

Welcome!

Start here to find Mental Health Help:

- I. I need **emergency or non-emergency counseling on the phone or via text** - [Hotlines and Warmlines](#)
- II. I'm experiencing a crisis and/or need help managing a **basic need** like food, housing, childcare, safety, or sobriety - [Local Services: Crisis, Family and other Mental Health](#)
- III. I need **intensive mental health treatment, but still want to live at home** - [Intensive Mental Health Programs](#)
- IV. I need **services tailored to my identity** - [POC + LGBTQ Mental Health Resources](#)
- V. I'm looking for a therapist, psychiatrist, social worker, or other **mental health provider that meets my needs** - [General Lookup: Mental Health Providers](#)

Hotlines and Warmlines

*“A **warmline** (also known as a helpline or hopeline), **is a phone number people can call to get support and learn about available mental health and recovery resources.** These are often staffed by people with lived experience of mental health issues to provide peer support and information. A **crisis hotline** (also known as a lifeline), **is a phone number people can call to get immediate emergency telephone counseling.**” - omh.ny.gov*

Trans Lifeline: translifeline.org - Non carceral hotline by and for trans folks

The Trevor Project: thetrevorproject.org - LGBTQ hotline and resource hub

A Call for Change Helpline: acallforchangehelpline.org - Hotline for Intimate Partner Violence

211 Hudson Valley: 211hudsonvalley.org/about-us - Warmline providing assistance with basic needs, health information, and referrals for human services

National Suicide Prevention Lifeline: 800-273-8255

Crisis Text Line: HOME to 741741

Local Services: Crisis, Family and other Mental Health

You can call and/or visit these services for assistance substance use, general crime, sexual assault, hunger, and more. They include mobile units that come directly to a person in need, professionals available at drop-in centers, and teams who can be contacted 24/7 via call or text.

Crisis Services (By County)	Contact Information	Description
Dutchess County		
Dutchess County Mobile Crisis Intervention Team	<p>CALL or TEXT 845-485-9700 or toll-free 877-485-9700 (24/7)</p> <p>Website: dutchessny.gov/Departments/DBCH/24-7-Services.htm#:~:text=Mobile%20Crisis%20Intervention%20Team.-The%20Mobile%20Crisis&text=To%20connect%20to%20the%20Mobile,at%20877%2D485%2D9700</p>	Mental health professionals who come directly to you when facing a crisis and help prevent a situation from getting worse, see what you need, and connect you to services that can help right away.
Dutchess County Stabilization Center (Poughkeepsie)	<p>Phone: 845-485-9700</p> <p>Website: Website: dutchessny.gov/Departments/DBCH/24-7-Services.htm#:~:text=Mobile%20Crisis%20Intervention%20Team.-The%20Mobile%20Crisis&text=To%20connect%20to%20the%20Mobile,at%20877%2D485%2D9700</p> <p>Address: 230 North Rd, Poughkeepsie, NY 12601</p>	<p>Using the Stabilization Center is 100% voluntary, and no one is ever denied service based on lack of health insurance or inability to pay. Walk in anytime to the Center at 230 North Road in Poughkeepsie, or call HELPLINE at 845-485-9700 for more information.</p> <p>***NOT THE HOSPITAL*** They will listen to you, assess your situation, work with you on a plan for healing, and connect you to the services you need.</p>
Orange County		

Orange County Health and Substance Use Urgent Care	<p>For More Information or to Connect Virtually, Call: 1-888-750-2266 (Option 2) - available 24/7</p> <p>Website: accesssupport.org/behavioral-health</p>	<p>Walk-in care for mental health and addiction for adults & children in the Hudson Valley.</p> <p>Available Virtually 24/7 and Monday – Friday: 10 am - 6 pm in:</p> <p>Middletown: Union Street Community Counseling Center 16-24 Union Street, Middletown, NY 10940</p> <p>Newburgh: Kaplan Family Counseling Center 21-23 Grand Street, Newburgh, NY 12550</p>
Orange County Crisis Mobile Response Team	<p>Phone: 311 or 1-800-832-1200 (Available 24/7)</p> <p>Website: orangecountygov.com/1796/Crisis-Call-Center</p>	<p>Crisis response for mental health, substance use, developmental disabilities, rape, and domestic violence</p>
Orange County Mobile Mental Health	<p>Phone: (888) 750-2266 Every day, 24/7</p> <p>Website: wellnessrecovery.org/new-page-2</p>	<p>Connect with a counselor; Access services: Crime Victims, Emergency and Temporary Assistance, Food Pantries, Hospitals, Hotlines and Helplines, Shelters, Urgent Care Centers, Walk-in Crisis Centers, and More</p>
Sullivan County		
Sullivan County Department of Community Services	<p>Phone: 845-292-8770</p> <p>Website: sullivanny.us/Departments/CommunityServices</p>	<p>Counseling, case management, anger management, mediation, crisis services</p>
Sullivan County Mobile Mental Health Team	<p>Phone: 845-790-0911 or 800-710-7083 (24 Hours)</p> <p>Website: sullivanny.us/Departments/CommunityServices</p>	<p>24 Hour outreach Services for adults 18 and over with mental health needs</p>
Ulster County		

