



Helios Care

COMPASSION, CHOICES & DIGNITY

ALZHEIMER'S ASSOCIATION GROUPS: Meeting virtually

CONTACT: ANN THAYER AT (607) 547-1650

Bassett Hospital Outpatient Psychiatry

[\(607\) 547-3500](tel:(607)547-3500)

Brain Injury Assn. of New York State

1-800-444-6443 or (518) 459-7911

www.bianys.org

Breast Cancer Support Center - ABCD

1-800-977-4121

www.abcdbreastcancersupport.org/

Cancer Survivors Online Network - ACS

1-800-227-2345 24/7 or (607)766-6900

<http://csn.cancer.org/>

Delaware County Mental Health Services

(607) 865-6522

www.co.delaware.ny.us/departments/mhc/mhc.htm

Otsego County Mental Health Services

(607) 433-2343

www.otsegocounty.com

Schoharie County Mental Health Services

(518) 295-8407

www4.schohariecounty-ny.gov/departments/community-services/

Reputable Grief Websites

<http://helioscare.org>

<https://complicatedgrief.columbia.edu/for-the-public/resources-2/>

<https://www.dougy.org/grief-resources/>

<https://grief.com/group-resources/>

<https://hospicefoundation.org/End-of-Life-Support-and-Resources/Grief-Support.aspx>

<https://www.centerforloss.com/>