ULSTER HELPS · ULSTER COUNTY, NY

Community Resource Directory

210 free, community-maintained listings for mental health, recovery, family, and crisis services — maintained by the Mental Health Association in Ulster County. Browse and search online at ulsterhelps.org.

In crisis? Help is available 24/7.

988 — Suicide & Crisis Lifeline · call or text · free & confidential

(844) 277-4820 — Ulster County Mobile Mental Health · 7 days, 9 AM–10 PM

(845) 309-5349 — Ulster County Crisis Support Center · walk-in, 24/7 · 368 Broadway, Kingston

IN THIS DIRECTORY

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Generated November 15, 2026. Information can change — please call ahead to confirm hours and availability. To suggest a new resource or an update, visit ulsterhelps.org/suggest or email wellnessinfo@mhainulster.com.

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Mental & Behavioral Health

74 resources, listed alphabetically

Abel House

11 Overbaugh Street, Saugerties, NY · Serves: Ulster County

Transitional sober living housing providing safe environment and resources for individuals in recovery.

(845) 246-2645 · rehab.org/service/abel-house

Access: Supports for Living (ASFL)

368 Broadway, Kingston, NY · Serves: Ulster County

Access: Supports for Living (ASFL) is a nonprofit organization that provides mental health, substance use, developmental disability, housing, employment, and family support services throughout the Hudson Valley, including Ulster County.

(888) 750-2266 · accesssupports.org

Access: Supports for Living Urgent Care (Kingston)

368 Broadway, Suite 205, Kingston, NY · Serves: Ulster County

Certified Community Behavioral Health Clinic (CCBHC) Walk in urgent care center for mental health and addiction crises; open weekdays with 24/7 virtual availability.

8887502266 (option 2) · accesssupports.org/behavioral-health

Arms Acres Inc.

75 Seminary Hill Road, Carmel, NY · Serves: Hudson Valley regional

Inpatient and outpatient program for substance use disorders offering detox, partial hospitalization, and specialized programs for young adults and veterans.

1-888-227-4641 · armsacres.com

Astor Services for Children & Families

6339 Mill Street (main administrative site for Astor's programs in the Hudson Valley)

Counseling centers in:
Kingston (490 Aaron Court)
Ellenville (50 Center Street)
Highland (280 State Route 299), Rhinebeck, NY · Serves: Hudson Valley regional

Behavioral and educational services for children and families including counseling centers in Kingston, Ellenville and Highland. Including a short-term intensive therapeutic program for youth ages 11–18 to manage emotions and prevent hospitalization.

(845) 871-1000 · www.astorservices.org/programs/hudson-valley

Astor Services – Adolescent Partial Hospitalization Program

205 South Avenue, Suite 105, Poughkeepsie, NY · Serves: Hudson Valley regional

Short-term intensive therapeutic program for youth ages 11–18 to manage emotions and prevent hospitalization.

(845) 554-1365 x100 · www.astorservices.org/program/hudson-valley-adolescent-partial-hospitalization

BALANCE Eating Disorder Treatment Center

18 West 21st Street, 4th Floor, New York, NY · Serves: Statewide

Outpatient and day treatment programs for adolescents and adults with eating disorders.

(212) 645-6903 · balancedtx.com

Catholic Charities of Orange, Sullivan & Ulster

6 Adams St
Kingston, NY 12401

11 Hamilton Avenue
Monticello, NY 12701, Kingston, NY · Serves: Ulster County

Provides recovery services including case management and home and community-based treatment for people with substance use disorders.

(845) 340-9170 / (845) 794-8080 · cccsos.org

Center for Spectrum Services

70 Kukuk Lane, Kingston, NY · Serves: Ulster County

Specialized school providing educational and therapeutic services for children with autism spectrum disorders.

(845) 3362616 · centerforspectrumservices.org

Child & Adolescent Eating Disorder Program (Golisano Children's Hospital)

601 Elmwood Avenue, Rochester, NY · Serves: Ulster County

Outpatient and partial hospitalization program for children and teens with eating disorders.

(585) 275-2964 · www.urmc.rochester.edu/childrens-hospital/adolescent/eating-disorders

Children with Special Health Care Needs Program

239 Golden Hill Lane, Kingston, NY · Serves: Ulster County

Public health program assisting families with children having special health or physical handicaps.

(845) 340-3070 / (845) 340-3047 · ulstercountyny.gov

Children’s Case Management Services

Kingston, NY · Serves: Ulster County

Case management connecting children with serious emotional disturbance to services and supports.

(845) 340-4110 · www.ulstercountyny.gov/Departments/Mental-Health/Services/SPOA/Child-SPOA

Children’s Health Home of Upstate New York (CHHUNY)

2300 Buffalo Rd., 500B, Rochester, NY · Serves: Ulster County

Free care management for children with complex medical or behavioral health needs.

(855) 209-1142 · www.chhuny.org

Children’s Home of Poughkeepsie

10 Children’s Way, Poughkeepsie, NY · Serves: Hudson Valley regional

Children’s Home of Poughkeepsie provides a full range of community based and residential services giving hope and healing to at-risk children throughout the country.

(845) 452-1420 · www.childrenshome.us

Children’s Way Counseling Center - Children’s Mental Health Clinic

368 Broadway Suite 301, Kingston, NY · Serves: Ulster County

Children’s Way Counseling Center provides outpatient mental and behavioral health treatment to children, adolescents, and their families.

(845) 386-0083 · www.childrenshome.us/programs-services/childrens-way-counseling-center

Conifer Park, Inc.

79 Glenridge Road
Glenville, NY 12302, Glenville, NY · Serves: Statewide

Specialized detoxification and inpatient/outpatient rehabilitation services.

(800) 989-6446 · www.coniferpark.com

Cornerstone Family Healthcare – Center for Recovery

3 Commercial Place
Newburgh, NY 12550, Newburgh, NY · Serves: Hudson Valley regional

Provides outpatient recovery treatment including medication-assisted therapy, group therapy and relapse prevention.

(845) 220-2146 · cornerstonefamilyhealthcare.org

Cornerstone of Rhinebeck

91 Serenity Hill Rd,
Rhinebeck, NY 12572, Rhinebeck, NY · Serves: Hudson Valley regional

Cornerstone of Rhinebeck: Cornerstone Treatment Facilities Network (CTFN) CTFN is the leading provider of medically supervised inpatient withdrawal, stabilization services, and outpatient addiction treatment for adults

(845) 266-3481 / Private consultation: 800-233-9999 · www.cornerstoneny.com

Ellenville Regional Hospital

10 Healthy Way, Ellenville, NY · Serves: Ulster County

Community hospital providing emergency and inpatient care for a 30 mile radius around Ellenville with a Substance Use Disorder (SUD) program providing addiction treatment, harm-reduction and peer support.

(845) 647-6400 · erhny.org

Family Services Inc.

Kingston - 239 Golden Hill Lane, Kingston, NY 12401
Highland - 7 Park Lane, Highland, NY 12528
Ellenville - 50 Center Street, Ellenville, NY 12428, Kingston, NY · Serves: Hudson Valley regional

Family Services is a nonprofit behavioral health and human services organization serving Ulster, Dutchess, and Orange counties. In Ulster County, it operates behavioral health centers in Kingston, Highland, and Ellenville, providing outpatient mental health treatment and support services for adults. Services are ava…

(845) 452-1110 · familyservicesny.org

Family of Woodstock

Family of Woodstock center: 16 Rock City Road, Woodstock, NY Call: (845) 679 2485 and (845) 338 2370
Family of Kingston center: 31 Albany Ave, Kingston Call: (845) 331-7080
Family of Ellenville: 221 Canal Street, Ellenville, NY Call: (845) 647 2443
Family of New Paltz: 51 North Chestnut Street, New Paltz Call: (845) 255 8801, Woodstock, NY · Serves: Ulster County

Family of Woodstock with 4 locations providing crisis intervention, supportive listening and referrals Monday–Friday with 24/7 Crisis Hotlines, Walk-In Centers, Emergency Food, Counseling, Case Management, Free Clothing and Household Items

(845) 6792485 · familyofwoodstockinc.org

Four Winds Hospital

800 Cross River Road; 30 Crescent Avenue, Katonah; Saratoga Springs, NY · Serves: Statewide

Inpatient and outpatient mental health hospital providing care for children, adolescents and adults.

9147638151; 5185843600 · fourwindshospital.com

Gateway Hudson Valley

1 Amy Kay Parkway, Kingston, NY · Serves: Ulster County

Gateway Hudson Valley is a nonprofit social service agency that provides essential services to people with disabilities, behavioral health needs, and the aging population in the Hudson Valley.

(845) 331-1261 · ghv.org

HPA/LiveWell

200 Great Oaks Blvd, Suite 215, Albany, NY · Serves: Statewide

Outpatient program offering medical, nutritional and psychological care for disordered eating.

(518) 218-1188 · hpalivewell.com

Healthy Families New York (Ulster County)

15 Railroad Avenue Suite 401, Kingston, NY · Serves: Ulster County

Free home visiting program promoting child health and parent–child relationships.

(845) 339-8551 ext. 3517 · instituteforafuture.org

Homer Perkins Residence

76-82 2nd St, Albany, NY · Serves: Statewide

Residential treatment program for men aged 18+ and must be engaged in an OASAS Outpatient Substance Abuse Program.

(518) 436-1104 · trinityalliancealbany.org/services/support-services

Hope House

877 Madison Ave, Albany, NY 12208, Albany, NY · Serves: Statewide

Residential and outpatient recovery programs for substance use disorders with specialized programs for families.

(518) 482-4673 · www.hopehouseinc.org

Institute for Family Health

NY · Serves: Statewide

The Institute is committed to high-quality, affordable health care for all. We strive for excellence at each of our 27 practices, while accepting all patients regardless of their ability to pay. We offer primary care, mental health, dental care, social work and many other services to patients of all ages.

institute.org

Jewish Family Services of Ulster County

280 Wall Street, 2nd Fl., Kingston, NY · Serves: Ulster County

JFS provides in-home social work services for older adults of all faiths in the community who could not otherwise access more traditional office-based mental health services. JFS is the only social service agency in the county to provide Behavioral Health Services in clients' homes instead of requiring them to come…

(845) 338-2980

KidsPeace Foster & Community Programs

200 Aaron Court, Kingston, NY · Serves: Ulster County

Foster care and community programs supporting children and their families.

(845) 331-1815 · www.kidspeace.org

Kingston Cares (Family of Woodstock, Inc.)

15-21 Franklin Street, Kingston, NY · Serves: Ulster County

After-school and community program offering skills building, nutritious meals and resources for youth and families.

(845) 331-9683 · familyofwoodstockinc.org

Kingston VA Clinic

101 Frank Sottile Blvd., Kingston, NY · Serves: Ulster County

Kingston VA outpatient clinic provides primary care and specialty health services, including laboratory services, mental health services, prescriptions, and more.

