

# DO YOU NEED EMOTIONAL SUPPORT?

## It's okay to not be okay.

If you feel overwhelmed, remember, there's hope and there is help.  
Here are some available resources. Your privacy is respected.

### Family of Woodstock

Call/Text (845) 679-2485 (24 hours)  
Local support and resources

### Ulster County Mobile Mental Health

1 (844) 277-4820 (10am-10pm 7 days)  
Behavioral health services available by phone or in-person

### Ulster County Behavioral Health Urgent Care

1 (888) 750-2266 Ext. 2  
Walk-In 10am-6pm Mon-Fri at 368 Broadway Suite 205 in Kingston

### BlackLine

1 (800) 604-5841  
LGBTQ+ Black Femme lens for those most impacted by systematic oppression

### Trevor Lifeline

1 (866) 488-7386  
Support for LGBTQ+ individuals

### National Suicide Prevention Lifeline

1 (800) 273-8255  
For people in distress, prevention, and crisis resources nationwide

### Veterans Crisis Line

1 (800) 273-8255 Ext. 1  
Connects veterans and loved ones in crisis to caring VA responders

### For more Ulster County resources:

[WellnessRecovery.org](http://WellnessRecovery.org)

### Ulster County SPEAK

Suicide Prevention, Education, Awareness & Knowledge  
(845) 340-4110 | [dmh@co.ulster.ny.us](mailto:dmh@co.ulster.ny.us)

