

SAFE HARBOR BEHAVIORAL HEALTH OF UPMC HAMOT

Partner with Western Psychiatric Institute and Clinic of UPMC

Outpatient Behavioral Health and Crisis Services

Safe Harbor Behavioral Health of UPMC Hamot is committed to providing quality behavioral health care to residents of Erie County. Since 1993, we have grown to meet an array of mental health needs for our community. We help thousands of individuals per month at our outpatient clinic, satellite locations, and crisis services.

Outpatient Services

Safe Harbor offers behavioral health assistance to **adults and children** using therapy, psychiatric services, and nursing support. We have multiple programs that are tailored to fit you and your recovery from a variety of mental health concerns such as:

- Anxiety
- Depression
- Anger management
- Attention deficit disorder (ADD, ADHD)
- Behavior disorders
- Bipolar disorder
- Grief and loss
- Substance abuse
- Mood disorders
- Obsessive-compulsive disorder (OCD)
- Sexual abuse
- Stress management
- Schizophrenia
- Borderline personality disorder
- Parenting or other family needs
- Trauma and abuse

For more information on outpatient services, please call 814-459-9300.

Crisis Services

Crisis Services assists individuals in Erie County experiencing a crisis 24/7/365 through telephone, walk-in, or mobile support. Examples of a crisis include:

- Thoughts of suicide
- Substance abuse
- Bereavement
- Uncomfortable symptoms of mental illness
- Relationship difficulties
- Family concerns
- Parenting needs
- Situational stressor (financial, job loss, homelessness)

If you think you need help, call. We will find you the appropriate assistance regardless of your ability to pay.



Crisis Residential Unit

This is an eight-bed community alternative to inpatient mental health hospitalization. Residents may stay up to five days and receive 24-hour care including daily medication management, around-the-clock nursing, daily therapy, activity, and access to a peer specialist.

Safe Harbor Outpatient Clinic

1330 W. 26th St.
Erie, PA 16508

For a complete list of services offered at our outpatient clinic or crisis services please call **814-459-9300**, or visit us at UPMCHamot.org/SafeHarbor.

Safe Harbor Crisis Center/Outpatient West

2560 W. 12th St.
Erie, PA 16505

For more information on crisis services, please call 814-456-2014 or 1-800-300-9558.

In the event of a crisis, call Crisis Services 24/7/365 at 814-456-2014 or 1-800-300-9558.