



888-TGCW-CAN • [info@tgcny.org](mailto:info@tgcny.org)

## Mental Health & Substance Use Urgent Care

Are you or a loved one looking for help for the first time?  
Do you already have a regular provider but need support between appointments?

You can walk in to The Guidance Center of Westchester's  
Mental Health and Substance Use Urgent Care.

**No referral needed. No appointment needed.  
Everybody seen, regardless of insurance or ability to pay.**

### Why visit the Urgent Care:

- Feeling sad, depressed, or anxious
- Seeking wellness & personal growth
- Experiencing thoughts of suicide
- Living through grief or loss
- Self-harming, like cutting
- Struggling with alcohol or other substance use (e.g.: pills, marijuana, heroin, etc.)
- Seeking psychiatric support, including medication
- Any other mental health or substance use concern
  - Available for all ages



The Guidance Center of Westchester  
256 Washington Street  
Mt. Vernon, NY 10553



Monday - Friday, 9 AM - 5 PM



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