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.

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.

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