



RESOURCES FOR OUR COMMUNITY

Updated 11/3/2023

RYC Restore Mental Health Counseling

RYC Restore is the Rye Youth Council's short-term (3-6 months) therapeutic counseling and referral service for youth ages 10-22. This counseling is offered at little to no cost.

To learn more or seek help:

- Send a confidential email to: Restore@ryeyouthcouncil.org
- Call 914-222-0988 Monday through Friday, 9-5pm.

Westchester County

National Suicide and Crisis Lifeline: Dial 988

[Lifeline \(988lifeline.org\)](https://www.988lifeline.org)

[Westchester County Office of Mental Health Online Resource Directory](#)

[Office of Community Mental Health Resources](#)

Westchester County Crisis Prevention & Response Line

(914) 925-5959

LGBTQIA+ Support

[pRYEde Family Network](#)

The Trevor Project (LGBTQ+ youth)

thetrevorproject.org

Center Lane

WJCS Center Lane is where LGBTQ+ youth create community, connect with culture, and contribute to the world!

Call: 914-761-0600

www.wjcs.com/centerlane

The Loft

LGBTQ+ Community Center in White Plains

[The LOFT: LGBTQ+ Center \(loftgaycenter.org\)](http://The LOFT: LGBTQ+ Center (loftgaycenter.org))

GLSEN.org

The leading national education organization focused on ensuring safe and affirming schools for LGBTQ students.

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

Gender Spectrum

www.genderspectrum.org

City of Rye

RyeACT (Rye Action for Children and Teens)

914- 481-4141

<https://ryeact.com/>

Rye Police Department Drug Hotline

Report anonymous tips by:

Email: tips@ryepd.nyeny.gov

Phone: 914-760-4243

TEXT: [TIP411 Information](#)

Rye Police Department

Emergency: 911

Business: 914-967-1234

police@ryepd.nyeny.gov

Rye Free Reading Room

914-967-0480

www.ryelibrary.org

Heard In Rye

www.heardinrye.org

Substance Use, Prevention & Treatment

St. Vincent's Hospital Westchester

A center of excellence for mental health and addiction recovery

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

M.A.D.D. (Mothers Against Drunk Driving)

www.madd.orgwww.TheAntiDrug.com

(Tools for Raising Drug-free Kids)

Drug Crisis In Our Backyard

<http://www.drugcrisisinourbackyard.org/>

AL-ANON/ALATEEN

Alateen - a place for teens affected by someone else's alcoholism.

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.)

914-946-1748

[Information for Teens](#)

[Westchester-Putnam Alanon](#)

[Alanon and Alateen Meeting Lists](#)

Drugwatch

www.drugwatch.com/students/www.drugwatch.com/testosterone/

An awareness group that aims to educate the public about prescription drugs, over-the-counter medications, and medical devices that have the potential to cause patients harm.

Psychological Well-Being

SAMHSA National Helpline

Mental Health & Substance Use Disorders:

samhsa.gov/find-help/national-helpline

1-800-662-HELP

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Dial "988"

Text 988

The Trevor Project (LGBTQ+ youth)

thetrevorproject.org

The JED Foundation

www.jedfoundation.org

Planned Parenthood

For Parents

www.plannedparenthood.org/health-topics/for-parents.htm

For Teens

www.teenwire.com

Center Lane

(Community Center for Gay, Lesbian, Bisexual, Transgender & Questioning Youth)

914-761-0600

www.wjcs.com/centerlane

Gender Spectrum

www.genderspectrum.org

National Eating Disorders Association

www.nationaleatingdisorders.org

Grief Counseling

Greenwich Hospital Grief and Loss Support Group

203-898-2512

Greenwich Hospital The Den for Grieving Kids

203-869-4848

The Association for Death Education and Counseling

www.adec.org

The Bereavement Center of Westchester

914.961.2818 ext 317

info@thebereavementcenter.org

National Institute of Mental Health

www.nimh.nih.gov/health/publications/eating-disorders/complete-publication.shtml

www.westchestercommunitynetwork.com

Student-Athlete Mental Health

www.ryeyouthcouncil.org/student-athlete-mental-health

National Suicide and Crisis Lifeline: 9-8-8 (text or call)

Westchester County Crisis Prevention & Response Line (914) 925- 5959

Rye Youth Council Restore (Youth Counseling Services for youth ages 10-22):

(914) 222-0988 / Confidential Email: restore@ryeyouthcouncil.org

The Trevor Project (LGBTQ+): 1-866-488-7386

Rye High School Psychologists:

Dr. Robert Schechter | email: schechter.robert@ryeschools.org

Ms. Rosie Smith | email: smith.rosie@ryeschools.org

Rye High School Social Worker:

Ms. Sandy Degenhardt | email: degenhardt.sandy@ryeschools.org

[Westchester County Office of Mental Health Online Resource Directory](#)