

If you have concerns about your services, need support trying to get services or need help understanding your rights, you can contact the Independent Ombudsmanmand Program. This advocacy program is independent from OPWDD and run by the Community Service Society of New York. The helpline is free and confidential: 1800-762-9290 (Monday-Friday, 9:00AM-5:00PM). Learn more at [iddony.org](http://iddony.org).

