 718-684-5266 or 845-765-9346

**All Medical and Rehabilitation Center**

820 St Ann's Ave, The Bronx, NY 10456

718-325-0700

**True Pursuit Psychological Services**

2860 Bailey Ave, Bronx, NY 10463

Tel :(718) 701-5833

**UBA Montefiore**

1-800-401-4822

**Essen Health Care**

Mental & Behavioral Health

**Telehealth**

Tel:718-583-7736

Fax: 347-897-6174

Email: [Externalreferrals@essenmed.com](mailto:Externalreferrals@essenmed.com)

**Montefiore Moses Outpatient Psychiatry  
Program**

111 E. 210<sup>th</sup>, Klau 1

Bronx, NY 10467

Phone: 718-920-4295

**Montefiore North Division Annex**

4401 Bronx Blvd, Bronx, NY 10470

**Phone:** (718) 304-7000

**Full Circle**

136 Neill Ave, Bronx, NY 10461

Tel :(718) 518-7600

**Montefiore Behavioral Health**

2527 Glebe Ave. Bronx, NY 10470

**Phone:** 718-904-4400 or 718-904-4414

**Metropolitan Mental Health Clinic**

1901 First Ave

New York, NY 10029

Tel :(212) 423-6634 or (212)668-6685

**YAI (Seeing Beyond Disability)**

212-273-6100

220 E 42<sup>nd</sup> st

8th floor.

New York, NY 10017

**Montefiore North Outpatient Mental Health Program**

4401 Bronx Blvd (near 238th Street)  
Bronx, NY  
Intake: 718 304-7048  
For SUD program 718 304-7070

**BronxCare Health System Life Recovery Center**

1285 Fulton Ave. 1<sup>st</sup> floor  
Bronx, NY 10456  
Intake: 718-518-3700

**Mount Vernon Neighborhood Health Center**

107 W 4th ST, Mt Vernon, NY 10550  
Tel: (914) 699-7200

**Mount Vernon Community Svs Center**

Mount Vernon, New York  
100 E 1st St, Mt Vernon, NY 10550  
Phone: (914) 813-6238

**Northeast Family Services**

Warwick, Rhode Island  
2348 Post Rd # 107, Warwick, RI 02886  
Phone: (401) 681-4637

**Nassau Psychology**

165 N. Village Ave.  
Rockville Center, NY 11570  
Phone: (516) 350-8564

**Puerto Rican Family Institute**

**Bronx Mental Health Clinic**

4123 3rd ave.  
Tel: 718-299-3045

**Calvary Hospital**

calvaryhospital.org  
1740 Eastchester Rd, Bronx, NY 10461  
Hours: Open 24 hours  
Phone: (718) 518-2000

**Psychology Today:**

Browse [www.psychologytoday.com](http://www.psychologytoday.com) for a list of mental health professionals in your area.

**Good Therapy:**

Browse [www.goodtherapy.org](http://www.goodtherapy.org) for a list of mental health professionals in your area.

**ZocDoc:**

Browse [www.zocdoc.com](http://www.zocdoc.com) for a list of mental health professionals in your area.

**Private Practice Therapist**

**Coop City Area**

Jacqueline Rolon  
Counselor, LMHC  
(646) 904-5468

Ebony Deloris Woney, LMHC  
(929) 383-7085

Cleopatra Williams, LCSW  
1-347-609-4389

NAMI-NYS HELPLINE  
518-245-9160 M-F 8am-3pm  
Email: [infor@naminys.org](mailto:infor@naminys.org)



**MENTALHEALTHCLINICS.ORG**

**Mental Health Facilities in Putnam Dutchess, Ulster, Orange, Westchester, Rockland County, NY**

**(855) 453-8985**

**CoveCare Center - Counseling & Wellness**

**Management** [covecarecenter.org](http://covecarecenter.org)

1808 Route 6, Carmel, NY 10512 · ~10.7 mi  
(845) 225-2700

**Mental Health Association in Putnam**

[mhaputnam.org](http://mhaputnam.org)  
**At:** Brewster Square  
2505 Carmel Ave Ste 212, Brewster, NY 10509 ·  
(845) 278-7600