518-626-5398 · va.gov/albany-health-care/locations/kingston-va-clinic

Lexington Center for Recovery

Stone Ridge Medication Unit

12 Gagnon Drive, Stone Ridge, NY · Serves: Hudson Valley regional

Multi-site outpatient addiction treatment provider offering individualized counseling, medication-assisted therapy and support groups.

845-377-0017 · lexingtonctr.org

LifePlan CCO NY

510 Haight Ave, Suites 101 & 103, Poughkeepsie, NY · Serves: Hudson Valley regional

Care coordination organization providing care management for people with intellectual and developmental disabilities.

(845) 459-0112 · lifeplanccony.com

Mental Health America of Dutchess County

253 Mansion Street

Poughkeepsie, NY 12601, Poughkeepsie, NY · Serves: Hudson Valley regional

Mental Health America of Dutchess County is a nonprofit organization offering a full spectrum of mental health services including Addiction Recovery, Housing & Shelter, Family and Veteran Services

(845) 473-2500 · mhadutchess.org

Mental Health Association in Ulster County (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Walk in mental health support center open weekdays in Kingston with drop in rooms offering many mental health support and wellness programs.

8453399090 · mhainulster.com

Monte Nido

Various Locations throughout NY state, NY · Serves: Statewide

Virtual and in-person eating disorder care for all ages and genders – in network with most insurance plans. Residential and day treatment programs for eating disorders with a multi-disciplinary team.

(818) 217-8231 · montenido.com

National Eating Disorders Association (NEDA)

NY · Serves: Statewide

NEDA seeks to fundamentally change the way eating disorders are understood and treated so those affected can achieve lasting recovery and well-being.

www.nationaleatingdisorders.org

Never Alone Treatment Center

20 Crofts Road, Hurley, NY, Hurley, NY · Serves: Ulster County

Camp-style residential program for teens facing substance use and mental health issues.

(845) 539-0834 · www.neveralonerehab.com

New Hope Manor

Reintegration:
141 South Avenue, Poughkeepsie, NY 12601
(845) 452-2870

Stabilization & Rehabilitation:
35 Hillside Road, Barryville, NY 12719
(845) 557-8353, Poughkeepsie, NY · Serves: Ulster County

New Hope Manor is a long-term residential substance abuse treatment program that offers all-female, research-based, trauma-informed care for women ages 13 and up, including those who are pregnant and those who would like to have their young children under 3 stay with them while they are in treatment.

(845) 452-2870 · newhopemanor.org

Newport Academy

NY · Serves: Statewide

Residential treatment and outpatient programs for teens with eating disorders and co-occurring mental health issues.

(844) 227-8710 · www.newportacademy.com

Northern Rivers / Parsons Child & Family Center

NY · Serves: Statewide

In-home services for children ages 5–18 with serious emotional disturbance under HCBS waiver.

northernrivers.org

OPWDD (Office for People With Developmental Disabilities) – Hudson Valley Region

521 Boices Lane, Kingston, NY · Serves: Ulster County

State agency providing access to services, support and eligibility determination for people with developmental disabilities.

(845) 382-1899 · opwdd.ny.gov/get-started/front-door

People USA

People USA - 572 Broadway, Kingston, NY · Serves: Ulster County

People USA provides recovery-focused mental health, housing, employment, peer support, and crisis services throughout Ulster County. Their approach emphasizes helping people live independently and achieve personal recovery goals.

(845) 452-2728 · people-usa.org/ulster-county-programs

Phelps Memorial Hospital Association

701 North Broadway, Sleepy Hollow, NY · Serves: Hudson Valley regional

The Phelps Memorial Hospital offers inpatient substance use rehabilitation, an inpatient Psychiatric Unit, and outpatient psychiatric and counseling services.

(914) 366-3619 · phelps.northwell.edu/mental-behavioral-services

Rehabilitation Support Services (RSS)

11 Twin Maples Plaza, Suite 5, Saugerties, NY · Serves: Ulster County

RSS works with county departments of mental health, probation, adult social services and children and family services.

(845) 247-9110 / (845) 247-9120

Resource Center for Accessible Living (RCAL)

727 Ulster Avenue, Kingston, NY · Serves: Ulster County

Independent living center offering advocacy, peer counseling and support for people with disabilities.

(845) 3310541 · rcal.org

Resource Recovery Center of Orange County (RRCOC)

68 Crystal Run Rd, Middletown, NY · Serves: Hudson Valley regional

Resource Recovery Center provides medically supervised inpatient detoxification and inpatient rehabilitation services to adult men and women who are 18 and older.

(845) 209-3505 · www.rrcooc.com

Richard C. Ward Addiction Treatment Center

117 Seward Avenue
Building 92, Suite 12/16, Middletown, NY · Serves: Ulster County

The Richard C. Ward Addiction Treatment Center is a 48-bed inpatient rehabilitation program providing treatment to adults identifying as female. We treat Substance Use Disorders (SUDs) and Problem Gambling while addressing the medical and psychiatric needs of our patients. All admissions are voluntary regardless of…

(845) 341-2511 · oasas.ny.gov/location/richard-c-ward-addiction-treatment-center

Rockland Psychiatric Center

140 Old Orangeburg Road, Orangeburg, NY · Serves: Statewide

State-operated center providing treatment, rehabilitation, and support to adults 18 and older with serious mental illness.

(845) 359-1000 · omh.ny.gov/omhweb/facilities/rppc

SPARC at St. Peters Hospital

Albany, NY · Serves: Hudson Valley regional

St. Peter's Addiction Recovery Center (SPARC) offers detox, inpatient, and outpatient services to adults, as well as outpatient services to adolescents.

833-688-3480 · www.sphp.com/services/addiction/st-peters-addiction-recovery-center

SPOA (Single Point of Access)

Kingston, NY · Serves: Ulster County

Single Point of Access (SPOA)is a New York State Office of Mental Health (OMH) initiative that facilitates timely access and linkage to care management and other supportive services for adults, youth, and families. SPOA services are designed to promote recovery and are personally tailored and responsive to individua…

(845) 340-4110 · www.ulstercountyny.gov/Departments/Mental-Health/Services/SPOA

Samadhi Recovery Community Outreach Center

150 Sawkill Rd, Kingston, NY · Serves: Ulster County

Samadhi is a recovery center for those suffering from substance use and related disorders and addictions; also operating a Mobile clinic offering recovery support services with on call emergency peer support.

8458538148 · samadhiny.org

Samaritan Village

751 Briggs Highway
Ellenville, NY 12428
(845) 647-8006

767 Cape Road
Ellenville, NY
(845) 647-6575

190 Fox Hollow Road
Rhinebeck, NY 12572
(845) 876-5400, NY · Serves: Ulster County

A leading nonprofit provider of treatment for substance use and mental health disorders, supportive housing programs, and recovery services across New York City, Long Island, and the Hudson Valley, with more than 80 programs.

(855) 322-4357 (HELP) · www.samaritanvillage.org

Spectrum Behavioral Health

514 W Haight Ave, Poughkeepsie, NY · Serves: Ulster County

Outpatient behavioral health organization offering therapy, medication management and specialized programs.

(845) 485-3506 · spectrumbehavioralhealthny.com

St. Christopher's Inn

21 Franciscan Way, Garrison, NY · Serves: Hudson Valley regional

Residential treatment center combining spiritual counseling with substance use recovery.

(845) 335-1001 · www.stchristophersinn-graymoor.org

St. Joseph's Addiction Treatment & Recovery Centers

Saranac Lake, NY · Serves: Ulster County

St. Joseph's inpatient treatment program in Saranac Lake, NY is a 67-bed co-ed facility offering personalized, medically necessary care for individuals living with substance use disorders, including those with co-occurring mental health conditions.

518-891-4135 · www.stjoestreatment.org

Step One Inc.

Kingston: (845) 834-7300 500 Aaron Ct, Kingston, NY 12401
Highland: (845) 691-9191 106 Vineyard Ave, Highland, NY 12528
Ellenville: (845) 647-5400 83 N Main St, Ellenville, NY 12428, Kingston, NY · Serves: Ulster County

Outpatient substance use and mental health treatment program.

1-877-435-7410 · step1ny.org

Sun River Health (Kingston)

1240 Ulster Ave Ste 104, Kingston, NY · Serves: Ulster County

Sun River Health (Kingston) provides outpatient mental health counseling, psychiatric services, medication management, family counseling, and substance use support within an integrated primary care setting. Services are available for children and adults, with accommodations for uninsured and underinsured individuals.

(844) 400-1975 · www.sunriver.org

The Arc MidHudson

471 Albany Avenue, Kingston, NY · Serves: Ulster County

Nonprofit agency supporting people with intellectual and developmental disabilities through residential, vocational and family services such as self-advocacy and family support groups.

(845) 3314300 · arcmh.org

The Healing Connection

1320 University Avenue, Rochester, NY · Serves: Ulster County

Partial and intensive outpatient programs with holistic therapy and family support.

(585) 641-0281 · thehealingconnectioninc.org

The Renfrew Center

NYC:
349 Fifth Avenue, 4th Floor, New York, NY · Serves: Statewide

Network of eating disorder treatment centers offering inpatient and outpatient care for cisgender adolescent girls and adult women, transgender, and non-binary individuals.

1-800-RENFREW · renfrewcenter.com

Tri-County Care

286 Washington Ave Extension #101, Albany, NY · Serves: Statewide

Care coordination organization offering integrated health and developmental services.

(844) 504-8400 · tricountycare.org

Twin County Recovery Services Inc.

350 Power Avenue, Hudson, NY · Serves: Hudson Valley regional

Twin Counties Recovery Services offers outpatient services, as well as men’s and women’s residential services. Alcohol & Drug Assessment, Alcohol & Drug Treatment, Group Counseling, Individual Counseling, Information & Referral, Psycho-educational Services for clients in Columbia-Greene Counties.

518-751-2083 · www.twincountyrecoveryservices.org

Ulster County Center for Well-Being

368 Broadway, Kingston, NY · Serves: Ulster County

County-run behavioral health hub offering mental health, substance use, urgent care, and peer recovery support for adults and children in Kingston.

(845) 340-4110 · www.ulstercountyny.gov/Departments/Mental-Health/Services/Center-for-Well-Being

Ulster County Community Action

70 Lindsley Ave Kingston, NY 12401, Kingston, NY · Serves: Ulster County

Ulster County Community Action operates food pantries and provides head start programs, emergency services, and outreach.

8453388750 · uccac.org

Ulster County Department of Mental Health

368 Broadway, Suite 401, Kingston, NY · Serves: Ulster County

The Department of Mental Health serves residents with mental health challenges, developmental disabilities, and substance use struggles.

(845) 340-4110 · www.ulstercountyny.gov/files/sharedassets/countysite/v/1/footer-logo/footer-seal.png?w=220&h=220

Ulster County Early Head Start/Head Start

3 Locations in Ulster County:
175 Colonial Drive, Kingston NY. Open to children ages 6 weeks to 5 years. Daily Hours 8:45-3:00

59 Post St. Saugerties NY. Open to children ages 2 years 9 months to 5 years. Daily Hours 8:45-2:45

178 Center Street, Ellenville NY. Open to children ages 2 years 9 months to 5 years. Daily Hours 8:45-2:45, Kingston, NY · Serves: Ulster County

Early childhood development program for income-eligible families and services for pregnant women.

