



ASIST

Helpers in Your Community: Is the helper able, available and acceptable?

CRISIS (DISTRESS) CENTER:	Helpline – 845-485-9700
SUICIDE PREVENTION CENTER:	Helpline – 845-485-9700
TEEN LINE: Texting – 741-741 start text with DMH	Helpline – 845-485-9700
RAPE/SEXUAL ASSAULT CENTER: Family Services Center for Victim Safety	845-452-7272
DOMESTIC VIOLENCE HOTLINE: Grace Smith House/ Victim Safety & Support (24hr) STATE: NYS Hotline	845-471-3033 / 845-485-5550 1-800-942-6906
LOCAL: RAPE CRISIS: 24 hr. Hotline STATE HOTLINE/ NATIONAL DV HOTLINE	845-452-7272 1-800-942-6906/ 1-800-799-7233
CHILD ABUSE HOTLINE:	1-800-342-3720
POLICE: City of Poughkeepsie	845-451-4000
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT:	911
MENTAL HEALTH CRISIS/RESPONSE: Crisis response – Mobile Teams for Adult & Youth	Helpline – 845-485-9700 for
HOSPITAL EMERGENCY SERVICES:	Mid-Hudson Regional Hospital – 845-483-5000 Vassar Hospital – 845-454-8500
EMERGENCY SHELTERS: Contact Dutchess County Community and Family Services	845-486-3000
YOUTH SHELTER:	Riverhaven – 845-454-3600
MENTAL HEALTH OUTREACH CLINIC:	Helpline – 845-485-9700
CHILDREN/YOUTH PSYCHIATRIC CLINIC:	Helpline – 845-485-9700
PRIVATE PRACTITIONERS: Call MHA Library for Private Listings	845-473-2500 ext. 1325
MEDICAL CLINIC / GENERAL PRACTITIONER:	
STD INFORMATION AND TESTING SITES: Health Department	845-486-3401
CHILDREN'S SERVICES OFFICES: For general information about children's services	845-486-2765
CHILD CARE REFERRALS: Child Care Council	845-473-4141
PARENT TRAINING: Mental Health America/ Cornell Cooperative Extension	845-473-2500 / 845-677-8223
FAMILY SUPPORT SERVICES: Mental Health America	845-473-2500 ext. 1343
SELF HELP GROUPS: NAMI Mid-Hudson	845-206-9892
SUBSTANCE ABUSE COUNSELING:	Helpline – 845-485-9700
ALCOHOLICS ANONYMOUS:	845-452-1111 NA – 845-431-9011
MENTAL HEALTH SERVICES:	Helpline – 845-485-9700
VERTERAN'S SUICIDE HOTLINE: MHA VET2VET:	800-273-8255 845-473-2500 EXT 1307 OR "0"
HUMAN TRAFFICKING: Center for Victim Safety & Support (24hr Hotline) NATIONAL: Resource Center (24hr Hotline)	845-452-7272 1-888-373-7888 or TEXT:
PEOPLE, U.S.A.	Warm Line - 845-233-4656
Other:	
Other:	