

NEW YORK GREATER SYRACUSE AREA



Patient Mental Health Resource Guide

Dedicated to preventing kidney disease and improving the lives of patients and family members

Syracuse Office
731 James Street
Building 1, Suite 408
Syracuse, NY 13203
E-mail: info@healthykidneys.org
Website: www.healthykidneys.org

About Us

The Northeast Kidney Foundation (NeKF) is a voluntary health organization dedicated to preventing kidney disease and enhancing the lives of all those affected. Formed in 1974 as a philanthropic gift of Edwin and Whoda Sperber, the Foundation provides services to patients, family members, the general public and clinical and academic professionals throughout the Northeast.

Mission

The Northeast Kidney Foundation works to improve the quality of life of those affected by kidney disease and related conditions through early identification, intervention, prevention and support services; to promote organ donation, and to empower those we serve to be an effective voice for better healthcare at the local, state and federal levels.

Services

We accomplish our mission through multifaceted community programs including those that provide direct assistance to patients, educate healthcare professionals, patients and the general public, shape health policy through advocacy, increase organ donation, and raise awareness. Your support of the Northeast Kidney Foundation provides vital funding for patient and family services; patient, public and clinical education, local research programs, and healthcare advocacy. The work of the NeKF is funded entirely by public contributions.

Programs

The NeKF hosts the Kidney Club support group that provides information on wellness, vocational rehabilitation for patients and families and networking. We support numerous symposiums for physicians, nurses, and allied health professionals on kidney disease and transplantation.

We offer a free community Kidney Screening program to screen at risk individuals for early signs of kidney disease.

The Kidney Classroom is a school based educational program designed to teach kids about kidney function, making healthy choices, and lifelong kidney health. The NeKF participates in community health fairs to educate the public about kidney and related diseases, organ donation, the NeKF and its services.

MENTAL HEALTH AND KIDNEY DISEASE

Feelings of Depression and Anxiety are common

High prevalence rates of depression and anxiety are among patients with chronic kidney disease (CKD). There are many fears in facing a long-term disease. Phobia of dialysis because of feelings of loss of dependence and restricted mobility. Dependence on the dialysis machine, medical staff, and family members can create resentment that can affect your treatment, health and adjustment. You may feel you are a burden to your family, or have negative feelings of sadness, anger, worry, and fear. These are real feelings that can bring confusion while trying to cope with the illness and the changes in lifestyle. Depression is associated with increased mortality, hospitalization rates, poor treatment compliance, and poor quality of life in patients. However, many depressive symptoms go undiagnosed. It is normal that you feel frustrated and angry sometimes and expressing your feelings and needs in a respectful manner is a healthy way to address your concerns. This is why it is important that you reach out to professional help if you are having difficulty in managing complex feelings. Asking for help does not mean there is something wrong with you; it means that you care about your health and wellbeing.

Contact professional help when:

-  You have thoughts about suicide
-  Depression last for more than two weeks
-  You have a loss of appetite or increased appetite
-  You have too much or too little sleep
-  You loose interest in activities you used to enjoy
-  You have repeated angry outbursts
-  Drug or alcohol abuse
-  Inability to make decisions
-  Social isolation

Mental Health Services Directory

Onondaga County
Cayuga County
Madison County
Oswego County

Onondaga County

Arise

Outpatient Mental Health Services
635 James St., Syracuse, NY 13203
315-472-3171
<https://www.ariseinc.org>

AccessCNY

1603 Court Street, Syracuse, NY 13208
315-455-7591
<https://www.accesscny.org>

Bright Path Counseling Center

7266 Buckley Rd, North Syracuse, NY 13212
315-458-0919
<http://www.brightpathcenter.com>

Catholic Charities

Family Counseling
1654 West Onondaga St, NY 13204
315-424-1800
<http://www.ccoc.us>

Central New York Services Inc.