(845) 338-8750 ext. 200 · uccac.org/programs/head-start-early-head-start

WMCHealth Mental and Behavioral Health (Westchester Medical Center)

105 Mary's Avenue, Kingston, NY · Serves: Ulster County

WMCHealth is available to support clients with mental health issues 24 hours a day, 7 days a week, offering Outpatient/ Inpatient programs, Emergency, therapy

(845) 334-3120 · www.wmchealth.org/service-line/mental-and-behavioral-health

Waryas House – Abilities First

99 Inwood Avenue, Poughkeepsie, NY · Serves: Ulster County

Waryas House – Abilities First is a residential program that supports adults with disabilities while providing access to substance use and co-occurring mental health treatment.

(845) 452-1913 · www.rehab.com/waryas-house-abilities-first-poughkeepsie

Wellness Resource Counseling (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Wellness Resource Counselors provide education, advocacy, referral, and support to consumers who are trying to obtain or maintain services that help improve their quality of life due to struggles with mental illness.

845-339-9090 ext.2203 · www.mhainulster.com/wellness-services/wellness-resource-counseling

Western NY Comprehensive Care Center for Eating Disorders (WNYCCCED) - University of Rochester School of Nursing

601 Elmwood Ave, Rochester, NY · Serves: Ulster County

School of Nursing program offering care management and coordination for eating disorder patients.

(585) 276-6102 · www.nyeatingdisorders.org

YWCA of Ulster County

209 Clinton Ave, Kingston, NY · Serves: Ulster County

Helping women build stable security while nurturing physical, mental, and emotional wellbeing through education and mentorship through different programming. Also providing licensed childcare programs.

(845) 338-6844 · ywcaulstercounty.org

Youth Case Management Services

239 Golden Hill Lane, Kingston, NY · Serves: Ulster County

Case management linking youth and families to services and developing goal-oriented plans.

(845) 340-4119 · ulstercountyny.gov

Crisis & Emergency Support

43 resources, listed alphabetically

Access: Supports for Living (ASFL)

368 Broadway, Kingston, NY · Serves: Ulster County

Access: Supports for Living (ASFL) is a nonprofit organization that provides mental health, substance use, developmental disability, housing, employment, and family support services throughout the Hudson Valley, including Ulster County.

(888) 750-2266 · accesssupports.org

Access: Supports for Living Urgent Care (Kingston)

368 Broadway, Suite 205, Kingston, NY · Serves: Ulster County

Certified Community Behavioral Health Clinic (CCBHC) Walk in urgent care center for mental health and addiction crises; open weekdays with 24/7 virtual availability.

8887502266 (option 2) · accesssupports.org/behavioral-health

Catholic Charities Food Pantry – Kingston

6 Adams Street, Kingston, NY · Serves: Ulster County

Food pantry requiring ID and proof of income for first time visitors; open twice a week.

8453409170; 8005667636 · catholiccharitiesny.org

Catholic Charities of Orange, Sullivan & Ulster – Emergency Assistance

6 Adams Street, Suite 3, Kingston, NY · Serves: Ulster County

Organization offering emergency rent, utility, transportation, food, and case management assistance.

8453409170 · cccsos.org

Children’s Health Home of Upstate New York (CHHUNY)

2300 Buffalo Rd., 500B, Rochester, NY · Serves: Ulster County

Free care management for children with complex medical or behavioral health needs.

(855) 209-1142 · www.chhuny.org

Children’s Way Counseling Center - Children’s Mental Health Clinic

368 Broadway Suite 301, Kingston, NY · Serves: Ulster County

Children’s Way Counseling Center provides outpatient mental and behavioral health treatment to children, adolescents, and their families.

(845) 386-0083 · www.childrenshome.us/programs-services/childrens-way-counseling-center

Department of Social Services (DSS)- Ulster County

1021-1051 Development Court, Kingston, NY · Serves: Ulster County

County department that administers emergency assistance, HEAP, SNAP programs, and a multi agency program investigating reports of child abuse, domestic violence and elder abuse.

8453345440; 8453345200 · www.ulstercountyny.gov/Departments/Social-Services/About

Department of Social Services – Family & Child Advocacy Center / Family Violence Unit (Ulster)

1091 Development Court; 21 O'Neil Street, Kingston, NY · Serves: Ulster County

Multi agency program investigating reports of child abuse, domestic violence and elder abuse.

8453345400; 8453345155 · www.ulstercountyny.gov/Departments/Social-Services/Divisions/Children-and-Family-Services

Ellenville Regional Hospital

10 Healthy Way, Ellenville, NY · Serves: Ulster County

Community hospital providing emergency and inpatient care for a 30 mile radius around Ellenville with a Substance Use Disorder (SUD) program providing addiction treatment, harm-reduction and peer support.

(845) 647-6400 · erhny.org

Family House

949 Creek Locks Road, Rosendale, NY · Serves: Ulster County

Shelter for homeless youth aged 12–18.

8453385953 · familyofwoodstockinc.org

Family Inn

38 Thomas Street, Kingston, NY · Serves: Ulster County

Emergency homeless shelter for families.

8453401847 · www.familyofwoodstockinc.org/services-for-adults/services-to-the-homeless/family-inn

Family of Ellenville – Walkin Center

221 Canal Street, Ellenville, NY · Serves: Ulster County

Walk in crisis support center serving the Ellenville area.

8456472443 · familyofwoodstockinc.org

Family of New Paltz – Walkin Center

51 North Chestnut Street, New Paltz, NY · Serves: Ulster County

Walk in crisis center serving New Paltz and surrounding areas.

8452558801 · familyofwoodstockinc.org

Family of Woodstock

Family of Woodstock center: 16 Rock City Road, Woodstock, NY Call: (845) 679 2485 and (845) 338 2370
Family of Kingston center: 31 Albany Ave, Kingston Call: (845) 331-7080
Family of Ellenville: 221 Canal Street, Ellenville, NY Call: (845) 647 2443
Family of New Paltz: 51 North Chestnut Street, New Paltz Call: (845) 255 8801, Woodstock, NY · Serves: Ulster County

Family of Woodstock with 4 locations providing crisis intervention, supportive listening and referrals Monday–Friday with 24/7 Crisis Hotlines, Walk-In Centers, Emergency Food, Counseling, Case Management, Free Clothing and Household Items

(845) 6792485 · familyofwoodstockinc.org

Family of Woodstock 24Hour Hotline

NY · Serves: Statewide

24/7 crisis hotline offering emergency assistance, supportive listening and referrals.

8453382370 · familyofwoodstockinc.org

Family of Woodstock – DomesticViolence

NY · Serves: Statewide

Domestic Violence Short term Counseling, Case Management, and Family Court Advocate which helps victims draft petitions for emergency orders of protection.

(845) 331-7080 · www.familyofwoodstockinc.org/domestic-violence-services

Family of Woodstock – Emergency Housing Hotline

NY · Serves: Ulster County

Call any time, day or night, if you need a place to stay. Family of Woodstock's 24-hour hotline connects individuals and families to emergency shelter and housing assistance

(845) 338-2370 / (845) 679-2485 · familyofwoodstockinc.org/services/shelter-food-security

Family of Woodstock – Shortterm Counseling & Case Management

NY · Serves: Statewide

Short term individual counseling, safety planning and case management for domestic violence survivors.

8453317080 ext. 128 / ext. 100 · familyofwoodstockinc.org

Family of Woodstock – Washbourne House

PO Box 3817 (confidential), Kingston, NY · Serves: Ulster County

Confidential 17 bed domestic violence shelter for women and children.

8453382370 · familyofwoodstockinc.org

Family of Woodstock – Woodstock Walkin Center

16 Rock City Road, Woodstock, NY · Serves: Ulster County

Walk in crisis center in Woodstock open daily with 24 hour emergency availability.

8456792485 / 8453382370 · familyofwoodstockinc.org

Four Winds Hospital

800 Cross River Road; 30 Crescent Avenue, Katonah; Saratoga Springs, NY · Serves: Statewide

Inpatient and outpatient mental health hospital providing care for children, adolescents and adults.

9147638151; 5185843600 · fourwindshospital.com

Institute for Family Health

NY · Serves: Statewide

The Institute is committed to high-quality, affordable health care for all. We strive for excellence at each of our 27 practices, while accepting all patients regardless of their ability to pay. We offer primary care, mental health, dental care, social work and many other services to patients of all ages.

institute.org

Kingston Cooling/Warming Center

2nda Iglesia La Mision Church
80 Elmendorf Street, Kingston, NY · Serves: Ulster County

Seasonal cooling and warming center offering shelter, meals and basic amenities during extreme weather.

8453340551

Kingston Emergency Food Collaborative

Kingston, NY · Serves: Ulster County

Hotline and online map connecting residents to free and low cost food resources in Kingston.

8883160879 · kingstonemergencyfood.com

Maternal Infant Services Network (MiSN)

70 Lindsley Ave, Kingston, NY · Serves: Ulster County

Perinatal network providing education, support, referrals, youth development, and teen pregnancy prevention programs across Orange, Sullivan, and Ulster counties to improve birth outcomes and reduce disparities.

1-800-453-4666 · misn-ny.org

Mental Health America of Dutchess County

253 Mansion Street
Poughkeepsie, NY 12601, Poughkeepsie, NY · Serves: Hudson Valley regional

Mental Health America of Dutchess County is a nonprofit organization offering a full spectrum of mental health services including Addiction Recovery, Housing & Shelter, Family and Veteran Services

(845) 473-2500 · mhadutchess.org

Mental Health Association in Ulster County (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Walk in mental health support center open weekdays in Kingston with drop in rooms offering many mental health support and wellness programs.

8453399090 · mhainulster.com

NYS Office for the Prevention of Domestic Violence (OPDV)

Kingston, NY · Serves: Statewide

New York State agency that provides policy guidance, training, and resources for domestic and sexual violence survivors across all counties, including Ulster.

518-457-5800 · opdv.ny.gov

Northern Rivers / Parsons Child & Family Center

NY · Serves: Statewide

In-home services for children ages 5–18 with serious emotional disturbance under HCBS waiver.

northernrivers.org

People USA

People USA - 572 Broadway, Kingston, NY · Serves: Ulster County

People USA provides recovery-focused mental health, housing, employment, peer support, and crisis services throughout Ulster County. Their approach emphasizes helping people live independently and achieve personal recovery goals.

(845) 452-2728 · people-usa.org/ulster-county-programs

People USA – Rose House (Crisis Respite)

108 Ulster Ave.
Walden, NY 12586, Kingston, NY · Serves: Ulster County

Peer operated crisis respite program available 24/7.