**Mental Health America of Dutchess County**

[mhadutchess.org](http://mhadutchess.org)  
253 Mansion St, Poughkeepsie, NY 12601  
(845) 473-2500

**Family Services Inc**

Counseling & mental health  
223 Main St, Beacon, NY 12508 · ~20.1 mi  
(845) 486-2703

**Dutchess County Stabilization Center**

[www.dutchessny.gov](http://www.dutchessny.gov)

**At:** Dutchess County Dept of Mental Hygiene  
230 North Rd, Poughkeepsie, Ny 12601  
(845) 485-9700  
Open 24 hours  
Counseling & mental health

Dutchess County Stabilization Center

**Located in:** Dutchess County Mental Hygiene  
**Address:** 230 North Rd, Poughkeepsie, NY 12601  
**Hours:**  
Open 24 hours  
**Phone:** (845) 485-9700

**MidHudson Regional Hospital**

[www.midhudsonregional.org](http://www.midhudsonregional.org)  
241 North Rd, Poughkeepsie, NY 12601  
(845) 483-5000

**Children & Adolescents****Four Winds Hospital**

[www.fourwindshospital.com](http://www.fourwindshospital.com)  
800 Cross River Rd, Katonah, NY 10536 · ~20.4 mi  
(914) 763-8151

Here are all of the mental health centers that we could find in NY. Many of these treatment clinics provide inpatient and residential mental health treatment and are able to treat men, women, teenagers and adolescents. Mental health facilities in New York are able to treat all kinds of mental health issues such as suicidal thoughts, PTSD, OCD, various eating disorders, panic disorders, ADHD, depression, various phobias, personality disorders and more.

You can go to <https://www.mentalhealthclinics.org/> to find out more information

- **ACCESS SUPPORTS FOR LIVING HYDE PARK CENTER PROS**
- **POUGHKEEPSIE CENTER PROS**
- **ASTOR SERVICES FOR CHILDREN/FAMILIES DOVER COUNSELING CENTER**
- **DC DEPT BEHAVIORAL/COMMUNITY HEALTH DUTCHESS COUNTY PARTIAL HOSP PROGRAM**
- **MHA OF DUTCHESS COUNTY BEACON WELLNESS PROS PROGRAM**
- **ACCESS SUPPORT FOR LIVING MILLBROOK CENTER PROS PROGRAM**
- **FAMILY SERVICES POUGHKEEPSIE MENTAL HEALTH CLINIC**
- **ROCKLAND PSYCHIATRIC CENTER DUTCHESS CLINIC**
- **ASTOR ADOLESCENT DAY TREATMENT PROGRAM BOCES ALTERNATIVE EDUCATION ACADEMY**
- **WESTCHESTER MEDICAL CENTER MIDHUDSON HOSP BEHAVIORAL HEALTH**
- **ASTOR SERVICES FOR CHILDREN/FAMILIES OUTPATIENT COUNSELING**
- **FAMILY SERVICES BEACON MENTAL HEALTH CLINIC**
- **FAMILY SERVICES EASTERN DUTCHESS LOCATION**
- **ASTOR ADOLESCENT DAY TREATMENT PROGRAM MIDDLE SCHOOL SATELLITE**
- **VA HUDSON VALLEY HEALTHCARE SYSTEM FDR/POUGHKEEPSIE COMMUNITY CLINIC**
- **ASTOR SERVICES FOR CHILDREN AND FAMILIES CSL SERVICES/YTH AND FAM/PKEEPSIE CENTER**
- **VA HUDSON VALLEY HEALTHCARE SYSTEM CP/CASTLE POINT CAMPUS**
- **ASTOR SERVICES FOR CHILDREN AND FAMILIES ADOLESCENT PARTIAL HOSP PROGRAM**
- **ASTOR SERVICES FOR CHILDREN AND FAMILIES**

