

What is MCST?

The Mobile Crisis Support Team (MCST) provides free mobile behavioral health services and crisis intervention to children or youth in crisis between the ages of 0-21 in Rockland County.

Our services include:

- Telephone Counseling
- Face to face crisis intervention if needed
- Help to develop strategies to prevent recurring crises
- Help cope with traumatic experiences
- Help you to speak with a mental health or medical professional if necessary
- Help you find a supportive peer group
- Connect you to additional local mental health agencies and support programs
- Provide you with resources that are available within the community



Who can request help?

If you reside in Rockland County and are experiencing or are at risk of a psychological or emotional crisis which requires behavioral health intervention. A parent/guardian can request help for their child/youth if he or she is between the ages of 0-21.

What happens when I call?

Our team will conduct an assessment to determine basic needs, which is a crucial part of the outreach process. We can provide referrals to mental health providers and/or agencies and assist in initiating ongoing care if it is needed.

If immediate support is necessary, the team will arrange transportation to the most appropriate and closest facility.

The team can also come to you if a mental health situation needs immediate intervention.

Our support is confidential, non-judgmental, and respectful.



We can help.

You can connect with a trained counselor or when stress, depression or other mental health issues create a personal or family crisis.

Suicidal thoughts

Emotional trauma

Serious mental illness

Anxiety

Depression

Family crisis

Our team can respond to an urgent issue at home or anywhere in the community. Our counselors include people who can relate to your needs through their own experiences. Together we will develop support plans to assist you in carrying them out.