(845) 452-2728 ext. 301 · people-usa.org/rose-houses

Planned Parenthood- Kingston

21 Grand Street (Kingston location), Kingston, NY · Serves: Ulster County

Comprehensive reproductive and sexual health services including counseling, education and abortions.

(845) 562-7800 · www.plannedparenthood.org/health-center/new-york/kingston/12401/kingston-health-center-2623-91110

Rehabilitation Support Services (RSS)

11 Twin Maples Plaza, Suite 5, Saugerties, NY · Serves: Ulster County

RSS works with county departments of mental health, probation, adult social services and children and family services.

(845) 247-9110 / (845) 247-9120

Rockland Psychiatric Center

140 Old Orangeburg Road, Orangeburg, NY · Serves: Statewide

State-operated center providing treatment, rehabilitation, and support to adults 18 and older with serious mental illness.

(845) 359-1000 · omh.ny.gov/omhweb/facilities/rppc

Turning Point at Mid-Hudson Regional Hospital

Detox Services and Inpatient Programs: 241 North Road
Outpatient Programs: 201 South Avenue, Poughkeepsie, NY · Serves: Hudson Valley regional

Turning Point provides inpatient medically managed detoxification from alcohol and all other types of substances, as well as inpatient and outpatient rehabilitation and a variety of specialized intensive outpatient programs, outpatient counseling, and groups. 24/7 Detox services; walk-ins welcomed.

845-483-5511 ·
www.wmchealth.org/locations/kyle-goldberg-turning-point-inpatient-drug-and-alcohol-treatment-program-at-midhudson-regional-hospital?patient_type

Ulster County Community Action (UCCAC) – Food Pantry & Mobile Pantry

2 Clinton Ave;, Ellenville; Kingston, NY · Serves: Ulster County

Provides food pantry services, emergency services, outreach, and a mobile food pantry for seniors.

8453388750 · uccac.org

Ulster County Crime Victims Assistance Program (CVAP)

1 Pearl Street, Kingston, NY · Serves: Ulster County

24hour crime victim support program providing crisis intervention, advocacy and support groups.

8453403443 (program); 8453403442 (hotline) · www.ulstercountyny.gov/Departments/Probation/Crime-Victim-Assistance

Ulster County Crisis Support Center (CSC)

Ulster County Center for Well-Being
First Floor
368 Broadway, Kingston, NY · Serves: Ulster County

Ulster County's 24/7 behavioral health crisis hub where individuals can receive immediate support, stabilization, and connection to services, often preventing unnecessary emergency room visits or hospitalization.

845-529-COPE (2673) · people-usa.org/ulster-crisis-support-center

Ulster County District Attorney

15 Joys Lane, Kingston, NY · Serves: Ulster County

Provides legal services and resources for victims of crime.

8453403280 · da.ulstercountyny.gov

Ulster County Mobile Mental Health

NY · Serves: Ulster County

Mobile mental health crisis response service operated by Access: Supports for Living.

(844) 277-4820 · www.ulstercountyny.gov/Departments/Mental-Health/Services/Mobile-Mental-Health

United Way of Ulster County

450 Albany Avenue, Kingston, NY · Serves: Ulster County

From advancing healthy community, youth opportunity, and financial security to strengthening local resiliency, United Way mobilizes communities to action so all can thrive.

(845) 331-4199 · www.ulsterunitedway.org

WMC HealthAlliance Hospital – Broadway & Mary’s Ave Campuses

396 Broadway; 105 Mary’s Avenue, Kingston, NY · Serves: Ulster County

Regional hospital (part of the Westchester Medical Center network) offering emergency and inpatient services at two Kingston campuses.

8453313131; 8453382500 · hahv.org

WMCHealth Mental and Behavioral Health (Westchester Medical Center)

105 Mary's Avenue, Kingston, NY · Serves: Ulster County

WMCHealth is available to support clients with mental health issues 24 hours a day, 7 days a week, offering Outpatient/ Inpatient programs, Emergency, therapy

(845) 334-3120 · www.wmchealth.org/service-line/mental-and-behavioral-health

Community & Daily Living

67 resources, listed alphabetically

Al-Anon Family Groups

NY · Serves: Statewide

Al-Anon is a worldwide organization that provides support to the families and friends of alcoholics.

1-800-245-4656 · www.al-anon-ulster-sullivan-ny.org

Albert Brown Community Center (Kingston)

105 Broadway, Kingston, NY · Serves: Ulster County

Youth center with gym, computer lab, arts room, full kitchen, and free drop-in after school program.

8453311682 · kingston.recdesk.com/Community/Facility/Detail?facilityId=35

Blue Fridge at Clinton Avenue United Methodist Church

122 Clinton Avenue, Kingston, NY · Serves: Ulster County

Community refrigerator providing free food daily and a weekly food pantry.

(845) 331-7188

Broadway Bubble

718 Broadway, Kingston, NY · Serves: Ulster County

Community hub and laundromat providing a positive space for residents.

8457501668 (Bubble) / 8457501369 (Hub) · thebroadwaybubble.com

Catholic Charities Food Pantry – Kingston

6 Adams Street, Kingston, NY · Serves: Ulster County

Food pantry requiring ID and proof of income for first time visitors; open twice a week.

8453409170; 8005667636 · catholiccharitiesny.org

Catholic Charities Immigration Services

NY · Serves: Statewide

Legal consultations and application assistance for immigrants, with bilingual staff and interpreters.

(845) 562-4736 x1972 · www.cccsos.org

Children with Special Health Care Needs Program

239 Golden Hill Lane, Kingston, NY · Serves: Ulster County

Public health program assisting families with children having special health or physical handicaps.

(845) 340-3070 / (845) 340-3047 · ulstercountyny.gov

Children's Home of Poughkeepsie

10 Children's Way, Poughkeepsie, NY · Serves: Hudson Valley regional

Children's Home of Poughkeepsie provides a full range of community based and residential services giving hope and healing to at-risk children throughout the country.

(845) 452-1420 · www.childrenshome.us

Clinton Avenue United Methodist Church

122 Clinton Ave, Kingston, NY · Serves: Ulster County

United Methodist church providing food, clothing and supportive services.

8453317188 · www.clintonavenueumc.org

Comunilife – Life is Precious™ (Latina Suicide Prevention)

29 N. Hamilton Avenue, 2nd Floor, Poughkeepsie, NY · Serves: Hudson Valley regional

Culturally responsive program providing counseling, creative arts therapy and family services for Latina girls.

(646) 531-1756 · www.comunilifelip.org

Cornell Cooperative Extension of Ulster County

232 Plaza Road (Herzog's Plaza), Kingston, NY · Serves: Ulster County

Cornell Cooperative Extension of Ulster County is dedicated to offering free or low-cost workshops on topics that range from how to garden to parenting and youth education.

(845) 340-3990 · ulster.cce.cornell.edu

Crossroads Christian Fellowship

77 Albany Ave, Kingston, NY · Serves: Ulster County

CrossRoads has bathrooms with showers, a laundry area, and a lounging area.

(845) 331-5044 · www.ccfkingston.org/ministrycenter

Dispute Resolution Center

280 Aaron Court, Kingston, NY · Serves: Ulster County

Mediation services offer a voluntary, confidential settlement process used by families and community members; DRC also helps parents and youth resolve disputes regarding discipline, curfews, and household responsibilities.

(845) 372-8771 · www.drcservices.org

Eat Smart New York (SNAPEd)

Cornell Cooperative Extension Nutrition Education Program, Kingston, NY · Serves: Ulster County

Nutrition education program teaching healthy eating and budgeting to resource limited communities.

(845) 344-1234 · snapedny.org/contact/hudson-valley-region

Ellenville Seventh Day Adventist Church Food Pantry

161 Center Street, Ellenville, NY · Serves: Ulster County

Food pantry serving the Ellenville community.

(845) 647-5998 · ellenvilleny.adventistchurch.org

EllenvilleWawarsing Youth Commission

108 Canal St, Ellenville, NY · Serves: Ulster County

Youth commission providing programs, activities and summer camp.

8456477800 ext. 129 · docu.team/mtiodew/index.php?store=45737&v=lp

Everett Hodge Community Center

15 Franklin Street, Kingston, NY · Serves: Ulster County

Community center offering after school programs, HS equivalency and ESL classes and referrals.

(845) 331-9683 · www.kingston-ny.gov

Expanded Food & Nutrition Education Program (EFNEP)

Cornell Cooperative Extension, Kingston, NY · Serves: Ulster County

Evidence based nutrition education program offering free virtual lessons for resource limited families.

ulster.cce.cornell.edu/healthy-communities/food-and-nutrition/expanded-food-nutrition-education-program-efnep

Family of Woodstock

Family of Woodstock center: 16 Rock City Road, Woodstock, NY Call: (845) 679 2485 and (845) 338 2370
Family of Kingston center: 31 Albany Ave, Kingston Call: (845) 331-7080
Family of Ellenville: 221 Canal Street, Ellenville, NY Call: (845) 647 2443
Family of New Paltz: 51 North Chestnut Street, New Paltz Call: (845) 255 8801, Woodstock, NY · Serves: Ulster County

Family of Woodstock with 4 locations providing crisis intervention, supportive listening and referrals Monday–Friday with 24/7 Crisis Hotlines, Walk-In Centers, Emergency Food, Counseling, Case Management, Free Clothing and Household Items

(845) 6792485 · familyofwoodstockinc.org

Hudson Valley Hospice – Emotional Health and Grief Support Services

153 Sawkill Road, Kingston, NY · Serves: Ulster County

Community bereavement and grief support services from Hudson Valley Hospice, open to all community members regardless of whether their loved one was a hospice patient.

845-240-7579 · www.hvhospice.org/grief-support-services

Hudson Valley LGBTQ Community Center

300 Wall St, Kingston, NY · Serves: Ulster County

Safe, supportive community center offering services, resources, and programs that unite the lesbian, gay, bisexual, transgender & queer/questioning community.

8453315300 · lgbtqcenter.org

Hudson Valley National Center for Veteran Reintegration (HVNCVR)

24 Twin Maples plaza, Saugerties, NY · Serves: Hudson Valley regional

HVNCVR is to provide support for both our current military personnel while they are back home and our veterans by assisting them with their transition back into civilian life.

(845) 481-4004 · www.hvncvr.org

Hummels Boarding Home

208 New Salem Road, Kingston, NY · Serves: Ulster County

Boarding home providing rooms and three meals a day for adult men.

(845) 331-5170

Jewish Family Services of Ulster County

280 Wall Street, 2nd Fl., Kingston, NY · Serves: Ulster County

JFS provides in-home social work services for older adults of all faiths in the community who could not otherwise access more traditional office-based mental health services. JFS is the only social service agency in the county to provide Behavioral Health Services in clients' homes instead of requiring them to come…

(845) 338-2980

Journal of Eating Disorders (OpenAccess Journal)

NY · Serves: Statewide

Open access, peer reviewed journal publishing research on the science and clinical practice of eating disorders.

jeatdisord.biomedcentral.com

KidsPeace Foster & Community Programs

200 Aaron Court, Kingston, NY · Serves: Ulster County

Foster care and community programs supporting children and their families.