518 James St, Syracuse, NY 13203
315-478-2453
<http://www.cnyservices.org/onondaga>

Circare

Adult and Children Services
620 Erie Blvd. West Syracuse, NY 13204
315-472-7363
<https://www.cir.care/>

Comprehensive Psychiatric Emergency Program (CPEP)

St. Joseph's Hospital
301 Prospect Avenue Emergency Services
Building Syracuse, NY 13203
315-448-6555
<http://www.sjhsyr.org/cpep>

Exceptional Family Resources

1820 Lemoyne Ave. Syracuse, NY 13208
315-478-1462
<http://www.contactefr.org>

Hutchings Psychiatric Center

620 Madison St. Syracuse, NY 13210
315-426-3600
<https://www.omh.ny.gov/omhweb/facilities/hupc>

Liberty Resources Inc. Integrated Healthcare Behavioral Health and Traditional Primary Care Services

1045 James St. Syracuse, NY 13203
315-425-1004
<http://www.liberty-resources.org>

Onondaga County Children and Family Services

John H. Mulroy Civic Center, 8th floor 421
Montgomery St., Syracuse, NY 13202
315-435-7707
<http://www.ongov.net/cfs>

St. Joseph's Hospital Health Center

Inpatient and Outpatient Services
Inpatient: 301 Prospect Ave. Syracuse, NY 13203
Outpatient: 742 James St. Syracuse NY 13203
Inpatient: 315-448-5360
Outpatient/Adult Clinic: 315-703-2700
<https://www.sjhsyr.org>

Select Point of Care Access (SPOA)

Onondaga County 10th floor, 421 Montgomery St.
Syracuse, NY 13203
315-435-3355
<http://www.ongov.net/ocdmh/spoa.html>

Syracuse Behavioral Healthcare

Mental Health Outpatient Clinic
329 N. Salina Street, Syracuse, NY 13203 Suite
101 for Outpatient, Suite 100
315-373-0361

Syracuse Community Health Center

810 S. Salina Street Syracuse, NY 13202
315-476-7921
<http://www.schcny.com>

Syracuse Recovery Services
109 S. Warren St. Suite 806 Syracuse, NY 13202
315-475-1771
www.syracusercoveryservices.net

Upstate Medical Center – Community Campus
Inpatient Psychiatry - Community
4900 Broad Rd., Syracuse, NY 13215
315 492-5635

Upstate Medical Center – Downtown Campus
Inpatient Psychiatry - Adult
4B, 750 East Adams St., Syracuse, NY 13210
315-464-9096
<http://www.upstate.edu/psych/healthcare/>

Upstate Medical Center – Downtown Campus
Psychiatric Consultation Services
Rm. 1702 750 East Adams St., Syracuse, NY
13210
315 464-5631
<https://www.upstate.edu/psych/>

Upstate Medical Center – Psychiatry and
Behavioral Sciences Building
Services: Adult Psychiatry
Rm. 126 713 Harrison Street, Syracuse, NY
13210
315 464-3165
<https://www.upstate.edu/psych/>

Upstate Medical Center – Psychiatry and
Behavioral Sciences Building
Services: Child and Adolescent Psychiatry
Rm. 126 713 Harrison Street, Syracuse, NY
13210
315 464-3145
<https://www.upstate.edu/psych/>

Upstate Medical Center – Psychiatry and
Behavioral Sciences Building
Services: Center for Emotion and Behavior
Integration
Rm. 126 713 Harrison Street, Syracuse, NY
13210
315 464-3120
<https://www.upstate.edu/psych/>

Upstate Medical Center – Psychiatry and
Behavioral Sciences Building
Services: Attention Deficit/Hyperactivity
Rm. 126 713 Harrison Street, Syracuse, NY
13210
315-443-9450
<https://www.upstate.edu/psych/>

VA Medical Center
Behavioral Health Clinic
620 Erie Boulevard, Syracuse, NY 13204
315-425-4400 Ext. 53463
http://www.syracuse.va.gov/services/behavioral_health.asp

Oswego County

Arise
Behavioral Health Clinic
Creekside Plaza, 293 State Rt. 104 Oswego, NY
13126
315-887-5156
<https://ariseinc.org/health-wellness/outpatient-mental-health-services/>

Beacon Psychological Associates
Individual, Group and Family Therapy
317 W. 1st. St. Suite 112, Oswego, NY 13126
315-216-6862
www.beaconpsychologicalservices.com

