

Emergency Contacts and Services

I check messages through the day, and make every effort to return calls in a prompt manner. I am not available, however, to offer crisis support. If you are in need of immediate assistance, please dial 9-1-1, or visit your local emergency room (open 24 hours):

HealthAlliance Hospital

396 Broadway
Kingston, NY 12401
(845) 331-3131

In the event of a crisis, another service is:

Ulster County Mobile Mental Health

(844) 277-4820

Mobile Mental Health is available between the hours of 10 AM - 10 PM. A trained counselor will assist you. Your call 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)

If in need of HIGHER LEVEL OF CARE, here are some resources:

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

The following offer supports for addictions:

Alcoholics Anonymous (845) 331-6360

Narcotics Anonymous (845) 431-9011

****To support safety in a crisis situation, I suggest programming applicable numbers into cell phones.**

