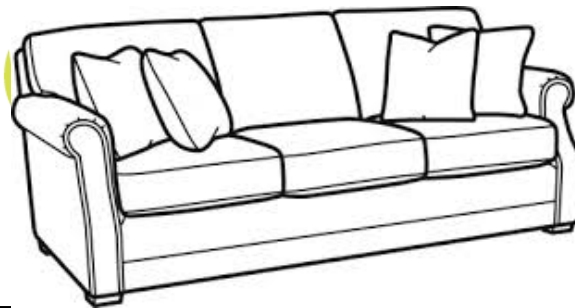


The Living Room

CRISIS DIVERSION SERVICES

**1023 State St.
Schenectady, NY 12307
(518) 243 – 1523**

**Hours of Operation:
Monday – Friday
10:00am – 6:00pm**



The Living Room Services

The Living Room provides crisis diversion services to adults experiencing a mental health crisis. All insurances accepted.

The Living Room is a safe, comfortable place for guests facing mental health crises to seek help as an alternative to the Emergency Department.

The Living Room is run by Licensed Mental Health Clinicians, a Care Manager, and a Peer Specialist.

Licensed Clinical Social Worker:

Alyssa Starrantino
Office: (518) 243-1527

Licensed Masters Social Worker:

Melissa Cunningham
Office: (518) 243-1524

Care Manager:

Fill-in staff from RSS
Office: 518-243-3254

Peer Specialists:

Stacy Clancy, Linda Sanchez, and Russell McDonald
Office: (518): 243-1519

A Day at The Living Room

At The Living Room, guests will meet with a Licensed Mental Health Clinician, who will complete assessments and provide supportive therapy.

Guests will also meet with a Care Manager to arrange services with mental health and substance abuse treatment, physical health providers, care management services, housing supports, and community resources.

A Peer Specialist will partner with guests to develop coping skills, decrease stress, and overcome barriers to achieve goals.

Local Phone:

Peer Support Warm Line	(518) 268-1663 or (800) 643-7462	24/7
Capital Area Peer services	(518) 427-5056	

Other Phone:

The Empowerment Center in NY	(800) 643-7462	24/7
Phone Link	(516) 489-0100, press 1	Mon-Fri 9am-9pm
Project Hope	(844) 863-9314	8am-10pm
NYC Well	(888) 692-9355, press 2 then 1	24/7

Text:

Text Crisis Line – Text “HOME” to 741741	24/7
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Walk In:

Living Room - 1023 State Street	(518) 243-1523	Open 10-6pm M-F, crisis intervention
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Mobile (can come to you!)

Mobile Crisis	(518) 292-5499
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Online groups:

<https://www.advocates.org/virtual-support-groups> Groups are held daily and web site has links and codes for access. These are hosted by the Living Room in MA, but are open to anyone 18+ regardless of location.

<https://www.supportgroupscentral.com/index.cfm#anc2> Groups sorted by topic of interest, with enrollment information

<https://www.goodhousekeeping.com/health/wellness/a32585689/online-support-groups/> Groups listed by topic

Social Anxiety support group Online (Albany) - https://www.meetup.com/SASG-Albany/events/282696771?utm_medium=referral&utm_campaign=keywordSearch_savedevents_share_modal&utm_source=link

Loneliness, Isolation and Rejection Group Online (Cohoes) held Thursdays from 2-4pm https://www.meetup.com/AlvinTSmithCollection/events/282710137?utm_medium=referral&utm_campaign=keywordSearch_savedevents_share_modal&utm_source=link

