

North Country REGIONAL PLANNING CONSORTIUM

HELP & SUPPORT RESOURCES

General Resources – 2-1-1 Life Line

Food	Housing	Mental Health	Substance Abuse	Health	Utilities
Finances	Legal	Family	Military	Disaster	
Volunteer		Household Items			

For the following counties: Hamilton, Warren, Washington

United Way 2-1-1 Northeast Region: Call 2-1-1 on the phone or go to: <https://211neny.org>

For the following counties: Clinton, Essex, Franklin

2-1-1 Life Line Adirondack Region: Call 2-1-1 on the phone or go to: <https://211ADK.org>

ADK Wellness Connections <https://adkwellnessconnections.org>

A FREE referral network sponsored by Adirondack Health Institute that helps connect you to a wide range of resources in your area to improve your health and well-being. If you or someone you provide care for needs resources and you're unsure where to go, let ADK Wellness Connections help connect you to local community, social and health care resources. There is no cost for this service. A request can be submitted to your local Coordination Center and then staff will work to connect you to a service provider near you.

MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline is available 24 hours a day at 1-800-273-8255. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

National Disaster Distress Helpline is 1-800-985-5990 or text "TalkWithUs" to 66746. Offers 24/7 emotional support and if you have any medical concerns, you can speak to a trusted healthcare provider.

NY State OMH (Office of Mental Health) Emotional Support Line 1-844-863-9314

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

North Country Region - COUNTY WEBSITE RESOURCES

Clinton County: <https://www.clintoncountygov.com/>

BHSN 24hr Mobile Crisis Hotline 866-PREVENT / 866-577-3836

Essex County: <https://www.co.essex.ny.us/wp/>

Mental Health Association in Essex County 1-800-440-8074

Essex County Crisis/Distress Line 24/7 1-888-854-3773

Mental Health Association of Essex – Self-care Tools <http://www.mhainessex.com/self-care-tools/>

Franklin County: <https://countyfranklin.digitaltowpath.org:10078/content>

Franklin County - North 24hr Crisis 518-483-3261

Franklin County - South 24hr Crisis 518-891-5535

Behavioral Health Services are available 518-521-5818

Office for the Aging is delivering meals to any Franklin County resident 60 years of age or older. Please contact OFA at 518-481-1526

Department of Social Services and is able to assist with temporary assistance, financial aid or other unmet needs. To speak with a case worker please call 518-481-1894 or 518-481-1806

Hamilton County:

Hamilton County Mental Health 24hr Crisis 1-800-533-8443

Hamilton County Non-crisis "Warm Line"
7 days a week from 7pm to 10pm 1-888-853-9995

Warren/Washington County:

WWAMH COVID19 Emotional Support OMH 1-844-863-9314

WWAMH Crisis Text Line Text: Got5 to 741-741

GFH COVID19 Help Line 518-926-4357

Emergency Food Pantry Income Eligible; By appt only 518-409-5199

Emergency Services One time payments for utility
shut-offs or evictions 518-409-5199

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