



Mental Health

Salud Mental

Mental wellness, counseling, support groups and domestic-violence assistance for individuals and families.

Hudson Valley Region & Neighboring Counties

CASA COMUNITARIA DE RECURSOS (CCR)

HUDSON VALLEY, NEW YORK

Mental Health: Contents

Esta guía reúne recursos comunitarios gratuitos o de bajo costo en Hudson Valley y los condados vecinos. Verifica horarios y disponibilidad directamente con cada organización.

This guide collects free or low-cost community resources in the Hudson Valley and neighboring counties. Please confirm hours and availability directly with each organization.

Newburgh (1)

1. Fearless! Hudson Valley

Poughkeepsie (1)

2. Dutchess County HELPLINE

Multiple Locations (3)

3. Grace Smith House, Inc.
4. Mental Health America, Dutchess County
5. National Alliance on Mental Illness (NAMI), Mid-Hudson

Information compiled from public community sources. Services, hours and contact details may change. Please confirm directly with each organization.

Directory: Mental Health

Newburgh (1)

Fearless! Hudson Valley

Location	P.O. Box 649, Newburgh, NY 12550
Contact	24-hour hotline: 845-562-5340; main: 845-562-5365
Website	fearlesshv.org
Services	Emergency shelter and support for survivors of domestic violence, teen dating violence and human trafficking in Orange and Sullivan counties. Services in English and Spanish, regardless of immigration status.

Poughkeepsie (1)

Dutchess County HELPLINE

Location	230 North Road, Poughkeepsie, NY 12601 (Stabilization Center walk-ins)
Contact	845-485-9700 (call or text, 24/7)
Website	dutchessny.gov
Services	24/7 crisis intervention with mental health professionals. Support for emotional distress, anxiety, depression, family issues and addiction. Calls transitioning to 988; texts to 845-485-9700 reach the local team.

Multiple Locations (3)

Grace Smith House, Inc.

Contact	845-471-3033 (Spanish available)
Website	gracesmithhouse.org
Services	Assists individuals experiencing domestic violence.
Social Media	Facebook: facebook.com/GraceSmithHouseInc ; Instagram: @gracesmithhouse

Mental Health America, Dutchess County

Website mhanational.org/recursos-en-espanol

Services Promotes mental wellness through a wide range of services based on the needs of the individual. Spanish resources available.

Social Media Facebook: facebook.com/MHADutchess; Twitter: @mhadutchess; YouTube: MHA Dutchess

National Alliance on Mental Illness (NAMI), Mid-Hudson

Contact (845) 206-9892

Website namimidhudson.org

Services Offers education, engagement, and support opportunities regarding mental health.

Social Media Facebook: facebook.com/NAMIMidHudsonInc; Instagram: @namimidhudson; YouTube: NAMI Mid-Hudson

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