



MENTAL HEALTH ASSOCIATION IN ESSEX COUNTY, INC.

6096 NYS RTE 9N

WESTPORT, NY 12993

518-962-2077 1-800-440-8074 FAX: 518-962-8233

E-MAIL: mha@mhainessex.org

Web Site: www.mhainessex.org

OFFICERS

GEORGE W. KING
PRESIDENT
KRISTEN TRUE
VICE-PRESIDENT
DANA ALLEN
SECRETARY
MELISSA NEWELL
TREASURER

BOARD OF DIRECTORS

2017

FRED PROVONCHA
TICONDEROGA
GEORGE KING
WESTPORT
DANA ALLEN
WESTPORT
KATHY GRANGER
SEVERENCE

2018

KRISTEN TRUE
TICONDEROGA
CYNTHIA TRUDEAU
TICONDEROGA
MELISSA NEWELL
KEESEVILLE

2019

KORI LA'VAIR
WILLSBORO
JESSICA HARTLEY
KEENE

EMERITUS

SCOTT SAYWARD
TERRI MORSE

EXECUTIVE DIRECTOR

VALERIE AINSWORTH



UNITED WAY OF THE
ADIRONDACK REGION, INC.



NORTH COUNTRY
BEHAVIORAL HEALTHCARE
NETWORK

Mobile Crisis Services

If someone is at immediate risk of hurting themselves or someone else, is in immediate danger because of another type of emergency situation, including drug overdose, please call 911 immediately.

To make a mobile crisis referral by phone or to reach the MHA 24-hour Hopeline, call 1-800-440-8074. To use the online referral form, click here

<https://mhainessex.wufoo.com/forms/mobile-crisis-referral/>

A mobile crisis worker can respond to Essex County residents in crisis at their location, whether it is their home, hospital, community or other location. Any concerned person can make a referral for mobile crisis services, however the client will need to provide consent upon meeting with a crisis worker.

A mental health or psychosocial crisis is a situation in which an individual experiences extreme emotional or behavioral distress, considering harm to self or others, is disoriented or out of touch with reality, has a compromised ability to function, or is otherwise agitated and unable to be calmed. Examples of a mental health crisis can include talking about suicide, talking about threatening behavior, self-injury but not requiring immediate medical attention, alcohol, opioid or other substance abuse, highly erratic or unusual behaviors, not taking medications as prescribed, emotionally distraught, very depressed, angry or anxious. If possible, do not leave the person in crisis alone; but always be sure to remove yourself from any imminent danger.

Upon completion of the confidential referral form, you can expect a crisis worker to call you or the client for a more detailed screening to determine if mobile crisis is the appropriate level of care and course of action. If a crisis worker is not available at the time of your referral, contact will be made within 12 hours. Services include crisis intervention, mental health and suicide risk assessment, liaison and referral to community resources, support to family members and other concerned individuals, short term follow up, education on coping strategies and prevention techniques.

To access other MHA services in a non-crisis situation, such as the Wellness & Recovery Center, Self-Help Groups, Supported Employment, and Home-Based Community Services, please have the individual call 962-2077 to complete a self-referral. For more information, visit www.mhainessex.org.

Updated March 8, 2017