

## **ADDITIONAL ULSTER COUNTY RESOURCES**

**Experiencing a mental health challenge or crisis? Help is only a phone call away.**

### **Ulster County Mobile Mental Health**

Mobile Mental Health is operated by ACCESS: Supports for Living, between the hours of 10 AM - 10 PM. **Call 1-844-277-4820.** Connect with a trained counselor when stress, depression or other mental health issues create a personal crisis. Your call with a trained counselor will be kept confidential. **This service is available to all Ulster County residents at NO CHARGE.**

### **Other Crisis Resources**

**Family of Woodstock 24 Hour Crisis Hotline – Call/Text: (845) 679-2485**

**Suicide Prevention Hotline – 1 (800) 273-TALK (8255)**

### **Crime Victim Assistance Program (845) 340-3442**

#### **Looking for counseling?**

The Ulster County Department of Mental Health no longer provides clinical services, but we're here to help you find the right provider. Below is a list of NYS OMH licensed programs.

- Family Services, Inc. (845) 486-2703 (Adults)
- The Institute for Family Health (845) 338-2562 (Adults, Children & Adolescents)
- Astor Services for Children & Families (845) 340-4105

#### **Do you need something more intensive?**

- Pine Grove Center (845) 339-4733 (Adults)
- DSS Coordinated Children's Services (CCS/NEXIS/MST) (845) 334-5050
- HealthAlliance of the Hudson Valley - Partial Hospitalization (845) 334-3120 (Adults), (845) 334-3110 (Children & Adolescents)
- Astor Services for Children & Families - Partial Hospitalization (845) 554-1365
- Rockland Children's Psychiatric Center

School-Based Clinic (Port Ewen) (845) 339-8707 *(May self-refer)*

## Looking for help with addiction?

### Outpatient clinics:

- Step One – Highland (845) 691-9191, Ellenville (845) 647-5400
- The Bridge Back at HealthAlliance of the Hudson Valley (845) 943-6091

### Detox & inpatient:

First Step at HealthAlliance of the Hudson Valley (845) 334-4705

### Recovery support services:

- Catholic Charities Centers of Treatment Innovation (COTI) (845) 281-8478 *(A team of peers and clinicians will support you and your family regardless of where you are at in the process of recovery)*
- Ulster County Family Advocate (845) 458-7455 *(Get help with navigating treatment options, guidance and support)*
- Alcoholics Anonymous (845) 331-6360 Narcotics Anonymous (845) 431-9011
- Mental Health Association Wellness Center (845) 339-9090
- NAMI Mid-Hudson (845) 206-9892 NAMI NYS Helpline 1 (800) 950-3228

**For more Ulster County resources, visit [www.wellnessrecovery.org](http://www.wellnessrecovery.org)** *(A public service maintained by The Mental Health Association in Ulster County Inc. for community members to review and retrieve information about recovery-oriented programs and services.)*

### Family of Woodstock 845-331-7080 ext. 327

- **Domestic Violence Services**

If you are not ready to be in a support group, or if your schedule conflicts with our existing support groups, we can meet you for short-term counseling. Call Emily at 331-7080, x 328. For bilingual services contact Maria at 331-7080, x 313.

- Our domestic violence Family Court advocate can provide assistance in drafting petitions for emergency orders of protection. Call Lyuba at 481-9465.

**Not sure what you need? Please call us at (845) 340-4110. We will do our best to help.**