

Chautauqua County Department of Mental Hygiene

*Mental Health and Outpatient Chemical
Dependency Services for Adults, Adolescents,
Children and Families*

Our Locations

Dunkirk Office of Behavioral Health

319 Central Ave
Suite B
Dunkirk, NY 14048
716-363-3550

Jamestown Office of Behavioral Health

200 East 3rd Street
Jamestown, NY 14701
716-661-8330

Our Mission

*To promote the emotional and physical wellness of
the community and to empower individuals in their
recovery from the challenges of physical and
mental illness and addiction.*



Important Telephone Numbers

24 Hour Crisis Services
1-800-724-0461

Cattaraugus & Chautauqua Counties Warmline
1-877-426-4373
TEXT:716-392-0252

Eagle's Nest Respite House
1-844-421-1114
ext.3331

UCAN Mission
716-488-7480

Salvation Army
Anew/Domestic Violence
716-661-3897

Trevor Lifeline LGBTQ
Support
1-866-488-7386
TEXT "START"
678-678

- C** Call friends, family or crisis help line
- R** Remember the ones that love you and that you love
- I** Initialize support and help
- S** Self-Talk, know that you will get through this
- I** Inhale and Exhale, breathing helps!
- S** Step out, Enjoy a walk while you are relaxing

For links to supportive services
211

Fire, Medical or Police emergencies
911



Mobile Transition Team (MTT)

MTT Clinician
716-661-8872

MTT Peer Advocate
716-661-8871

*Connecting clients to
long term community
resources.*

About the Mobile Transition Team?

The Mobile Crisis Team(MTT) is a temporary service, comprised of a mental health clinician and a peer support specialist.

The MTT offers:

- Confidential in-home mental health assessment
- Short-term therapy, peer support and case management
- Wellness checks
- Referrals to counseling
- Linkage to community resources
- Support for ages 18 and up

MTT goals are to stabilize clients, reduce inpatient hospitalizations and assure linkage to outpatient mental health services and community resources.

What can the Mobile Transition Team do?

MTT provides services in home or office settings for people who are experiencing mental health symptoms and need additional support.

MTT can provide a number of interventions including:

- Traditional talk therapy
- Cognitive behavioral therapy
- Mindfulness and coping strategies
- Peer support
- Completion of a wellness action plan
- Tours of local peer services including: Eagle's Nest Respite and Mental Health Association
- Creative arts therapies
- Other therapies to help stabilize the client in the community
- Support needed to complete linkage to services

Important information about MTT referral, appointment and assessment?

MTT is available to help people build bridges to long-term resources in their communities.

MTT typically makes contact within 24-72 hours of the initial referral. Referrals are accepted from inpatient or outpatient mental health providers, social service programs, law enforcement, family members or self-referral.

MTT performs an initial interview to determine each client's specific needs and goals, with the overarching goal of linkage to ongoing treatment and community resources.

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