Ulster County Department of Community Services	Website: sullivanny.us/Departments/Communityservices/Servicesprovided	Counseling, case management, anger management, mediation, crisis services
Ulster County Family Services (Family of Woodstock, Inc.)	Website: https://www.familyofwoodstockinc.org/ Locations listed by city here: docs.google.com/document/d/1MUXw_hl7-l1ewkalmM1EntWn6hOTV1rCMB9ttlv_iQ4/edit?usp=sharing	Mostly free and confidential shelters, emergency food pantries, domestic violence services, court advocates, counseling and case management services, hotlines, and child care supports.
Ulster County Mental Health and Substance Use Urgent Care	For More Information or to Connect Virtually, Call: 1-888-750-2266 (Option 2) - Available 24/7 accesssupport.org/behavioral-health	Walk-in care for mental health and addiction for adults & children in the Hudson Valley. Available Virtually 24/7 and Monday – Friday: 10 am - 6 pm at: 368 Broadway, Suite 205, Kingston, NY 12401
Ulster County Mental Health Resources	Website: gis.co.ulster.ny.us/sites/default/files/Ulster%20County%20Mental%20Health%20Resources%20.pdf	Resources for Crime Victims, Respite, Social Services; Clinical Mental Health; Substance Use & Addiction; Case Management & Care; Seniors, Veterans, Disabilities, Immigrants; Public Health & Family Support.
Ulster County Mobile Mental Health Team	(844) 277-4820 Every day, 24/7 wellnessrecovery.org/new-page-2	Connect with a counselor; Access services: Crime Victims, Emergency and Temporary Assistance, Food Pantries, Hospitals, Hotlines and Helplines, Shelters, Urgent Care Centers, Walk-in Crisis Centers, and More

Need mental health support, family assistance, or life skills help? Find services in your area below:

Services (By County)	Website	Description
Dutchess County Mental Health Alliance	mhadutchess.org	General mental health education, groups, and family support

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Orange County MHA	mhaorangeny.com	General mental health education, groups, and family support
Sullivan County - NAMI	namisullivan.org	General mental health education, groups, and family support
Sullivan County - The Arc	arcghvny.org/about	Direct support services, behavioral services, residential programs, employment services, etc.
Throughout MidHudson Valley-Access Supports for Living	accesssupports.org	Life skills, in-home supports, counseling, family assistance, etc.
Throughout MidHudson Valley - Astor Services	astorservices.org/programs/hudson-valley	Mental health programs and counseling for youth
Throughout MidHudson Valley - Nami	namimidhudson.org	General mental health education, groups, and family support

Intensive Mental Health Programs

According to The Ohio State University Wexner centers, “**partial hospitalization and intensive outpatient programs** are therapeutic treatment experiences for individuals who require more than the conventional outpatient level of care but do not need the security of 24-hour inpatient care. Basically, they **allow someone to receive intense treatment and still reside at home.**” To learn more about how these programs generally function, visit: wexnermedical.osu.edu/mental-behavioral/partial-hospitalization-iop.

For local resources, see the list below:

Specialized Programs	Contact Info	Description
Charlie Health: (Online)	Phone: 1 (866) 484 8218 Website: charliehealth.com	Personalized online intensive outpatient program (IOP)
Danbury Hospital (Danbury, CT)	Phone: (203) 791-5187 Website: nuvancehealth.org/services-and-treatments/behavioral-health/outpatient-behavioral-health/partial-hospitalization-and-intensive-outpatient-programs	Behavioral Health Intensive Outpatient Program (BHIO): This 8-week program includes biweekly psychiatric consultation. Treatment focuses on more serious mental health conditions. Day Intensive Outpatient Program (Day IOP): This 4-week program includes weekly psychiatric consultation. Treatment focuses on mood disorders, anxiety disorders, and personality disorders utilizing dialectical behavior therapy (DBT) skills training and four DBT modules. Dual Diagnosis Intensive Outpatient Program (DDIOP): The program includes psychiatric consultation and medication management; case management is also available. Treatment focuses on gaining and maintaining sobriety and mental stability. Partial Hospital Program (PHP): This 4-week program includes weekly psychiatric consultation

