



## OUTPATIENT BEHAVIORAL HEALTH AND CRISIS SERVICES

UPMC Western Behavioral Health at Safe Harbor 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 through 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 use
- Mood disorders
- Obsessive-compulsive disorder (OCD)
- 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 of Erie County assists individuals experiencing a crisis 24/7/365 through telephone, walk-in, or mobile support. Examples of a crisis include:

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

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

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 more information about our outpatient services, please call 814-459-9300, or visit us at [UPMCHamot.com/SafeHarbor](http://UPMCHamot.com/SafeHarbor).**

## Safe Harbor Crisis Center/Outpatient West

2560 W. 12th St.  
Erie, PA 16505

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