

York Central School

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YCS Resource List for Mental Health

The Mental Health Team at YCS is committed to continuing support to students and families during this time. Please review the information below and contact your direct support person with any questions- we are available via email daily during normal school hours.

Crisis Prevention

Emergency Assistance:

- Call 911.
- Go to a [Comprehensive Psychiatric Emergency Program \(CPEP\)](#).
- Go to the emergency room at your local hospital.

Livingston County Mental Health: Phone counseling available. Call: 243-7250

Livingston County Mobile Mental Health: Contact: Dawn Pascoe: 734-8316 or Brian Mentry: 734-8317

Noyes Mental Health - Call: 335-4316

If your life or someone else's is in imminent danger, please call 911.
If you are in crisis and need immediate help, please call **(800) 273-8255**, 24/7.

Hotlines:

Crisis Text Line: New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. **Text GOT5 to 741741.**

National Suicide Prevention Lifeline: If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call: **1-800-273-TALK (8255)**

Domestic Violence: If you or someone else is in a relationship is being controlled by another individual through verbal, physical, or sexual abuse, or other tactics, please call: **1-800-942-6906**

York CSD is offering Counseling and Crisis Counseling Support is available through email.

Please contact your counselor to set up virtual appointments.

| Grades K-3 | Grades 4-5 | Grades K-12 | Grades 6-8 | Grades 9-12 |
|---|--|---|--|---|
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