(845) 331-1815 · www.kidspeace.org

Kingston Housing Authority

132 Rondout Drive (Main Office) & 148 Colonial Drive (Section 8), Kingston, NY · Serves: Ulster County

Provides homes and apartments for low income families and seniors in Kingston.

(845) 331-1955; Section 8 Office: (845) 338-4856 · www.kingstonhousing.org

Kingston Public Library

61 Crown St (Temporary Address), Kingston, NY · Serves: Ulster County

Public library offering reference services, computers, internet access and community information.

(845) 331-0507 · www.kingstonlibrary.org

La Voz Magazine

NY · Serves: Statewide

Spanish language magazine offering news and community resources to Latino residents of the Hudson Valley.

lavoz.bard.edu

Language Justice Collective of the Hudson Valley

NY · Serves: Statewide

Collective providing translation and interpretation services, language justice advocacy and education.

hvfarmhub.org/language-justice

Legal Services of the Hudson Valley

918 Ulster Ave, Kingston, NY · Serves: Ulster County

Provides free legal assistance to low income individuals in areas such as housing, benefits, disability claims and domestic violence.

(845) 331-9373 · www.lshv.org

Maternal Infant Services Network (MiSN)

70 Lindsley Ave, Kingston, NY · Serves: Ulster County

Perinatal network providing education, support, referrals, youth development, and teen pregnancy prevention programs across Orange, Sullivan, and Ulster counties to improve birth outcomes and reduce disparities.

1-800-453-4666 · misn-ny.org

Medicaid Program (NY State of Health Marketplace)

NY · Serves: Statewide

Health coverage for low income New Yorkers, including those with high medical bills or SSI.

NY State of Health: (855) 3555777; Medicaid Helpline: (800) 5412831 · www.nystateofhealth.ny.gov

Medicare Program

NY · Serves: Statewide

Federal health insurance program for people aged 65 or older and certain younger individuals with disabilities.

www.ssa.gov/benefits/medicare

Mental Health Association in Ulster County (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Walk in mental health support center open weekdays in Kingston with drop in rooms offering many mental health support and wellness programs.

8453399090 · mhainulster.com

Mid Hudson Christian Church

2393 Rt 300, Wallkill, NY · Serves: Ulster County

Christian church offering worship and a food/clothing pantry.

8458953006

NYS Mental Hygiene Legal Services

75 New Scotland Avenue, Unit B, Lower Level, Albany, NY · Serves: Statewide

Advocacy and legal representation for individuals receiving mental health services in state run or licensed facilities.

(518) 383-3839

Northern Rivers / Parsons Child & Family Center

NY · Serves: Statewide

In-home services for children ages 5–18 with serious emotional disturbance under HCBS waiver.

northernrivers.org

People USA

People USA - 572 Broadway, Kingston, NY · Serves: Ulster County

People USA provides recovery-focused mental health, housing, employment, peer support, and crisis services throughout Ulster County. Their approach emphasizes helping people live independently and achieve personal recovery goals.

(845) 452-2728 · people-usa.org/ulster-county-programs

People's Place

17 St. James Street, Kingston, NY · Serves: Ulster County

Community center providing a food pantry, thrift store, community café and wellness center serving individuals facing financial challenges.

(845) 338-4030 · www.peoplesplacekingston.org

Pine Hill Community Center

287 Main St (PO Box 647), Pine Hill, NY · Serves: Ulster County

Community center hosting events and classes for adults and children.

8452545469 · www.pinehillcommunitycenter.org

Planned Parenthood- Kingston

21 Grand Street (Kingston location), Kingston, NY · Serves: Ulster County

Comprehensive reproductive and sexual health services including counseling, education and abortions.

(845) 562-7800 · www.plannedparenthood.org/health-center/new-york/kingston/12401/kingston-health-center-2623-91110

RUPCO

289 Fair Street, Kingston, NY · Serves: Ulster County

A non-profit agency providing sustainable housing and rental opportunities in the Hudson Valley.

(845) 331-2140 · www.rupco.org

Rehabilitation Support Services (RSS)

11 Twin Maples Plaza, Suite 5, Saugerties, NY · Serves: Ulster County

RSS works with county departments of mental health, probation, adult social services and children and family services.

(845) 247-9110 / (845) 247-9120

Reservoir Food Pantry

4073 Route 28, Boiceville, NY · Serves: Ulster County

Food pantry serving the Boiceville area.

(845) 663-3353 · www.reservoirfoodpantry.org

Resource Center for Accessible Living (RCAL)

727 Ulster Avenue, Kingston, NY · Serves: Ulster County

Independent living center offering advocacy, peer counseling and support for people with disabilities.

(845) 3310541 · rcal.org

Rosendale Youth Center

1055 Route 32, Rosendale, NY · Serves: Ulster County

Youth program offering supervised recreation, counseling and employment assistance.

8456588982 · www.townofrosendaleny.gov/youth-department

ShopRite of Kingston – Free Nutrition Services

801 Miron Lane, Kingston, NY · Serves: Ulster County

In store dietitian provides free nutrition counseling, product information and community education programs.

(845) 336-7800

St. Christopher's Inn

21 Franciscan Way, Garrison, NY · Serves: Hudson Valley regional

Residential treatment center combining spiritual counseling with substance use recovery.

(845) 335-1001 · www.stchristophersinn-graymoor.org

St. James United Methodist Church

29 Pearl St, Kingston, NY · Serves: Ulster County

United Methodist church hosting support groups and a pantry.

8453313030

Step One Inc.

Kingston: (845) 834-7300 500 Aaron Ct, Kingston, NY 12401
Highland: (845) 691-9191 106 Vineyard Ave, Highland, NY 12528
Ellenville: (845) 647-5400 83 N Main St, Ellenville, NY 12428, Kingston, NY · Serves: Ulster County

Outpatient substance use and mental health treatment program.

1-877-435-7410 · step1ny.org

The Arc MidHudson

471 Albany Avenue, Kingston, NY · Serves: Ulster County

Nonprofit agency supporting people with intellectual and developmental disabilities through residential, vocational and family services such as self-advocacy and family support groups.

(845) 3314300 · arcmh.org

ThinkDIFFERENTLY

NY · Serves: Statewide

ThinkDIFFERENTLY initiative seeks to transform Ulster County into a more supportive and inclusive place for individuals of all abilities by changing the way individuals, businesses, and communities relate to those with special needs.

participate.ulstercountyny.gov/thinkdifferently

Town of Rochester Recreation Department (Accord)

15 Tobacco Rd, Accord, NY · Serves: Ulster County

The Town of Rochester Recreation Department is committed to fostering a vibrant and active community by offering a wide variety of programs, events, and resources for all ages.

(845) 626-2115 ext. 1 · townofrochester.ny.gov

Trans Closet of the Hudson Valley

766 Main St (drop in), Poughkeepsie, NY · Serves: Hudson Valley regional

Peer run project providing free clothes, gender affirming supplies and resources to trans and non binary people.

transclosethv.org

Ulster County Community Action

70 Lindsley Ave Kingston, NY 12401, Kingston, NY · Serves: Ulster County

Ulster County Community Action operates food pantries and provides head start programs, emergency services, and outreach.

8453388750 · uccac.org

Ulster County Community Action (UCCAC) – Food Pantry & Mobile Pantry

2 Clinton Ave;, Ellenville; Kingston, NY · Serves: Ulster County

Provides food pantry services, emergency services, outreach, and a mobile food pantry for seniors.

8453388750 · uccac.org

Ulster County Farmers Markets / Farmers' Market Nutrition Program

272 Wall St, Kingston, Kingston, NY · Serves: Ulster County

Farmers' market and coupon program promoting locally grown food.

kingstonfarmersmarket.org

Ulster County Habitat for Humanity

406 Route 28, Kingston, NY · Serves: Ulster County

Non profit that builds, rehabilitates and preserves homes to eliminate substandard housing.

(845) 340-0907 · www.ulsterhabitat.org

Ulster County Office for the Aging

1003 Development Court, Kingston, NY · Serves: Ulster County

The Ulster County Office for the Aging provides information and support services to address current and future needs as well as a calendar of events for seniors and caregivers.

(845) 340-3456 · www.ulstercountyny.gov/Departments/Aging

Ulster Literacy Association

480 Aaron Court, Kingston, NY · Serves: Ulster County

Non profit providing adult literacy, GED preparation, and volunteer tutor training.

(845) 331-6837 · ulsterliteracy.org

Ulster Works

521 Boices Lane, Kingston, NY · Serves: Ulster County

Career center assisting job seekers with employment services, job coaching and job listings.

(845) 443-8066 · ulsterworks.com

UlsterCorps

Stone Ridge, NY · Serves: Ulster County

UlsterCorps connects volunteers with service opportunities throughout Ulster County.

(845) 481-0331 · www.ulstercorps.org

United Way of Ulster County

450 Albany Avenue, Kingston, NY · Serves: Ulster County

From advancing healthy community, youth opportunity, and financial security to strengthening local resiliency, United Way mobilizes communities to action so all can thrive.

(845) 331-4199 · www.ulsterunitedway.org

Workers Justice Center of New York

9 Main Street, Kingston, NY · Serves: Ulster County

Advocacy organization providing legal representation and support for agricultural and low wage workers.

(845) 331-6651; Tollfree 1-800-724-7020 · www.wjcny.org

YMCA of Kingston & Ulster County

507 Broadway, Kingston, NY · Serves: Ulster County

Community organization providing health, physical education and recreational services including youth programs.

(845) 338-3810 · www.ymcaulster.org

YWCA of Ulster County

209 Clinton Ave, Kingston, NY · Serves: Ulster County

Helping women build stable security while nurturing physical, mental, and emotional wellbeing through education and mentorship through different programming. Also providing licensed childcare programs.

(845) 338-6844 · ywcaulstercounty.org

Wellness

63 resources, listed alphabetically

Abel House

11 Overbaugh Street, Saugerties, NY · Serves: Ulster County

Transitional sober living housing providing safe environment and resources for individuals in recovery.

(845) 246-2645 · rehab.org/service/abel-house

Al-Anon Family Groups

NY · Serves: Statewide

Al-Anon is a worldwide organization that provides support to the families and friends of alcoholics.

1-800-245-4656 · www.al-anon-ulster-sullivan-ny.org

Albert Brown Community Center (Kingston)

105 Broadway, Kingston, NY · Serves: Ulster County

Youth center with gym, computer lab, arts room, full kitchen, and free drop-in after school program.

8453311682 · kingston.recdesk.com/Community/Facility/Detail?facilityId=35

Alzheimer's Association Hudson Valley

2649 South Road, Suite 101, Poughkeepsie, NY · Serves: Hudson Valley regional

Alzheimer's Association Hudson Valley provides education and support, advocate for the needs and rights of those facing dementia, and advance critical research to develop new treatments and, ultimately, a cure.

