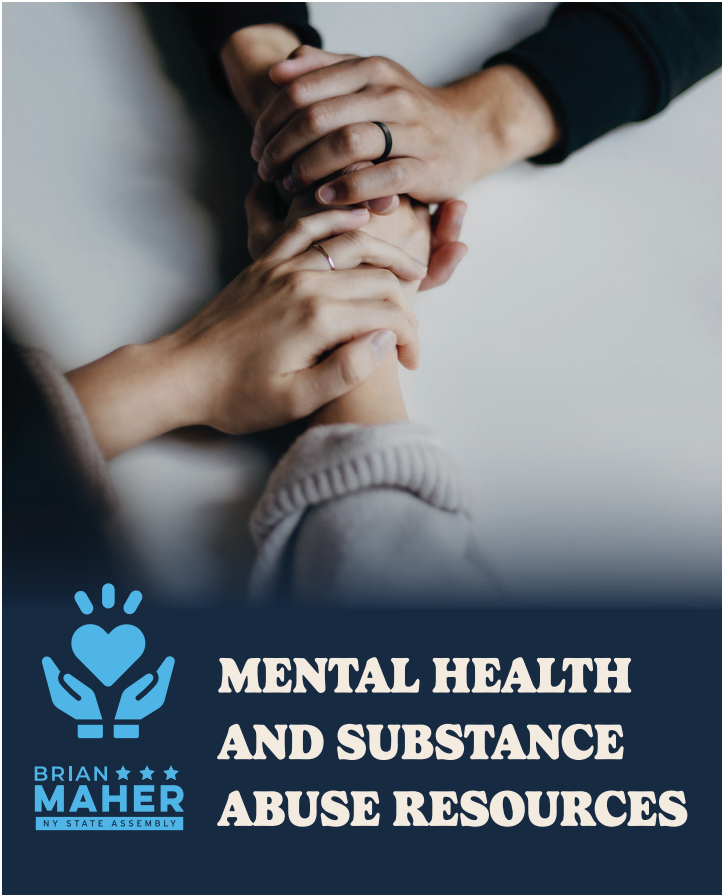


New York State Assembly  
Albany, NY 12248

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# MENTAL HEALTH AND SUBSTANCE ABUSE RESOURCES



**BRIAN MAHER**  
NYS Assemblyman

Sincerely,

I know it can be hard to deal with the stress and realities of today's world, so as a father, brother, and husband, I want to make sure you and your loved ones have the help and resources needed to be happy, healthy, and successful. Remember, it is always okay to ask for help.

Dear Neighbor,



If you or a loved one needs help with this or any other state issue, please do not hesitate to contact me. I'd love to hear from you!



(845) 379-5001 • maherb@nyassembly.gov



**I RECOGNIZE THAT THE ONGOING OPIOID CRISIS IS TAKING A TOLL ON COMMUNITIES EVERYWHERE, WHICH IS WHY I HAVE BEEN HARD AT WORK IN ALBANY ADVOCATING FOR POLICIES THAT WILL:**



Allow better collaboration between the Office of Mental Health, the Office of Alcoholism and Substance Abuse Services, and the Office for People with Developmental Disabilities to facilitate the delivery of treatment (A.1020)



Establish a program that provides up to five in-home health care visits at no cost to those who do not have in-person access (A.4971)



Improve services for elderly residents of mental health housing programs (A. 5119)



Require the Commissioner of Health to identify, analyze, report, and medically combat new or unusual opiate/opioids/substances found in overdose patients (A.7746)



**Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA provides free, confidential, 24/7/365 information service for individuals and family members struggling with mental and/or substance abuse disorders.

**SAMHSA National Helpline**  
1-800-662-HELP (4357)

**Find a treatment center near you:**  
<https://findtreatment.gov/>

**IN CRISIS?**  
Call or text 988



**Catholic Charities of Orange, Sullivan, and Ulster**

Catholic Charities provides help to individuals and families struggling with addiction, poverty, homelessness, immigration, and more.

**Treatment and Recovery HELPLINE**

1-845-794-8080 x HELP (4357)

**To locate appropriate services near you, please visit:**

<http://www.cccsos.org/resources/>



**Access: Supports for Living**

Access: Supports for Living provides programs and services to help individuals with disabilities live the fullest life possible. Their services range from Mental Health, Substance Abuse, and Urgent Cares, to locating affordable and ADA accessible housing, just to name a few.

**1-888-750-2266**  
[info@asfl.org](mailto:info@asfl.org)

**For more information, visit:**  
[accessupports.org/our-services/](http://accessupports.org/our-services/)



**Hope Not Handcuffs**

Hope Not Handcuffs is a collaborative program between law enforcement and community organizations to help find treatment options for individuals seeking help with substance use disorders.

**Speak to a recovery specialist**

1-833-428-HOPE (4673)

Available to call or text

Hours: 8:00 am to 8:00 pm /

7 days a week

One-to-one peer coaching available

All services are free

**To learn more, visit:**

<http://www.hopenothandcuffsnyc.com/>