



*We can
help*

**Serving the mental health
needs of Westchester County
through advocacy, education
and direct services since 1946**

Hotlines:

Suicide/Crisis Hotline **914-347-6400**

Línea de emergencia para prevención
de suicidio y crisis **914-347-6400**

Family Abuse Hotline **914-347-4558**

Línea de emergencia en situaciones
de abuso familiar **914-347-4558**

**For information and mental health
services in Westchester and Putnam
Counties:**

Visit us at **www.mhawestchester.org**

Call our Information and Referral line at
914-345-5900 ext. 240

E-mail us at **help@mhawestchester.org**

MHA of Westchester — We can help

All of us need assistance at some point in our lives. Whether you are struggling to cope with serious mental illness or dealing with life's often overwhelming challenges and trials, MHA's caring, expert staff can help.

MHA provides:

- Treatment and Counseling
- Home and Community Visits
- Housing
- Social Opportunities
- Case Management
- Vocational Services
- Professional and Community Education and Training
- Advocacy
- Prevention Programs
- Volunteer Opportunities

Our Mission

The mission of the Mental Health Association of Westchester County, Inc. is to promote mental health in Westchester County through advocacy, community education and direct services.

The Mental Health Association of Westchester County, Inc. is a charitable tax-exempt organization pursuant to section 501 (c) (3) of the Internal Revenue Code.

Our staff includes:

- Board-Certified Adult and Child Psychiatrists
- New York State-Licensed Psychologists
- New York State-Licensed Social Workers
- Case Managers
- Certified Rehabilitation Counselors
- Registered Nurses
- Vocational Counselors
- Certified Alcohol and Substance Abuse Counselors



MHA's services are available in English, Spanish and other languages as needed.

Information and Referrals

For information on mental health services in Westchester and Putnam Counties, call our Information and Referral line at 914-345-5900 ext. 240, email help@mhawestchester.org or visit us on the Web at www.mhawestchester.org.

60 Years of Service

The Mental Health Association of Westchester (MHA) has provided care to those with the least access to other resources for more than 60 years. At MHA, we meet a broad range of needs for individuals and families. We help more than 11,000 Westchester residents live fuller, healthier and more productive lives each year through advocacy, education and direct services.

Providing Expert Care

MHA's **New York State-licensed clinics** deliver quality mental health services to children, adolescents, adults, seniors and families. Engaging individuals and families as active participants, our clinicians address a broad range of psychological issues, including:

- Depression
- Anxiety
- Life Transitions
- Loss and Grief
- Child and Adolescent Issues
- Trauma
- Child Abuse
- Sexual Abuse
- Domestic Violence
- Family Abuse
- Schizophrenia
- Bipolar Disorder

MHA's clinical services include:

- Evidence-based individual and group psychotherapy
- Counseling and education
- Psychiatric and psychological evaluations
- Medication therapy



“The staff was here for me when I needed help. They never gave up on me.”

- David, MHA client

Opening the Doors to Treatment

MHA never turns away anyone in need of help because of income level or lack of insurance coverage. Services are provided in both licensed clinics and in clients' homes and communities.

MHA has sites across the County, with primary locations in Elmsford, White Plains and Mt. Kisco. For more information about MHA services, mental health issues and other services in Westchester and Putnam Counties:

- Visit www.mhawestchester.org
- Call the Information and Referral line at 914-345-5900 ext. 240
- E-mail help@mhawestchester.org



“The program has done a lot for my child and me. It helped us grow as a family.”

- Maria, MHA client

Nurturing Healthy Families

MHA keeps families intact and helps teach the skills to cope with life's challenges. Through effective therapy, advocacy, parent skill-building and coordination of mental health and social services, we meet the emotional, behavioral and social needs of the children and families we serve.

Supporting a Return to Community Life

Regaining a sense of independence can be difficult when faced with the challenge of serious mental illness. MHA provides employment, housing and wellness services that support individuals as they move back into the community. The **Sterling Clubhouse** provides its members with comprehensive rehabilitation services including vocational services, social opportunities and a sense of belonging. The Clubhouse is open every day of the week, 365 days a year.

Creating a Community of Caring

Community involvement is vital in helping to improve the lives of Westchester residents. **MHA volunteers:**

- Advocate for abused families in the courts
- Provide nurturance and guidance to children through mentoring
- Ensure the rights, dignity and quality of care of seniors in long-term care facilities
- Assist the family courts by advocating for safe and permanent homes for children in foster care
- Support fundraising efforts to expand MHA programs and services

MHA's signature community event, **MHA on the move**, engages hundreds of runners and walkers each year to raise awareness of mental health and wellness.



For more information on volunteer opportunities, call our Administrative Office at 914-345-5900 ext. 202.

Empowering through Education

MHA's Web site, www.mhawestchester.org, offers a wealth of information on mental health issues, mental illnesses, treatment options, services in Westchester and Putnam Counties and more.

Our **Training Institute** sponsors conferences and trainings that address mental health and related issues, allowing professionals to meet the challenges of serving today's diverse populations.

MHA staff bring together leading experts to provide **community education** on mental disorders, stress management, domestic violence, child abuse, suicide prevention, sexual abuse and other critical issues.

MHA trains educators and other school staff to deliver its comprehensive child sexual abuse and abduction prevention program for elementary school students.

For more information, call our Education Department at 914-345-3993 ext. 222.

Leading with Advocacy

MHA is affiliated with the Mental Health Association of New York State and links to a national network of more than 320 organizations dedicated to promoting mental health. MHA advocates at the local, state and federal levels to create awareness of critical mental health issues and improve public policy to meet the needs of all populations, especially the most underserved.

Building for the Future

MHA needs your support. With your help, we can continue to serve our Westchester neighbors. There are many different ways to show your support, including donations, designation of MHA in your will or trust, becoming a member, participating in special events and more. All contributions are tax-deductible to the full extent permitted by law.

For more information, call our Development Office at 914-345-5900 ext. 204.

Prevalence

Nearly one in five Americans is affected by mental illness each year.

- National Institutes for Health

Ending Stigma

MHA is committed to fighting the stigma and shame often associated with mental illness, empowering people to seek effective treatments.

Ensuring the Right to Quality Care

MHA never turns away anyone in need of help because they can't afford treatment.



MHA of Westchester is proud to contract with:

United States Substance Abuse and Mental Health Services Administration (SAMHSA)

New York State Department of Health

New York State Education Department

New York State Office for the Aging

New York State Office of Children & Family Services

New York State Office of Court Administration

New York State Office of Mental Health

New York State Office of Vocational & Educational Services for Individuals with Disabilities

Westchester County Department of Community Mental Health

Westchester County Department of Health

Westchester County Department of Probation

Westchester County Department of Senior Programs & Services

Westchester County Department of Social Services

Westchester County Office for Women

Westchester County Youth Bureau

United Way of Westchester and Putnam

Town of Cortlandt

Town of New Castle

Town of North Castle

Town of Pound Ridge

Town of Somers

We're here when you need us.

Primary Locations

For Clinical Services, Education and Volunteer Programs:

Administrative Offices/Sterling Clinic
2269 Saw Mill River Road, Building 1A
Elmsford, NY 10523
(914) 345-5900
help@mhawestchester.org

For Housing, Rehabilitation and Vocational Services:

Sterling Clubhouse
29 Sterling Avenue
White Plains, NY 10601
(914) 949-7035

For Clinical Services in Northern Westchester:

Northern Westchester
Counseling Center
344 Main Street
Mt. Kisco, NY 10549
(914) 666-4646



www.mhawestchester.org