(845) 471-2655 · www.alz.org/hudsonvalley

Atonement Lutheran Church

100 Market St, Saugerties, NY · Serves: Ulster County

Church offering free lunch, food pantry and clothing referrals.

8452468322

BAT – Bringing Agencies Together

Kingston Library Conference Room, Kingston, NY · Serves: Ulster County

Monthly coalition where human services providers share information about services & upcoming events.

8452468601 / 8452558601

Boys and Girls Club of Ulster County

139 Greenkill Ave, Kingston, NY · Serves: Ulster County

Youth development organization providing educational and recreational programs.

8453388666 · bgclubsulstercounty.org

Children with Special Health Care Needs Program

239 Golden Hill Lane, Kingston, NY · Serves: Ulster County

Public health program assisting families with children having special health or physical handicaps.

(845) 340-3070 / (845) 340-3047 · ulstercountyny.gov

Children’s Home of Poughkeepsie

10 Children’s Way, Poughkeepsie, NY · Serves: Hudson Valley regional

Children’s Home of Poughkeepsie provides a full range of community based and residential services giving hope and healing to at-risk children throughout the country.

(845) 452-1420 · www.childrenshome.us

Children’s Way Counseling Center - Children’s Mental Health Clinic

368 Broadway Suite 301, Kingston, NY · Serves: Ulster County

Children’s Way Counseling Center provides outpatient mental and behavioral health treatment to children, adolescents, and their families.

(845) 386-0083 · www.childrenshome.us/programs-services/childrens-way-counseling-center

Cornell Cooperative Extension of Ulster County

232 Plaza Road (Herzog’s Plaza), Kingston, NY · Serves: Ulster County

Cornell Cooperative Extension of Ulster County is dedicated to offering free or low-cost workshops on topics that range from how to garden to parenting and youth education.

(845) 340-3990 · ulster.cce.cornell.edu

Dropin Center (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Mental Health Association drop in rooms offering a safe space for respite.

8453399090 · mhainulster.com

Eat Smart New York (SNAPEd)

Cornell Cooperative Extension Nutrition Education Program, Kingston, NY · Serves: Ulster County

Nutrition education program teaching healthy eating and budgeting to resource limited communities.

(845) 344-1234 · snapedny.org/contact/hudson-valley-region

Ellenville Regional Hospital

10 Healthy Way, Ellenville, NY · Serves: Ulster County

Community hospital providing emergency and inpatient care for a 30 mile radius around Ellenville with a Substance Use Disorder (SUD) program providing addiction treatment, harm-reduction and peer support.

(845) 647-6400 · erhny.org

Family of Woodstock

Family of Woodstock center: 16 Rock City Road, Woodstock, NY Call: (845) 679 2485 and (845) 338 2370
Family of Kingston center: 31 Albany Ave, Kingston Call: (845) 331-7080
Family of Ellenville: 221 Canal Street, Ellenville, NY Call: (845) 647 2443
Family of New Paltz: 51 North Chestnut Street, New Paltz Call: (845) 255 8801, Woodstock, NY · Serves: Ulster County

Family of Woodstock with 4 locations providing crisis intervention, supportive listening and referrals Monday–Friday with 24/7 Crisis Hotlines, Walk-In Centers, Emergency Food, Counseling, Case Management, Free Clothing and Household Items

(845) 6792485 · familyofwoodstockinc.org

Healthcare is a Human Right

Locations in Woodstock, Phoenicia & Kingston, Various, NY · Serves: Statewide

Organization making holistic wellness education and care accessible to all.

8454813186 (Kingston) · hchrny.org

Healthy Ulster Council

Various locations (contact for meeting site), Kingston, NY · Serves: Ulster County

Council connecting wellness and prevention efforts across organizations.

Holistic Health Community – Free Holistic Healthcare Days & SelfCare Classes

Lifebridge Sanctuary (unless otherwise noted)
333 Mountain Road, Rosendale, NY 12472, NY · Serves: Statewide

Non profit providing free holistic healthcare days, self care classes and film nights; events are online and schedules are posted on their website.

(845) 867-7008 · holistichealthcommunity.org

Hudson Valley LGBTQ Community Center

300 Wall St, Kingston, NY · Serves: Ulster County

Safe, supportive community center offering services, resources, and programs that unite the lesbian, gay, bisexual, transgender & queer/questioning community.

8453315300 · lgbtqcenter.org

Hudson Valley National Center for Veteran Reintegration (HVNCVR)

24 Twin Maples plaza, Saugerties, NY · Serves: Hudson Valley regional

HVNCVR is to provide support for both our current military personnel while they are back home and our veterans by assisting them with their transition back into civilian life.

(845) 481-4004 · www.hvncvr.org

Human Services Coalition

Ulster County Department of Mental Health, Kingston, NY · Serves: Ulster County

Coalition of human service agencies meeting bimonthly to coordinate services.

Institute for Family Health

NY · Serves: Statewide

The Institute is committed to high-quality, affordable health care for all. We strive for excellence at each of our 27 practices, while accepting all patients regardless of their ability to pay. We offer primary care, mental health, dental care, social work and many other services to patients of all ages.

institute.org

Integrated Ulster

NY · Serves: Statewide

Partnership of organizations building a welcoming system of care.

Integrated Ulster AntiRacism Workgroup

NY · Serves: Statewide

Workgroup focused on addressing racism within the service system.

Kingston Emergency Food Collaborative

Kingston, NY · Serves: Ulster County

Hotline and online map connecting residents to free and low cost food resources in Kingston.

8883160879 · kingstonemergencyfood.com

Live Well Kingston

City Hall Conference Room 2, top floor, and via Zoom, Kingston, NY · Serves: Ulster County

City of Kingston’s Health & Wellness Commission with teams for aging, eating, healing & playing.

www.kingston-ny.gov/livewell

Mano a Mano Coalition

Kingston, NY · Serves: Ulster County

Coalition serving Spanish speaking communities.

Maternal Infant Services Network (MiSN)

70 Lindsley Ave, Kingston, NY · Serves: Ulster County

Perinatal network providing education, support, referrals, youth development, and teen pregnancy prevention programs across Orange, Sullivan, and Ulster counties to improve birth outcomes and reduce disparities.

1-800-453-4666 · misn-ny.org

Mental Health Association in Ulster County (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Walk in mental health support center open weekdays in Kingston with drop in rooms offering many mental health support and wellness programs.

8453399090 · mhainulster.com

NAMI Mid-Hudson

New Paltz, NY · Serves: Hudson Valley regional

NAMI affiliate serving Dutchess and Ulster counties with classes, presentations, and support groups for individuals living with mental health conditions and their families.

845-206-9892 · www.namimidhudson.org

National Eating Disorders Association (NEDA)

NY · Serves: Statewide

NEDA seeks to fundamentally change the way eating disorders are understood and treated so those affected can achieve lasting recovery and well-being.

www.nationaleatingdisorders.org

New Paltz Youth Program

220 Main St, New Paltz, NY · Serves: Ulster County

Youth program providing educational, recreational and social opportunities.

8452555140 · newpaltzyouthprogram.org

Newport Academy

NY · Serves: Statewide

Residential treatment and outpatient programs for teens with eating disorders and co-occurring mental health issues.

(844) 227-8710 · www.newportacademy.com

Northern Rivers / Parsons Child & Family Center

NY · Serves: Statewide

In-home services for children ages 5–18 with serious emotional disturbance under HCBS waiver.

northernrivers.org

People USA

People USA - 572 Broadway, Kingston, NY · Serves: Ulster County

People USA provides recovery-focused mental health, housing, employment, peer support, and crisis services throughout Ulster County. Their approach emphasizes helping people live independently and achieve personal recovery goals.

(845) 452-2728 · people-usa.org/ulster-county-programs

People’s Place

17 St. James Street, Kingston, NY · Serves: Ulster County

Community center providing a food pantry, thrift store, community café and wellness center serving individuals facing financial challenges.

(845) 338-4030 · www.peoplesplacekingston.org

Pine Hill Community Center

287 Main St (PO Box 647), Pine Hill, NY · Serves: Ulster County

Community center hosting events and classes for adults and children.

8452545469 · www.pinehillcommunitycenter.org

Planned Parenthood- Kingston

21 Grand Street (Kingston location), Kingston, NY · Serves: Ulster County

Comprehensive reproductive and sexual health services including counseling, education and abortions.

(845) 562-7800 · www.plannedparenthood.org/health-center/new-york/kingston/12401/kingston-health-center-2623-91110

Recovery Warriors

Online, NY · Serves: Statewide

Online platform fostering emotional resilience and healthy living.

recoverywarriors.com

Resource Center for Accessible Living (RCAL)

727 Ulster Avenue, Kingston, NY · Serves: Ulster County

Independent living center offering advocacy, peer counseling and support for people with disabilities.

(845) 3310541 · rcal.org

SPEAK Coalition (Suicide Prevention Education Awareness Knowledge)

NY · Serves: Ulster County

Coalition promoting suicide prevention awareness.

www.ulstercountyny.gov/Departments/Mental-Health/Coalitions/SPEAK

Samadhi Recovery Community Outreach Center

150 Sawkill Rd, Kingston, NY · Serves: Ulster County

Samadhi is a recovery center for those suffering from substance use and related disorders and addictions; also operating a Mobile clinic offering recovery support services with on call emergency peer support.

8458538148 · samadhiny.org

Spectrum Behavioral Health

514 W Haight Ave, Poughkeepsie, NY · Serves: Ulster County

Outpatient behavioral health organization offering therapy, medication management and specialized programs.

(845) 485-3506 · spectrumbehavioralhealthny.com

Step One Inc.

Kingston: (845) 834-7300 500 Aaron Ct, Kingston, NY 12401
Highland: (845) 691-9191 106 Vineyard Ave, Highland, NY 12528
Ellenville: (845) 647-5400 83 N Main St, Ellenville, NY 12428, Kingston, NY · Serves: Ulster County

Outpatient substance use and mental health treatment program.

1-877-435-7410 · step1ny.org

Sun River Health (Kingston)

1240 Ulster Ave Ste 104, Kingston, NY · Serves: Ulster County

Sun River Health (Kingston) provides outpatient mental health counseling, psychiatric services, medication management, family counseling, and substance use support within an integrated primary care setting. Services are available for children and adults, with accommodations for uninsured and underinsured individuals.

(844) 400-1975 · www.sunriver.org

The Living Seed – Yoga & Wellness Classes

521 Main Street, New Paltz, NY · Serves: Ulster County

Wellness center in New Paltz teaching yoga, somatics, Ayurvedic counseling, acupuncture and more; classes offered in person and online with schedules on their website.

