

## 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](http://www.astorservices.org); Lexington Center for Recovery ([www.lexingtonctr.org](http://www.lexingtonctr.org)); Family Services Behavioral Health Centers ([www.familyservicesny.org](http://www.familyservicesny.org))

[www.mhadutchess.org](http://www.mhadutchess.org)

Mental Health America of Dutchess County (Case Management, Education, Family Support & Advocacy, Vet2VVet, and Homeless Services) 845-473-2500; and MARC (Mid-Hudson Addiction Recovery Centers) 845-452-8816

[www.mhanys.org](http://www.mhanys.org)

MHA in New York State: 518-434-0439

[www.dutchessny.gov](http://www.dutchessny.gov)

Dutchess County Government (includes Dutchess County Dept. of Behavioral & Community Health)

[www.capedc.org](http://www.capedc.org)

Council on Addiction, Prevention & Education (Alcohol, Tobacco and Other Drug prevention and education services in Dutchess) 845-765-8301

[www.people-usa.org](http://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](http://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](http://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](http://www.namimidhudson.org)

National Alliance on Mental Illness - Mid Hudson Chapter (Support, Education, Advocacy) 845-206-9892

[www.uwdor.org](http://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](http://www.lgbtcenters.org)

Hudson Valley LGBTQ Community Center: 845-331-5300

[www.dutchessAA.org](http://www.dutchessAA.org)

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

[www.sober.com/meetings](http://www.sober.com/meetings)

Narcotics Anonymous: 845-431-9011

[www.familyservicesny.org](http://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](http://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](http://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](http://www.plannedparenthood.org)

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

[www.lshv.org](http://www.lshv.org)

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

[www.literacyconnections.org](http://www.literacyconnections.org)

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

[www.acces.nysed.gov/vr](http://www.acces.nysed.gov/vr)

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

[www.catholiccharities-dutchess.org](http://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](http://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.