

***WE'RE HERE TO HELP***  
***24/7/365***

## **24-HOUR SUBSTANCE USE/MENTAL HEALTH SERVICES**

### **HELPLINE**

Dutchess County HELPLINE is a 24 hour/7 day a week crisis call-in center available to anyone.

CALL or TEXT any time to talk live to a qualified mental health professional.

Regardless of the issue, the HELPLINE will provide counseling or link you to services.

### **STABILIZATION CENTER**

**230 NORTH ROAD, POUGHKEEPSIE**

The Dutchess County Stabilization Center is a walk-in center for people having a substance use or emotional crisis. Walk in anytime to talk to someone, get linked to substance use or mental health services, or just take a break from an emotionally charged situation.

The center is open 24 hours, 7 days a week, 365 days a year.

### **MOBILE CRISIS INTERVENTION TEAM**

The Mobile Crisis Intervention Team responds 24-hours a day to substance use/mental health emergencies in Dutchess County. The team can visit you in your home, link you to substance use/mental health services, and provide telephone support when you need it.

CALL or TEXT HELPLINE at (845) 485-9700 to reach the Mobile Team.



*Start your recovery here.*

**CALL or TEXT (845) 485-9700**