

Welcome to Integrated Behavioral Health! We look forward to providing the behavioral health treatment you and your doctor have discussed! Please keep this information handy.

How To Contact Us

To schedule, reschedule, or cancel your appointment:

1. If you see your behavioral health provider in your doctor's office, you can simply call the office.
2. If not, you can call or text us directly at 518-881-1109

To contact your provider: The patient portal allows you to connect with your behavioral health practitioner for any non-urgent issue. If you are not on the portal, you can sign up here:



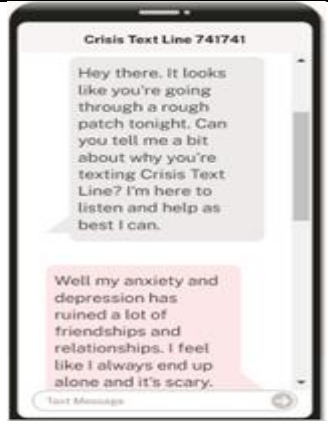
For anything else non-urgent anytime (please allow up to 2 business days for a response):

1. Phone or text message us directly at 518-881-1109

No-Shows and Cancellations: We require a 24-hour notice of cancellation to avoid a \$50 cancellation fee.

If you are sick: If you are sick, experiencing cold or flu-like symptoms, we kindly ask that you inform us. We will move your visit to telemedicine for everyone's health and safety.

For Urgent, and Emergency Care After Business Hours

<p>741-741- If you're in emotional distress, text HOME to 741-741 to connect with a counselor immediately.</p> <p>How It Works Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.</p>	
<p>988- If you (or someone you know) is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org the National Suicide Prevention Lifeline for 24/7 emotional support.</p>	
<p>911 If you're having a medical or mental health emergency, call 911 or go to your local ER.</p>	