

Stabilization Center or Hospital?

Choosing the Best Resource



The Dutchess County Stabilization Center is a walk-in facility serving people of all ages and abilities experiencing emotional distress, anxiety, depression, addiction, family issues, or other crises.

You can connect to the Stabilization Center from home, school, work or anywhere else in the community. We have trained behavioral health specialists available to meet with you and provide assistance 24/7/365.

The Stabilization Center is appropriate for people experiencing:

- Depression
- Suicidal thinking
- Substance use and seeking detox services
- Emotional distress or anxiety
- Family distress or relationship issues
- Changes in performance, friendships, and/or behavior at work or school

The hospital is appropriate for people who:

- Are suicidal, with intent and means
- Have a plan, intent and/or means for self-harm or harm to others
- Need immediate medical intervention
- Have an unstable or uncontrollable medical condition

Dutchess County Stabilization Center

230 North Road, Poughkeepsie

CALL or TEXT: HELPLINE (845) 485-9700

No appointment or referral needed. Simply walk in. Open 24 hours every day.
No one is denied service based on lack of health insurance or inability to pay.



Dutchess County Department of Behavioral & Community Health
(845) 485-9700 • DutchessNY.gov/Stabilization