## Frequently Asked Questions

Getting mental health treatment is essential. Getting answers to questions you may have about mental health in Dutchess County, NY is just as important. Here are some of the most common questions that people ask in regard to mental health treatment:

- **Can I pay for mental health treatment in Dutchess County with my health insurance?**  
Fortunately, most of the mental health clinics throughout Dutchess County will accept private health insurance to cover the cost of treatment. Insurance carriers that include Aetna, Humana, United Healthcare, Blue Cross Blue Shield, Cigna and many others may have provisions in their plans that pay for mental health services. Of course, you should always inquiry with your insurance company to see the exact benefits you have.
- **Is there mental health treatment for teenagers available in Dutchess County?**  
Many of the mental health clinics that are located in Dutchess County are able to provide treatment to teenagers and adolescents. In fact, there are some facilities that specialize only in providing mental health treatment to the younger population, while there are also others that will not accept teenagers. Inquire at the specific facility you are interested in to make sure they do provide mental health service for your teenage son or daughter.
- **How long does mental health treatment last in Dutchess County?**  
Mental health treatment is done on an individual basis, so there is no specific amount of time or duration that can apply to everyone. Many mental health facilities in Dutchess County have standardized mental health treatments that often go for 30 days, which is a popular option among those seeking treatment. However, your particular case may require 60-day, 90-day or even year-long treatment.
- **What are some of the mental health disorders for which I can get treatment in Dutchess County?**  
As a general rule, treatment centers in Dutchess County can help with most mental health disorders. Such disorders include phobias, eating disorders such as compulsive eating, anorexia or bulimia, PTSD, trauma, personality disorders, bipolar disorder, depression, dissociative identity disorder and schizophrenia. To be sure, please ask the facility in question whether they will provide treatment for the specific disorder you or your loved one need help with.
- **How much does mental health treatment cost in Dutchess County?**  
Costs for mental health treatment in Dutchess County will vary depending on the facility and your particular mental health issues. Such costs can go as high as \$12,000 for inpatient treatment, or as low as \$60 hourly for outpatient treatment. Please note, however, that you may not need to pay for mental health costs out of pocket. If your health insurance provider pays for mental health services, they may be able to cover some or all costs associated with your treatment.

## Mental Health Facilities in Ulster County, NY

Here are all of the mental health centers that we could find in Ulster County, NY. Many of these treatment clinics provide inpatient and residential mental health treatment and are able to treat men, women, teenagers and adolescents. Mental health facilities in Ulster County, New York are able to treat all kinds of mental health issues such as suicidal thoughts, PTSD, OCD, various eating disorders, panic disorders, ADHD, depression, various phobias, personality disorders and more.

- You can go to <https://www.mentalhealthclinics.org/> to find out more information
- [HEALTHALLIANCE HOSPITAL MARYS AVENUE CAMPUS/ADULT PH](#)
- [FAMILYSERVICES INC BEHAVIORAL HEALTH CENTER OF KINGSTON](#)
- [HUDSON VALLEY MENTAL HEALTH INC NEW PALTZ MENTAL HEALTH CLINIC](#)
- [GATEWAY COMMUNITY INDUSTRIES INC](#)
- [INSTITUTE FOR FAMILY HEALTH COUNSELING AT KINGSTON FAMILY PRACTICE](#)
- [HEALTHALLIANCE HOSPITAL MARYS AVENUE CAMPUS/PSYCH INPATIENT UNIT](#)
- [CHILDRENS HOME OF KINGSTON](#)
- [HEALTHALLIANCE HOSPITAL ADOLESCENT PARTIAL HOSP PROGRAM](#)
- [FAMILY SERVICES ELLENVILLE MENTAL HEALTH CLINIC](#)



## Frequently Asked Questions

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Fortunately, most of the mental health clinics throughout Ulster County will accept private health insurance to cover the cost of treatment. Insurance carriers that include Aetna, Humana, United Healthcare, Blue Cross Blue Shield, Cigna and many others may have provisions in their plans that pay for mental health services. Of course, you should always inquiry with your insurance company to see the exact benefits you have.
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