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		and is run in conjunction with the Day Intensive Outpatient Program (IOP) focusing on mood disorders, anxiety disorders and personality disorders utilizing dialectical behavior therapy (DBT) skills training.
Kingston Partial Hospitalization Programs	<p>Phone: 45.334.3120</p> <p>Website: hahv.org/mental-health</p>	<p>The Adult and Adolescent Partial Hospitalization Programs (PHP and APHP) at HealthAlliance Hospital: Mary's Avenue Campus, 105 Mary's Avenue, Kingston, NY, provide psychiatric services for clients who require intensive treatment but can function more readily outside a 24-hours-a-day inpatient program.</p> <p>The program provides short-term treatment for clients to either avoid or shorten an inpatient stay. It is comprised of a multidisciplinary team including nurses, social workers, creative art therapists, mental health counselors, psychiatric nurse practitioners and board-certified psychiatrists. The main modality of treatment is group therapy focusing on Dialectical Behavioral Therapy. We also offer alternative modalities such as art therapy, music therapy and movement therapy.</p> <p>The program operates Monday through Friday during the day time hours, but program staff is available on call for clients outside regular hours. Referral forms can be found in the links below, or to request a referral form for the Adolescent and Adult PHP call 845.334.3120, option 2.</p>

MidHudson Regional Hospital (Poughkeepsie, NY)	<p>Phone: 845.483.5512 • Outpatient Programs 845.483.5511 • Inpatient Programs</p> <p>Website: midhudsonregional.org/outpatient-programs</p>	<ul style="list-style-type: none"> • Day rehabilitation program (five days/week) • Day and evening intensive outpatient programs (three days/week) • Women's intensive outpatient program (four days/week)
Putnam Hospital (Carmel, NY)	<p>Phone: (845) 279-5711, ext. 6443</p> <p>Website: nuvancehealth.org/services-and-treatments/behavioral-health/outpatient-behavioral-health/partial-hospitalization-and-intensive-outpatient-programs</p>	<p>Partial Hospitalization Program (PHP): This program provides a relaxed setting for people struggling with mental health challenges and combines a high level of care with the comfort and convenience of living in the community. The program offers dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT), art therapy, wellness education, social skills training, crisis planning, weekly medication management and nutrition assistance.</p> <p>Each client is assigned a psychiatrist, nurse and social worker to assist with therapy and treatment planning. Weekly individual therapy sessions are provided as well as daily group sessions from 9:30 am to 3 pm, Monday through Friday, for up to six weeks. Lunch is included.</p>

POC + LGBTQ Mental Health Resources

if you are part of a marginalized racial, sexuality, and/or gender group, below are mental health resources designed specifically for you:

POC (Including BIPOC)

Asian American Federation: mhd.aafederation.org

Asians For Mental Health Directory: asiansformentalhealth.com

Asian Mental Health Collective: asianmhc.org/therapists-us/#

Black Emotional and Mental Health Collective: beam.community/about

Black Mental Health Alliance: blackmentalhealth.com

CALL Blackline: callblackline.com

BIPOC hotline to report police/vigilante violence and crisis counseling

Center For Healing Racial Trauma: centerforhealingracialtrauma.com/about

Hispanic Federation: hispanicfederation.org/our-work/health/mental-health-resources

Immigrants Rising Support Groups: immigrantsrising.org/supportgroups

MHA National: mhanational.org/bipoc

Education and resources for BIPOC

National Black Justice Coalition: nbjc.org

National Alliance for Hispanic Health: healthyamericas.org/help-line

National Organization for People of Color Against Suicide: nopcas.com

Stronghearts Helpline: strongheartshelpline.org

Therapy for Black Girls: therapyforblackgirls.com

Therapy for Black Men: therapyforblackmen.org

Therapy For Latinx: therapyforlatinx.com

We R Native: wernative.org

White Bison: whitebison.org

LGBTQ+ Folks

Pride Centers

Delaware County: delawarecountypride.org

Kingston: lgbtqcenter.org

New Paltz: newpaltzpridecoalition.org

Newburgh: newburghlgbtqcenter.org (on hiatus)

Peekskill: peekskillpride.org

Poughkeepsie: dutchesspride.org

Rhinebeck+Red Hook: beckhookpride.com

Sullivan/Catskills: catskillspride.com

HV Trans Closet: transclosethv.org

Gender affirming clothing, binders, etc. for trans folks

GALAP: thegalap.org/need-a-letter/directory

Directory for free letters for gender affirming care

Queer Families MidHudson: queerfam.org/midhudson

Local directory of queer owned and ally owned local businesses

General Lookup: Mental Health Providers

These search-engines and directories are designed to help people find mental health providers that meet their criteria.

Abolition Centered Care:

docs.google.com/spreadsheets/d/1csxYvoLLFucundPEJxGL0CFdDMEQEcxAMRK6EvQkhJM/edit?gid=2020542098#gid=2020542098

Alma: secure.helloalma.com/providers-landing/?next=%2Frequests%2F

Headway: headway.co

Inclusive Therapists: inclusivetherapists.com

Kappa Professionals: kappaprofessionals.org

Manhattan Alternative: manhattanalternative.com

Mental Health Match: mentalhealthmatch.com

Open Path Collective: openpathcollective.org

Psychology Today: psychologytoday.com

Therapy Den: therapyden.com

Zocdoc: zocdoc.com