

MENTAL HEALTH & WELLNESS RESOURCE LIST

- 845-485-9700 Dutchess County Dept. of Behavioral & Community Health - HELPLINE...24/7 [toll-free: 877-485-9700] Crisis Counseling - Information - Referrals- Mobile Team - Stabilization Center: **Call or text: 845-485-9700** Pre-Intake for: Astor www.astorservices.org; Lexington Center for Recovery (www.lexingtonctr.org); Family Services Behavioral Health Centers (www.familyservicesny.org)
- www.mhadutchess.org Mental Health America of Dutchess County (Case Management, Education, Family Support & Advocacy, Vet2Vet, and Homeless Services) 845-473-2500
- www.mhanys.org MHA in New York State: 518-434-0439
- www.dutchessny.gov Dutchess County Government (includes Dutchess County Dept. of Behavioral & Community Health)
- www.capedc.org Council on Addiction, Prevention & Education (Alcohol, Tobacco and Other Drug prevention and education services in Dutchess) 845-765-8301
- www.marc.us.com/ Mid-Hudson Addiction Recovery Centers: 845-452-8816
- www.people-usa.org PEOPLE, USA A peer run not-for-profit that advocates with and provides recovery-oriented services for people living with mental health issues: 845-452-2728
- www.taconicresources.org Taconic Resources for Independence (Benefits Counseling, Special Education Advocacy, Interpreter Service, Housing Advocacy, Employment Readiness Training) 845-452-3913
- www.midhudsonregional.org Mid-Hudson Regional Hospital - Emergency Psychiatric Care: 845-431-8892; Outpatient Mental Health Clinic (children, adolescents, adults): 845-431-8287; Inpatient Adult Unit: 845-431-8752; The Turning Point (Admissions) 845-483-5511
- www.namimidhudson.org National Alliance on Mental Illness - Mid Hudson Chapter (Support, Education, Advocacy) 845-206-9892
- www.uwdor.org United Way of Dutchess/Orange [2-1-1- online] United Way's Hudson Valley regional information line—free, confidential, multi-lingual information/referral service.
- www.lgbtcenters.org Hudson Valley LGBTQ Community Center: 845-331-5300

www.dutchessAA.org

Alcoholics Anonymous: 845-452-1111 (24/7)
Alateen: 452-2666

www.sober.com/meetings

Narcotics Anonymous: 845-431-9011

www.familyservicesny.org

Family Services: 845-452-1110; Battered Women's Services - 845-485-5550; Crime Victims Assistance Program - 845-452-7272; Anger management classes. Behavioral Health Centers: Poughkeepsie, Beacon, Millbrook, Rhinebeck, Dover Plains, Kingston and New Paltz.

www.gracesmithhouse.org

Grace Smith House: 24/7; 845-471-3033; Offers services to women/children who are experiencing domestic violence. Services include shelter, safety, information and referral, crisis hotline, supportive counseling and advocacy.

www.hudsonriverhousing.org

Hudson River Housing: 845-454-5176; River Haven Shelter - 845-454-3600; River Haven Transitional Living & Independent Living Programs - 845-452-0019; After Hours Emergency Placement - 845-471-8454; Supportive Services for Veteran Families - 845-232-5754; Permanent Housing Programs - 845-452-5197

www.plannedparenthood.org

Planned Parenthood of the Mid-Hudson Valley: 845-562-7800

www.lshv.org

Legal Services of the Hudson Valley: 1-877-574-8529

www.literacyconnections.org

Literacy Connections of the Hudson Valley: 845-452-8670

www.acces.nysed.gov/vr

Adult Career & Continuing Education Services-Vocational Rehabilitation (ACCES-VR) 845-452-5425

www.catholiccharities-dutchess.org

Catholic Charities: 845-452-1400; Programs include: Feeding Our Neighbors; Strengthening Families & Resolving Crisis; Welcoming & Integrating Migrants & Refugees

www.dutchessmediation.org

Mediation Center of Dutchess County; Alternative Dispute Resolution in Dutchess County: 845-471-7213

845-486-6330

Rockland Psychiatric Center - Dutchess Outpatient Clinic - 26 Oakley Street, Poughkeepsie - Adult clinic that accepts Medicaid and Medicare; offers individual assessment and evaluation for medication selection and management, individual therapy, group therapy and referrals to vocational services or rehabilitation services.