

## You're Not Alone

Regardless of age, race, religion, political party or income, mental illness can affect people from all walks of life .

Mental illness can impact your relationships with family and friends, cause problems at work and affect the way you feel about yourself and the others around you.



## With HELP, There's HOPE

If you're struggling with an acute emotional or mental disorder - You're not alone.

Many people have feelings or experiences like yours at some point in their lives. Nearly 1 in 4 people will struggle with a mental illness this year but less than half will reach out for help from a health care professional.

When facing a psychiatric crisis, people need to reach out for help and treatment. Call BryLin to speak confidentially with a mental health professional.

Help is available, we need to ask for it.



## Contact Information



[info@brylin.com](mailto:info@brylin.com)



1263 Delaware Ave.  
Buffalo, NY 14209



[www.brylin.com](http://www.brylin.com)

**CALL TO SPEAK WITH A  
MENTAL HEALTH  
PROFESSIONAL TODAY**



**(716) 886-8200  
ext. 2264**



**MENTAL HEALTH  
CARE FOR ALL AGES**

With HELP, There's HOPE<sup>SM</sup>

## Our Services

We provide short term, acute care care for children, adolescents and adults struggling with depression, anxiety, bipolar disorder, thoughts of suicide or other mental illness.

### Child & Adolescent Treatment

Inpatient mental health crisis care program for children & adolescents. We provide comprehensive assessment, crisis stabilization and compassionate treatment for children and adolescents (5-17 years of age) who are experiencing acute emotional, mood and thought disorders.



### Adult Treatment

Inpatient mental health crisis care program for adults. We provide comprehensive psychiatric and medical assessment, medication management and crisis stabilization.



## Our Programming

Our Therapeutic Activities Department provides a variety of skill-based groups, art therapy and recreational activities.

Gross Motor Programming includes: Organized Exercise, Yoga, Chair Tai Chi, Relaxation and Mindfulness.

Life Skill Groups topics include: Stress Management, Healthy Coping Strategies, Leisure time Planning, Creative Arts & Crafts, Group Games, and other Social Activities.



## Avoid Long Waits in the E.R.

- BryLin Hospital can accept voluntary patients 7 days a week by calling our admissions department at (716) 886-8200 ext. 2264.
- No physician referral needed.
- Speak directly with a psychiatric registered nurse confidentially.
- Most insurances and Managed Medicaid accepted. Call and we will check your insurance benefits for you.

Call (716) 886-8200 ext. 2264.

## Center of Excellence - Electroconvulsive Therapy (ECT)

BryLin's state of the art ECT Department is the only ambulatory ECT Center in Western New York which offers:

- Personalized care from our highly trained, compassionate staff.
- The highest quality medical care and safest practices.
- A therapeutic space that is warm, inviting, and positive.

Clinical evidence indicates that, for individuals with uncomplicated, but severe, major depression, ECT will produce substantial improvement in approximately 80 percent of patients. Contact us for more information.

Call (716) 886-8200 ext. 2196.

**Covered by most insurances, ECT is safe, effective and affordable.**



“ECT is the most effective and rapidly acting, FDA approved, treatment for severe depression.”

Sanjay Gupta, MD  
Psychiatrist  
BryLin Chief Medical Officer