

# NEED HELP?



## LET'S MAKE MENTAL HEALTH A PRIORITY

HERE IS A LIST OF  
CONTACTS WHO ARE  
HERE TO TALK



### **Saint Regis Mohawk Tribe Mental Health Services**

Monday - Friday | 9:00 a.m. - 5:00 p.m.  
(518) 358-3145

### **Mental Health Services After Hours Crisis Center** (518) 651-4475

### **Citizens Advocates Crisis and Recovery Center Malone, NY**

24-hour walk-in behavioral clinic  
(518) 481-8160

### **National Suicide Prevention Lifeline**

24-hour hotline  
1-800-273-8255

### **Crisis Text Line (USA)**

24-hour hotline  
Text "GOT5" to 741741

**IN THE CASE OF AN EMERGENCY, DIAL 9-1-1**