

# Chautauqua County Department of Mental Hygiene

*Outpatient Mental Health and Substance  
Use Disorder for Adults, Adolescents,  
Children and Families*

## Our Locations

### Dunkirk Office of Behavioral Health

60 Franklin Ave.  
Dunkirk, NY 14048  
716-363-3550

### Jamestown Office of Behavioral Health

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

## Our Purpose

*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.*



REV.7-2023

## Important Telephone Numbers

**Chautauqua County  
24 Hour Crisis Services**  
1-800-724-0461

**Chautauqua County Warmline**  
1-877-426-4373  
TEXT 716-392-0252

**Eagle's Nest Respite House**  
1-844-421-1114

**Suicide & Crisis Lifeline**  
988  
Press 1 for Veterans. Press 2 for Spanish.

**Salvation Army  
Anew/Domestic Violence**  
716-661-3897

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

**UCAN Mission**  
716-488-7480

**For links to supportive services**  
211

**Fire, Medical or Police emergencies**  
911

- 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



Chautauqua County  
Department of  
**Mental Hygiene**

## 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 Transition Team (MTT) is a temporary service comprised of a mental health clinician and a peer advocate.

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 provide linkage to outpatient mental health services and community resources.

## Services Provided

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

MTT can provide several 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

## Referral, appointment and assessment information

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 primary goal of linkage to on-going treatment and community resources.

**24 Hour Crisis Services**  
**1-800-724-0461**

**Cattaraugus & Chautauqua Counties**  
**Warmline**  
**1-877-426-4373**