

GETTING STARTED

**WHAT DO I NEED TO KNOW?-HOW DO I SEEK
HELP?-RESOURCES-INTERVENTIONS-
PREVENTIONS**



NPCSD

MENTAL HEALTH IN SCHOOLS

BETTER HEALTH FOR ALL

6 STEPS

to CHANGE

Let's improve Mental Health
in Schools

identify

identify mental health as a
part of an overall wellness
strategy

access

assess and identify student
needs to recognize early
signs and symptoms of
mental health concerns

promote

promote social and
emotional learning in
schools

support

support school and community
with mental health
partnerships

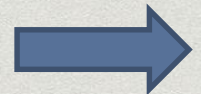
share

share positive systems
of supports
and interventions

follow up

prioritize suicide
prevention with school
and community partners

Click on the words to reveal definitions.



Community Resource List

Crisis Contacts:

If you or our loved one are in immediate crisis, contact: 911

Mobile Mental Health: 1-844-277-4820

National Suicide Hotline: 1-800-273-8255

NYS Crisis Text Hotline (24 hour hotline): Text - 741741

Family of Woodstock Hotline (24 hour crisis hotline): 845-338-2370

The Trevor Lifeline (Teen/LGBTQ suicide or crisis): 1-866-488-7386

Family of New Paltz: 845-255-8801

Astor Clinic Kingston: 845-340-4105 / New Paltz: 845-419-0850 (Teens and Children)

Institute of Family Health: 845-255-2562

Spectrum Behavioral Health (Kingston): 845-331-1079

(Poughkeepsie): 845-485-3500

Substance Abuse Treatment:

Family Services: 845-763-8151

Re-Start (out-patient): 845-291-0200

Step One: 845-691-9191

Arms Acres (in-patient): 1-800-Caring-1

Never Alone (long term): 845-339-4272

Ulster County Family Advocate Program: 845-458-7455

Awareness Program: 845-417-1484

Bridgeback Program: 845-943-6091

Methadone Treatment: 845-943-6022

**Benedictine Hospital Chemical Dependency Rehab: 845-334-4705
(in-patient)**

Family of Woodstock: 845-331-7080

Day Treatment Programs:

Astor Partial Hospital: 845-554-1365

Dutchess IDT: 845-486-4840

Dutchess ADT (Adolescent Day Treatment ages 12-21): 845-486-4840

Health Alliance at Benedictine (Bene-Partial): 845-334-3110

Mid-Hudson Regional: 845-483-5368

RE-Start: 845-291-0200

Therapeutic Transition Program: 845-334-5912

Psychiatric Hospitals:

Four Winds: 914-763-8151

Westchester Medical Center: 914-493-7000

Rockland Children's Psych Center: 845-359-7400

Health Alliance (psych ER): 845-331-3131

Neurology/Neuro-Psychologists:

E-River Neurology: 845-452-9750

Caremount Medical: 845-231-5600

Boston Children's Pediatric Neurology:

Middletown- 914-358-0190

Albany Medical:

Neurology- 518-262-1700

Neuropsych- 518-262-6611

Community Agencies/Services/Hotlines:

- **Crime Victims and Domestic Violence and Sexual Assault**

Ulster County Crime Victims Assistance Program: 845-340-3443;

<http://www.ulstercountyny.gov/probation/crime-victim-assistance>

Family of Woodstock: 845-338-5953; 845-255-3601 Services for shelter, emergency food pantries, domestic violence services, court advocates, counseling, and child care.

Family of Woodstock: 24 hour crisis line 845-338-2370.

New York State Hotline for Sexual Assault and Domestic Violence: 1-800-942-6906

- **Suicide and Mental Health Resource Center**

Text-me-back Suicide hotline: 845-679-2485; National Suicide Hotline: 1-800-273-8255

Dutchess County Stabilization Center: 845-485-9700

Mobile Mental Health: 844-277-4820 Counselors dispatched when a mental health issue creates a personal crisis. Available from 10 am-10 pm.

download the SPEAK App for instant suicide prevention response

- **Teen Resources**

Just Connect Teen Hotline: 845-331-5565

NP Youth Program: 845-325-2593

Rosendale Family House 845-338-5953 (Shelter for youth)

Planned Parenthood: 845-562-7800

Community Agencies/Services/Hotlines, cont.:

- **Migrant Services**

Mid-Hudson Migrant Outreach Program: 845-257-2950

Migrant Educational Services: 845-527-1094

- **Family Interventions**

Ulster Co. Dept. of Social Services: 845-334-5100

Mental Health Association: 845-339-9090

Children's Coordinated Services: 845-334-5050

Child Protective Services: 1-800-635-1522

Astor Home Based Crisis Intervention: 845-554-1365 ext. 102

Ulster County Probation Pins: 845-340-7073

- **LGBTQ**

LGBTQ Center: 845-331- 5300; Advocacy to unite the lesbian, gay, bisexual, transgender, and queer/questioning community across lines of age, race, gender, and economics

The Trevor Lifeline (Teen/LGBTQ suicide or crisis): 1-866-488-7386

- **Developmental Disabilities Resources:**

ACCESS-VR: 845-452-5425; 845-339-4270

Ulster County Cerebral Palsy: 845-336-7235

RCAL: 845-331-0541

Ulster Green ARC: 845-331-4300; 845-338-1234 ext. 729

UC Mental Health agency: wellnessrecovery.org/

Local Food Pantries and Community Meals:

Family of New Paltz: 845-255-8801

Hours of operation: Monday-Thursday 10am- 5pm and Friday's 10am- 4pm

St. Joseph's Church: 845-255-5635

Hours of operation: Monday-Wednesday and Friday 11 am to Noon

Teen Closet at New Paltz High School (clothing, supplies)

Hours of operation: Fridays and upon request