



Hotlines: No Judgement

988 Suicide and Crisis Hotline

988: Call, Text or Chat. 24 hours/day. 7 days/week.

Northern Rivers Warm Line Peer support/chat line

518.581.9809 T, W, Thurs 4pm-7pm. F & S 7pm-9pm

National Human Trafficking Resource Center

888.373.7888

If you or someone you know has experienced human trafficking or is in a potential human trafficking situation, call this hotline for help and services. 24/7

24 Hour Sexual Assault Hotline

518.447.7716

Speak to a trained sexual assault counselor anytime. This service is free and confidential and serves all ages and genders.

National Runaway Switchboard

800.RUN.AWAY

Counseling, resources, shelter, food and will help connect you with loved ones if you choose.

The Trevor Project

866.488.7386

Helpline for LGBTQIA+ youth in crisis or thinking about suicide. Resources also available for caregivers and educators.

Teen Line

800.852.8336

Largest organization in the US that works to prevent and support teens in the aftermath of sexual violence.



Dating and Sexual Violence

Wellspring

518.583.0280 or 518.584.8188 after hours

Confidential Chat Line:

<https://www.wellspringcares.org/get-help/>

Support for youth ages 14 and over. This includes relationship (any type) abuse, domestic violence and/or dating violence.

Crime Victims and Sexual Violence Center

518.447.7100

Offers a range of services to anyone who has been impacted by crime



Health & Cessation Programs

Northern Rivers Mobile Crisis Services (Youth)

518.292.5499

A team approach to supporting youth in crisis.

Saratoga County Department of Mental Health and Addiction Services:

518.584.9030 (135 South Broadway, Saratoga Springs)

The Family Room - Ellis Medicine

518.831.8700 (518.243.4000 After Hours)

(1023 State Street, Schenectady)

A safe, walk-in program to support youth. Mental health services, immediate intervention, referrals to care, peer support and follow up care. Parent or guardian not required for youth visit, but may follow up for support.

You're not alone. This is a safe place to find help and feel better—your way, at your pace.

Planned Parenthood

518.434.2182 Albany

518.584.0041 Saratoga Springs (Wed. only 9-4:30)

Family planning, birth control, STD testing and treatment for both men and women.

Teen Smoke Free: <https://teen.smokefree.gov/>

CDC Quit Now: [Clickable link to quit](#)

Truth Initiative: <https://join.exprogram.com/>

<https://preventioncouncil.org/resources/>



Youth Resource Guide

Local Support Services



The PREVENTION COUNCIL



A program of the Prevention Council of Saratoga County



ABOUT US

The Prevention Council of Saratoga County delivers evidence-based prevention education and programming throughout Saratoga County. Our educators serve 13 school districts and approximately 4,500 K–12 students, helping build protective factors that support physical and mental health.

OASAS-funded universal primary prevention programming is a Tier 1 intervention designed to meet the needs of approximately 80% of students. Tiers 2 and 3 provide selective and individualized services for the remaining 15% and 5% of at-risk students.

All programming aligns with New York State Health Education Learning Standards (K–12) and complements initiatives such as Chapter 323 of the Laws of 2018, which promotes access to substance misuse resources and referral information.

QR CODES



Youth All Recovery
Group



Resources



Healing Springs
Facebook Page

WELCOMING AND SAFE YOUTH RESOURCES



Safe Space

New Beginnings Runaway and Homeless Youth Shelter (St. Anne Institute)

518.437.6547

Emergency shelter for youth ages 13-17. Open 24/7 and provides services for both males and females.

CAPTAIN Runaway and Homeless Youth Shelter

518.369.9928

Temporary shelter for teens ages 13-17. Open 24/7.

WAIT House

518.798.4384 (12 Wait St. Glens Falls)

Emergency shelter for youth ages 16-21.

Safe Inc. of Schenectady

518.374.5178

Shelter for males and females aged 16-20.

Equinox Youth Support Services and Transitional Living Program

518.462.5528

Supports youth ages 13-19 in obtaining basic needs like housing, employment, medical and mental health support and teaching life skills.



Trafficked and Exploited Youth

Albany County Safe Harbour

518.447.4938

Crisis Intervention, case coordination, basic needs assistance and advocacy

CAPTAIN Safe Harbour

518.469.7897 Saratoga County

518.888.2463 Schenectady County



LGBTQIA +

Pride Center

518.462.6138 (332 Hudson Ave, Albany)

Support groups, trans talk support, parent/caregiver support

Alliance for Positive Health

518.434.4686 (927 Broadway, Albany)

Comprehensive health resources. Free and confidential HIV/STI/Hep C testing. Advocacy. Groups and one on one sessions to address barriers to health and wellness.

In Our Own Voices

518.432.4188 (345 Lark Street, Albany)

Emergency assistance. Project Sanol, advocacy, support groups, TransCare, Ask-A-Lawyer clinic, youth development network support, HYPE



Substance Use

Healing Springs Recovery Center

518.306.3048 (125 High Rock Ave. Saratoga Springs)

Youth All Recovery Support Group. Peer support system offered in person and virtually.

St. Peter's Addiction Recovery Treatment Center

518.452.6700

Youth ages 13-18. Outpatient treatment, evaluations, counseling, family and group therapy, and case management services.

Al-Anon and AlaTeen

888.425.2666

Family and teen support. A safe space to talk about how their lives are affected by someone else's drinking.