Catholic Charities of Oswego County
Children, Family and Adult Mental Health
808 W. Broadway Fulton, NY 13069
315-598-5980
<https://ccoswego.com/>

Child Advocacy Center of Oswego
163 S. 1st St. Fulton, NY 13069
315-592-4453
<http://www.oswegocac.org/>

Connexcare
61 Delano St. Pulaski, NY 13142
315-298-1920
www.connexcare.org/MentalHealth
Farnham Family Services (Oswego)
283 W. 2nd St., Suite 200, Oswego, NY 13126
315-342-4489
<http://www.farnhaminc.org/>

Hillside Children's Center
945 South First Street
Fulton NY 13069
315-593-8257
www.hillside.com

Integrative Counseling Services
5 W. Cayuga St. Oswego, NY 13126
315-342-9255
www.integrativecounseling.us

Liberty Resources Integrated Healthcare
14 Crossroads Dr. Fulton, NY 13069
315-887-1840
<https://www.liberty-resources.org/>

Oswego County Opportunities
239 Oneida St. Fulton, NY 13069
315-598-4717
www.oco.org

Oswego Hospital Behavioral Health Services
Adult Outpatient
74 Bunner St. Oswego, NY 13026
315-326-4100
<http://www.oswegohealth.org/behavioral-services>

Oswego Hospital Behavioral Health Services
Child and Family Outpatient
98 N. 2nd St. Suite 100, Fulton, NY 13069
315-326-3555
<http://www.oswegohealth.org/behavioral-services>

SUNY Oswego Counseling Services Center
202 Hewitt Union, SUNY Oswego Campus, NY
315-312-4416
www.oswego.edu/counseling-services

The ARC of Oswego County
7 Morrill Place Fulton, NY 13069
315-598-3108
www.arcofoswegocounty.org

Cayuga County

Cayuga County Community Mental Health Clinic
146 North Street, Auburn, NY, 13021-
315-253-0341
<https://www.cayugacounty.us/589/Mental-Health>

Catholic Charities of the Finger Lakes
134 E. Genesee St. Auburn, NY 13021
315-253-2222
www.catholiccharitiesfl.org

Cayuga Counseling Services
17 East Genesee St. Auburn, NY 13021
315-253-9795
www.cayugacounseling.org

Madison County

Madison County Mental Health Dept.
138 N. Court Veterans Memorial Building
Wampsville, NY 13163
315-366-2327
<https://www.madisoncounty.ny.gov/390/Mental-Health>

Comprehensive Psychiatric Emergency Program
201 Prospect St, Syracuse, NY, 13021-
315-448-13203
<https://www.cayugacounty.us/589/Mental-Health>

Mohawk Valley Psychiatric Center
1400 Noyes Street
Utica, NY 13502
<https://omh.ny.gov/omhweb/facilities/mvpc/>

Richard M Hutchings Psychiatric Center
620 Madison St. Syracuse, NY 13210
315-426-3632
www.omh.ny.gov

Community Health and Behavioral Services
(CHUBS)
1427 Genesee St. Utica, NY 13501
315-798-8868

Family Counseling Services
201 Cedar St. Oneida, NY 13421
315-280-0400

Mental Health Connections
1500 Genesee Street Utica, NY
315-735-9501
<https://www.nyconnects.ny.gov/providers/mental-health-connections>

PROS Clinic
1099 Northside Shopping Center Oneida, NY
13421
315-363-2451
<http://www.csomc.com/>

Other Resources

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/chat/>

1-800-273-8255 24/7 availability

CONTACT Lifeline 518-689-4673

New York State Department of Mental Health and Human Services

<https://www.omh.ny.gov/>

Behavioral Health Treatment Services Locator

<https://findtreatment.samhsa.gov/>

Mental Health Association in New York State (MHANYS)

<https://mhanys.org/>

National Institute of Mental Health (NIMH)

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

New York State National Alliance in Mental Illness (NAMI)

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

New York State Coalition for Children's Behavioral Health

<https://cbhny.org/>

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