(845) 255-8212 · thelivingseed.com

ThinkDIFFERENTLY

NY · Serves: Statewide

ThinkDIFFERENTLY initiative seeks to transform Ulster County into a more supportive and inclusive place for individuals of all abilities by changing the way individuals, businesses, and communities relate to those with special needs.

participate.ulstercountyny.gov/thinkdifferently

Town of New Paltz – Office for Community Wellness (OCW)

New Paltz, NY · Serves: Ulster County

Municipal office that coordinates free wellness workshops, programs, and community events for all ages in New Paltz, with a focus on mental health, substance use, and social connectedness.

www.townofnewpaltzny.gov/office-for-community-wellness

Town of Rochester Recreation Department (Accord)

15 Tobacco Rd, Accord, NY · Serves: Ulster County

The Town of Rochester Recreation Department is committed to fostering a vibrant and active community by offering a wide variety of programs, events, and resources for all ages.

(845) 626-2115 ext. 1 · townofrochester.ny.gov

Ulster County Eating Disorder Coalition

Kingston, NY · Serves: Ulster County

Coalition meeting to promote eating disorder awareness, improve services and support, and share resources.

8453399090

Ulster County Long-Term Services and Support Council

NY · Serves: Statewide

Coalition improving care transitions between community organizations and healthcare for older adults.

Ulster County Office for the Aging

1003 Development Court, Kingston, NY · Serves: Ulster County

The Ulster County Office for the Aging provides information and support services to address current and future needs as well as a calendar of events for seniors and caregivers.

(845) 340-3456 · www.ulstercountyny.gov/Departments/Aging

Ulster County SUD Help (sudhelpulster.org)

website only, Ulster County, NY, NY · Serves: Ulster County

Ulster County resource hub connecting residents to substance use disorder treatment services, including providers serving Ellenville.

www.sudhelpulster.org

Ulster County Trauma Informed Care Collaborative

NY · Serves: Statewide

Collaborative promoting resiliency and trauma informed care.

Ulster County Veteran Services Agency (UCVSA)

5 Development Court, Kingston, NY · Serves: Ulster County

The Ulster County Veteran Services Agency (UCVSA) provides support to County veterans and their families in obtaining medical, disability, pension, and education benefits from the U.S. Department of Veterans Affairs (VA) and the NYS Department of Veteran Affairs.

(845) 340-3190 · www.ulstercountyny.gov/Departments/Veterans-Services-Agency

Ulster Immigrant Defense Network

Kingston, NY · Serves: Ulster County

Support network providing safety and assistance to immigrants.

8887267276 · www.ulsterimmigrantdefensenetwork.org

United Way of Ulster County

450 Albany Avenue, Kingston, NY · Serves: Ulster County

From advancing healthy community, youth opportunity, and financial security to strengthening local resiliency, United Way mobilizes communities to action so all can thrive.

(845) 331-4199 · www.ulsterunitedway.org

WMCHealth Mental and Behavioral Health (Westchester Medical Center)

105 Mary's Avenue, Kingston, NY · Serves: Ulster County

WMCHealth is available to support clients with mental health issues 24 hours a day, 7 days a week, offering Outpatient/ Inpatient programs, Emergency, therapy

(845) 334-3120 · www.wmchealth.org/service-line/mental-and-behavioral-health

Western NY Comprehensive Care Center for Eating Disorders (WNYCCCED) - University of Rochester School of Nursing

601 Elmwood Ave, Rochester, NY · Serves: Ulster County

School of Nursing program offering care management and coordination for eating disorder patients.

(585) 276-6102 · www.nyeatingdisorders.org

Woodstock Healing Arts

83 Mill Hill Rd, Woodstock, NY · Serves: Ulster County

Multi disciplinary wellness center offering acupuncture, functional medicine and holistic therapies.

(845) 393-4325 · woodstockhealingarts.com

Woodstock Recreation Centers

60 Rock City Rd

Mescal Hornbeck Community Center, 56 Rock City Road., Woodstock, NY · Serves: Ulster County

Youth center and skate park providing recreational space for young people at Woodstock Youth Center. Arts and exercise classes to people 55 and older at the Mescal Hornbeck Community Center.

8456792015 · woodstockny.gov/index.php?cID=866

YMCA of Kingston & Ulster County

507 Broadway, Kingston, NY · Serves: Ulster County

Community organization providing health, physical education and recreational services including youth programs.

(845) 338-3810 · www.ymcaulster.org

YWCA of Ulster County

209 Clinton Ave, Kingston, NY · Serves: Ulster County

Helping women build stable security while nurturing physical, mental, and emotional wellbeing through education and mentorship through different programming. Also providing licensed childcare programs.

(845) 338-6844 · ywcaulstercounty.org

Support Groups & Workshops

53 resources, listed alphabetically

American Foundation for Suicide Prevention

NY · Serves: National

The American Foundation for Suicide Prevention (AFSP) is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss.

1-888-333-AFSP (2377) · afsp.org

Anger Management 10-week Workshop for Men (MHA)

Kingston, NY · Serves: Ulster County

A FREE Anger Management 10-week Workshop for Men held by the Mental Health Association in Ulster.

Anger Management 10-week Workshop for Women (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Anger Management 10-week Workshop held by the Mental Health Association in Ulster.

845-339-9090

Atonement Lutheran Church

100 Market St, Saugerties, NY · Serves: Ulster County

Church offering free lunch, food pantry and clothing referrals.

8452468322

BAT – Bringing Agencies Together

Kingston Library Conference Room, Kingston, NY · Serves: Ulster County

Monthly coalition where human services providers share information about services & upcoming events.

8452468601 / 8452558601

Balance & Bloom: Women’s Group (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Empowerment groups focused on building confidence, leadership, and community for women from diverse backgrounds.

845-339-9090 · MHAinUlster.com

Bridge Back Outpatient and Methadone Treatment Program

10 Barbarossa Lane - Outpatient
2 Barbarossa Lane - Methadone, Kingston, NY · Serves: Ulster County

Hospital-based outpatient addiction treatment program with day/evening groups and specialized programs.

(845) 943-6091 ·
www.wmchealth.org/locations/healthalliance-hospital-addiction-and-substance-abuse-services-bridge-back-program

Clinton Avenue United Methodist Church

122 Clinton Ave, Kingston, NY · Serves: Ulster County

United Methodist church providing food, clothing and supportive services.

8453317188 · www.clintonavenueumc.org

Cornell Cooperative Extension of Ulster County

232 Plaza Road (Herzog's Plaza), Kingston, NY · Serves: Ulster County

Cornell Cooperative Extension of Ulster County is dedicated to offering free or low-cost workshops on topics that range from how to garden to parenting and youth education.

(845) 340-3990 · ulster.cce.cornell.edu

Everett Hodge Community Center

15 Franklin Street, Kingston, NY · Serves: Ulster County

Community center offering after school programs, HS equivalency and ESL classes and referrals.

(845) 331-9683 · www.kingston-ny.gov

Family of Woodstock

Family of Woodstock center: 16 Rock City Road, Woodstock, NY Call: (845) 679 2485 and (845) 338 2370
Family of Kingston center: 31 Albany Ave, Kingston Call: (845) 331-7080
Family of Ellenville: 221 Canal Street, Ellenville, NY Call: (845) 647 2443
Family of New Paltz: 51 North Chestnut Street, New Paltz Call: (845) 255 8801, Woodstock, NY · Serves: Ulster County

Family of Woodstock with 4 locations providing crisis intervention, supportive listening and referrals Monday–Friday with 24/7 Crisis Hotlines, Walk-In Centers, Emergency Food, Counseling, Case Management, Free Clothing and Household Items

(845) 6792485 · familyofwoodstockinc.org

Family of Woodstock – DomesticViolence

NY · Serves: Statewide

Domestic Violence Short term Counseling, Case Management, and Family Court Advocate which helps victims draft petitions for emergency orders of protection.

(845) 331-7080 · www.familyofwoodstockinc.org/domestic-violence-services

Family of Woodstock – DomesticViolence Support Groups

Various locations, Kingston / New Paltz / Ellenville, NY · Serves: Ulster County

Non residential support groups for survivors of domestic violence.

8453317080 ext. 128 / ext. 100 · familyofwoodstockinc.org

Family of Woodstock – Youth Anger Management Groups

31 Albany Avenue, Kingston, NY · Serves: Ulster County

Six-week anger management workshop for adolescents to manage triggers and develop coping skills.

(845) 331-7080 ext.152 · familyofwoodstockinc.org

Healthy Ulster Council

Various locations (contact for meeting site), Kingston, NY · Serves: Ulster County

Council connecting wellness and prevention efforts across organizations.

Holistic Health Community – Free Holistic Healthcare Days & SelfCare Classes

Lifebridge Sanctuary (unless otherwise noted)
333 Mountain Road, Rosendale, NY 12472, NY · Serves: Statewide

Non profit providing free holistic healthcare days, self care classes and film nights; events are online and schedules are posted on their website.

(845) 867-7008 · holistichealthcommunity.org

Hope and Healing: Coping with Grief & Loss (MHA)

300 Aaron Court (Kingston site), Kingston, NY · Serves: Ulster County

Support group helping individuals cope with grief after the loss of a loved one.

(845) 339-9090 · mhainulster.com

Hudson Valley LGBTQ Community Center

300 Wall St, Kingston, NY · Serves: Ulster County

Safe, supportive community center offering services, resources, and programs that unite the lesbian, gay, bisexual, transgender & queer/questioning community.

8453315300 · lgbtqcenter.org

Hudson Valley National Center for Veteran Reintegration (HVNCVR)

24 Twin Maples plaza, Saugerties, NY · Serves: Hudson Valley regional

HVNCVR is to provide support for both our current military personnel while they are back home and our veterans by assisting them with their transition back into civilian life.

(845) 481-4004 · www.hvncvr.org

Human Services Coalition

Ulster County Department of Mental Health, Kingston, NY · Serves: Ulster County

Coalition of human service agencies meeting bimonthly to coordinate services.

Integrated Ulster

NY · Serves: Statewide

Partnership of organizations building a welcoming system of care.

Integrated Ulster AntiRacism Workgroup

NY · Serves: Statewide

Workgroup focused on addressing racism within the service system.

Jewish Family Services Of Ulster County Bereavement Groups

NY · Serves: Ulster County

Free support groups for fellow caregivers caring for elderly or disabled adults.

(845) 338-2980 · jfsulster.org/support-groups

Live Well Kingston

City Hall Conference Room 2, top floor, and via Zoom, Kingston, NY · Serves: Ulster County

City of Kingston’s Health & Wellness Commission with teams for aging, eating, healing & playing.

www.kingston-ny.gov/livewell

Mano a Mano Coalition

Kingston, NY · Serves: Ulster County

Coalition serving Spanish speaking communities.

Maternal Infant Services Network (MiSN)

70 Lindsley Ave, Kingston, NY · Serves: Ulster County

Perinatal network providing education, support, referrals, youth development, and teen pregnancy prevention programs across Orange, Sullivan, and Ulster counties to improve birth outcomes and reduce disparities.

