

**NY Project Hope:** a new FREE, confidential, and anonymous mental health crisis and referral program available to all ages.

<https://nyprojecthope.org/>

**Alcohol, Tobacco, and Other Drug Resources:**

The Way- <https://hastingscoalition.com/>

12 Steps Organizations:

Alcoholics Anonymous

<https://www.aa.org/>

Narcotics Anonymous

<https://newyorkna.org/>

Al-Anon/Alateen

<https://al-anon.org/newcomers/teen-corner-alateen/>

American Lung Association

<https://www.lung.org/quit-smoking/e-cigarettes-vaping>

New York State Office of Addiction Services and Supports

<https://oasas.ny.gov/>

Partnership to End Addiction:

<https://drugfree.org/>

SAMHSA's National Helpline:

<https://www.samhsa.gov/find-help/national-helpline>

Westchester Connections (assorted county-wide resources):

<https://connections.westchesterlibraries.org/services/substance-abuse/>

**Anxiety and Depression:**

Mobile Crisis Team for Westchester County:

<https://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team>

National Suicide Lifeline:

<https://suicidepreventionlifeline.org/>

National Institute of Mental Health

<https://www.nimh.nih.gov/>

Family Services of Westchester

<https://www.fsw.org/>

Westchester Jewish Community Services

<https://www.wjcs.com/>

**Hastings/ Community Resources:**

Family to Family:

<https://www.family-to-family.org/>

Feeding Westchester:

<https://feedingwestchester.org/>

Hastings Youth Advocate Program:

JoAnn Reed-Stokes- Youth Program Director

<https://www.hastingsgov.org/youth-advocate>

Hastings Parenting Children of Color

<https://www.p-coc.org/team>

Hastings R.I.S.E.

<https://www.hastingsrise.com/>

Hastings On Hudson Village Website:

<https://www.hastingsgov.org/>

**LGBTQ+ Resources:**

Center Lane:

<https://www.wjcs.com/services/lgbtq-center-lane/>

The Loft:

<https://www.loftgaycenter.org/>

PFLAG:

<https://pflag.org/chapter/pflag-westchester-county>

**Mental Health Resources:**

Bereavement Center of Westchester:

<https://www.bcwtreehouse.org/>

Family Services of Westchester

<https://www.fsw.org/>

Gilda's Club:

<https://gildasclubwestchester.org/>

Hope's Door:

<https://hopesdoorny.org/>

Love Shouldn't Hurt:

<https://www.loveshouldnothurt.com/>

National Runaway Safeline:

<https://www.1800runaway.org/>

Westchester Jewish Community Services

<https://www.wjcs.com/>

Westchester County Department of Community Mental Health:

<https://mentalhealth.westchestergov.com/>

WESTCOP's Victim's Assistance Services:

<https://westcop.org/programs/vas/>

My Sister's Place:

<https://mispny.org/>

National Association of School Psychologists

<https://www.nasponline.org/resources-and-publications>

National Sleep Foundation

<https://www.sleepfoundation.org/>

**Raising Teenagers:**

Caren Baruch Feldman, Ph.D.

<https://www.drbaruchfeldman.com/>

Challenge Success:

<https://challengesuccess.org/>

Lisa Damour, PhD.

<https://www.dr lisadamour.com/>

Julie Lythcott-Haims

<https://www.julielythcotthaims.com/>

Marcella Moran, MA

<https://thekidorganizer.com/about-us/>