



MHEP

Mental Health Empowerment Project, Inc.



You are not alone...

**THE MENTAL HEALTH EMPOWERMENT PROJECT (MHEP) WILL BE EXTENDING OUR HOURS OF OPERATION TO OFFER TELEPHONIC PEER SUPPORT TO ANY MEMBER OF OUR COMMUNITY WHO IS SEEKING RESOURCES OR A SUPPORTIVE EAR DURING THIS DIFFICULT TIME. PHONE LINES WILL BE STAFFED BY TRAINED PEER MENTORS. ALL CALLS ARE CONFIDENTIAL AND FREE TO THE PUBLIC. PEER MENTORS WILL BE AVAILABLE MONDAY-FRIDAY, 9:00 AM-9:00PM. SPECIFIC CONTACT INFORMATION IS AS FOLLOWS:**

**FOR RENSSSELAER, ALBANY, AND ALL SURROUNDING COUNTIES, PLEASE CALL THE EMPOWERMENT EXCHANGE AT 1-518-235-2173**

**FOR WESTCHESTER, AND THE SURROUNDING COUNTIES, PLEASE CALL RISE CENTER AT 1-914-664-3444**

**MHEP ALSO OPERATES A 24/7 CONFIDENTIAL WARMLINE. PEER MENTORS ARE AVAILABLE AROUND THE CLOCK, TOLL-FREE AT 1-800-643-7462 (1-800-MHEPINC)**