

Resources

01

Mobile Mental Health

Ulster County Mobile Mental Health operates daily from 10:00 AM to 10:00 PM for those experiencing a mental health issue. The team will respond to an urgent mental health issue anywhere in the community at no-cost.

Call: 844-277-4820

02

Love is Respect

www.loveisrespect.org

Love is Respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships, or the relationships of their loved ones.

Call: 866-331-9474

Text: LOVEIS to 22522

03

Family Services Center for Victim Safety and Services

CVSS provides confidential, no-cost services to victims of sexual assault, domestic violence, and other crimes. CVSS serves people of all backgrounds, sexual orientations, gender identities, abilities, citizen status, and ages.

24/7 Rape Crisis Hotline: 845-452-7272

24/7 Domestic Violence Hotline: 845-485-5550

Chatline (Monday-Friday 9:00 AM-4:00 PM):

Text: 845-583-0800

Online: www.resourceconnect.com/cvss/chat

04

The Trevor Project

www.thetrevorproject.org

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ+ youth.

Call: 866-488-7386

Text: START to 678-678

05

Planned Parenthood

www.plannedparenthood.org/learn/teens

Planned Parenthood delivers vital reproductive healthcare, sex education, and information to millions of people worldwide

Number for Poughkeepsie and Newburgh Health Centers: 845-562-7800

06

National Eating Disorders Association

www.nationaleatingdisorders.org

The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders.

Call: 800-931-2237 (M-TR 11am-9pm, Friday 11am-5pm)

Text: 800-931-2237 (M-TR 3pm-6pm, Friday 1pm-5pm)

07

Suicide and Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

Call: 988

Chat: www.988lifeline.org/chat