1-800-453-4666 · misn-ny.org

Mental Health America of Dutchess County

253 Mansion Street
Poughkeepsie, NY 12601, Poughkeepsie, NY · Serves: Hudson Valley regional

Mental Health America of Dutchess County is a nonprofit organization offering a full spectrum of mental health services including Addiction Recovery, Housing & Shelter, Family and Veteran Services

(845) 473-2500 · mhadutchess.org

Mental Health Association in Ulster County (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Walk in mental health support center open weekdays in Kingston with drop in rooms offering many mental health support and wellness programs.

8453399090 · mhainulster.com

Mid-Hudson Bereaved Parents of the USA

NY · Serves: Hudson Valley regional

The Bereaved Parents of the USA has a Mid-Hudson Chapter support group for parents and families grieving after the death of a child of any age.

845-462-2825 · www.mhbpusa.com

Mindful Eating Disorder Support Group (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Support group providing education and peer support for individuals with eating disorders.

(845) 339-9090 · mhainulster.com

NAMI Mid-Hudson

New Paltz, NY · Serves: Hudson Valley regional

NAMI affiliate serving Dutchess and Ulster counties with classes, presentations, and support groups for individuals living with mental health conditions and their families.

845-206-9892 · www.namimidhudson.org

National Eating Disorders Association (NEDA)

NY · Serves: Statewide

NEDA seeks to fundamentally change the way eating disorders are understood and treated so those affected can achieve lasting recovery and well-being.

www.nationaleatingdisorders.org

People’s Place

17 St. James Street, Kingston, NY · Serves: Ulster County

Community center providing a food pantry, thrift store, community café and wellness center serving individuals facing financial challenges.

(845) 338-4030 · www.peoplesplacekingston.org

Positive Discipline Workshop (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Temporarily Paused Parenting class teaching practical techniques for encouraging positive behavior and cooperation.

(845) 339-9090 · mhainulster.com

Ready, Steady, Go!

300 Aaron Court, Kingston, NY · Serves: Ulster County

Parkinson’s Disease Support group run by MHA in Ulster

845-339-9090 · www.mhainulster.com

Resource Center for Accessible Living (RCAL)

727 Ulster Avenue, Kingston, NY · Serves: Ulster County

Independent living center offering advocacy, peer counseling and support for people with disabilities.

(845) 3310541 · rcal.org

Roula's Kids: A Space for Grieving Families, Inc.

NY · Serves: Ulster County

Roula’s Kids provides dynamic and age-appropriate grief support for children and families in the Hudson Valley and NYC through expressive arts, play, and physical activity.

(845) 418-5437 · www.roulaskids.org

SPEAK Coalition (Suicide Prevention Education Awareness Knowledge)

NY · Serves: Ulster County

Coalition promoting suicide prevention awareness.

www.ulstercountyny.gov/Departments/Mental-Health/Coalitions/SPEAK

Samadhi Recovery Community Outreach Center

150 Sawkill Rd, Kingston, NY · Serves: Ulster County

Samadhi is a recovery center for those suffering from substance use and related disorders and addictions; also operating a Mobile clinic offering recovery support services with on call emergency peer support.

8458538148 · samadhiny.org

St. Christopher's Inn

21 Franciscan Way, Garrison, NY · Serves: Hudson Valley regional

Residential treatment center combining spiritual counseling with substance use recovery.

(845) 335-1001 · www.stchristophersinn-graymoor.org

St. James United Methodist Church

29 Pearl St, Kingston, NY · Serves: Ulster County

United Methodist church hosting support groups and a pantry.

8453313030

Step One Inc.

Kingston: (845) 834-7300 500 Aaron Ct, Kingston, NY 12401
Highland: (845) 691-9191 106 Vineyard Ave, Highland, NY 12528
Ellenville: (845) 647-5400 83 N Main St, Ellenville, NY 12428, Kingston, NY · Serves: Ulster County

Outpatient substance use and mental health treatment program.

1-877-435-7410 · step1ny.org

The Arc MidHudson

471 Albany Avenue, Kingston, NY · Serves: Ulster County

Nonprofit agency supporting people with intellectual and developmental disabilities through residential, vocational and family services such as self-advocacy and family support groups.

(845) 3314300 · arcmh.org

The Compassionate Friends

Greene County Chapter
United Methodist Church
40 Woodland Avenue, Catskill, NY · Serves: Hudson Valley regional

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

National Office: 1-877-969-0010 · www.compassionatefriends.org

The Living Seed – Yoga & Wellness Classes

521 Main Street, New Paltz, NY · Serves: Ulster County

Wellness center in New Paltz teaching yoga, somatics, Ayurvedic counseling, acupuncture and more; classes offered in person and online with schedules on their website.

(845) 255-8212 · thelivingseed.com

Thrivin' Not Just Survivin'

300 Aaron Court, Kingston, NY · Serves: Ulster County

Temporarily Paused through November

(845) 339-9090 · www.mhainulster.com

Town of New Paltz – Office for Community Wellness (OCW)

New Paltz, NY · Serves: Ulster County

Municipal office that coordinates free wellness workshops, programs, and community events for all ages in New Paltz, with a focus on mental health, substance use, and social connectedness.

www.townofnewpaltzny.gov/office-for-community-wellness

Ulster County Crime Victims Assistance Program (CVAP)

1 Pearl Street, Kingston, NY · Serves: Ulster County

24hour crime victim support program providing crisis intervention, advocacy and support groups.

8453403443 (program); 8453403442 (hotline) · www.ulstercountyny.gov/Departments/Probation/Crime-Victim-Assistance

Ulster County Long-Term Services and Support Council

NY · Serves: Statewide

Coalition improving care transitions between community organizations and healthcare for older adults.

Ulster County Trauma Informed Care Collaborative

NY · Serves: Statewide

Collaborative promoting resiliency and trauma informed care.

Ulster Immigrant Defense Network

Kingston, NY · Serves: Ulster County

Support network providing safety and assistance to immigrants.

8887267276 · www.ulsterimmigrantdefensenetwork.org

YMCA of Kingston & Ulster County

507 Broadway, Kingston, NY · Serves: Ulster County

Community organization providing health, physical education and recreational services including youth programs.

(845) 338-3810 · www.ymcaulster.org

YWCA of Ulster County

209 Clinton Ave, Kingston, NY · Serves: Ulster County

Helping women build stable security while nurturing physical, mental, and emotional wellbeing through education and mentorship through different programming. Also providing licensed childcare programs.

(845) 338-6844 · ywcaulstercounty.org

Programs

12 resources, listed alphabetically

Astor Services – Adolescent Partial Hospitalization Program

205 South Avenue, Suite 105, Poughkeepsie, NY · Serves: Hudson Valley regional

Short-term intensive therapeutic program for youth ages 11–18 to manage emotions and prevent hospitalization.

(845) 554-1365 x100 · www.astorservices.org/program/hudson-valley-adolescent-partial-hospitalization

Center for Discovery

NY · Serves: Statewide

Center for Discovery runs residential and day treatment programs for adolescents and adults with eating disorders.

833-684-8108 · centerfordiscovery.com

Compeer Program (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

The Compeer Program offers a volunteer-based program that cultivates supportive friendships.

845-339-9090 · www.mhainulster.com/wellness-services/compeer-volunteer-program

Family Peer Advocacy/ Family Peer Support Services (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Family Peer Advocacy for families raising children with developmental disabilities.

(845) 339-9090 ext. 2304 · mhainulster.com

Guardian Revival

NY · Serves: Ulster County

Safe, confidential peer support for military, veterans, and first responders by your peers — other military, veterans, and first responders. Gatherings provide peer-to-peer connection & support to help guardians improve their mental health & overall well-being.

845-617-6164 · www.guardianrevival.org

Health Homes (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Mental Health Association Health Home Adult Care Management and Children Care Management

845-339-9090 · www.mhainulster.com

RAH Program (Respite, Advocacy, and Health) (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Respite-based program offering advocacy, recreation and health promotion for adults with intellectual/developmental disabilities.

845-339-9090 x2207 · www.mhainulster.com

Somos Bilingües (We are Bilingual)

50 Hamilton St, Dobbs Ferry, NY · Serves: Hudson Valley regional

Culturally & Linguistically Responsive Services for Children of All Abilities

914-306-0863 · www.somosbilinguesslp.com

Supported Education Program (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

The Supported Education Program provides support for students with psychiatric disabilities to help them navigate the higher-education environment.

845-339-9090 · www.mhainulster.com

Transitions Program (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Comprehensive case management, counseling and socialization services for young adults aged 18–26.

(845) 339-9090 ext.2204 · www.mhainulster.com/wellness-services/transitions

Wellness Program (MHA)

300 Aaron Court, Kingston, NY · Serves: Ulster County

Daily program outings and activities are designed to promote social, recreational, physical, and educational well-being in a relaxed and inviting atmosphere.

845-339-9090 · www.mhainulster.com/wellness-services/wellness-program-clubhouse-style

Youth Respite (MHA)

Kingston, NY · Serves: Ulster County

The Respite Program at MHA in Ulster Co. offers children/youth with special emotional needs and mental health issues an opportunity to participate in a variety of social community activities with a trained Youth Respite Worker.

845-339-9090 · www.mhainulster.com/wellness-services/respite-services

Helplines & Hotlines (General)

6 resources, listed alphabetically

988 Suicide & Crisis Lifeline

NY · Serves: National

Suicide & Crisis Lifeline- If you are experiencing a mental health emergency or need immediate help due to a mental health challenge, please call 988.

988 · 988lifeline.org

NAMI HelpLine

NY · Serves: Ulster County

NAMI HelpLine Resources are not hotlines, crisis lines, or suicide prevention lines. ONLY for 1-on-1 emotional support, MH information, and resources.

1-800-950-NAMI (6264) · www.nami.org/nami-helpline

New York State Domestic Violence Hotline

NY · Serves: Ulster County

24/7 support, safety planning, and referrals

1-800-942-6906

The Trevor Project (LGBTQ Suicide Prevention Hotline)

NY · Serves: Statewide

National 24/7 hotline providing confidential crisis intervention and suicide prevention services for LGBTQ youth.

8664887386 · thetrevorproject.org

Ulster County Mobile Mental Health

NY · Serves: Ulster County

Mobile mental health crisis response service operated by Access: Supports for Living.

(844) 277-4820 · www.ulstercountyny.gov/Departments/Mental-Health/Services/Mobile-Mental-Health

Veterans Crisis Line

NY · Serves: Ulster County

Provides immediate support for veterans, service members, National Guard, Reserve personnel, and family members.

1-800-273-8255

Additional resources

2 resources, listed alphabetically

Family of Woodstock – FARO Program

31 Albany Avenue, Kingston, NY · Serves: Ulster County

FARO (Familias Apoyadas, Recursos y Orientación) serves immigrant and Spanish-speaking families throughout Ulster County.

(845) 331-7080 · www.familyofwoodstockinc.org/spanish-language-services

Survivors of Suicide Loss Support Group

NY · Serves: Hudson Valley regional

Hudson Valley peer-led groups sponsored by The American Foundation for Suicide Prevention

afsp.org