



**NORTH SALEM
CENTRAL SCHOOL DISTRICT**
230 June Road, North Salem, NY 10560
(914) 669-5414 ex.2020

Mental Health Resources

***Dial 911 if you need immediate assistance/help**

Hotlines

Crisis Text Line	741-741
Suicide Prevention Hotline	1-800-273-TALK
Domestic Violence Hotline	1-845-628-2166
National Teen Dating Abuse Helpline	1-866-331-9474
National Sexual Assault Hotline	1-800-656-HOPE

Agencies (provide support including information on symptoms, treatment & referrals)

Anxiety and Depression Association of America (ADAA)	1-240-485-1001
Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)	1-800-233-4050
Depression and Bipolar Support Alliance (DBSA)	1-800-826-3632
Hope's Door -Domestic Abuse	1-888-438-8700
International OCD Foundation	1-617-973-5801
Substance Abuse & Mental Health Services Administration Helpline (SAMHSA)	1-800-662-HELP
Sidran Institute- trauma and dissociation	1-410-825-8888
TARA <i>Treatment and Research Advancements for Borderline Personality Disorder</i>	1-888-482-7227
The Trevor Project-LGBTQ Support	1-866-488-7386
Psychology Today (online directory of mental health providers)	psychologytoday.com

Support Groups

AL-Anon- <i>Support for family/friends of alcoholics</i>	1-800-899-1479
AA -(<i>Alcoholics Anonymous</i>)	1-800-899-1479
NA- (<i>Narcotics Anonymous</i>)	1-203-775-2029
Vet to Vet Support for veterans and families	1-914-519-8097
Schizophrenia and Related Disorders Alliance of America (SARDAA)	1-240-423-9432

Shelters

Arbor House- Runaway Shelter	1-845-279-2588
The Grasslands Homeless Shelter	1-914-231-4200