Therapists/ Mental Health Clinics:

Terapeutas / Clínicas de salud mental

* Tamara Telberg-(914) 752-2259
* Sue Hansen (845) 399-2570
* Donna Boundy- (845) 943-0883
* Lucas Monroe-(518) 348-8233
* Nina Schmidbaur- (845) 318-1178
* Eboni Cook- (845) 513-3078
* Clayton Horsey-(845) 533-3282
* Valerie Linet-(845) 458-8651
* Cindy Dern-(845) 679-8184
* Elizabeth W Koelmel-(845) 768-1132 x126
* Aimee Gallin (845) 679-8650
* Lucy Barbera/Art Therapist (845) 367-7681
* Dennis McCarthy- [(845) 331-1029](https://www.google.com/search?q=dennis+mcarthy+therapist&rlz=1C1GCEU_enUS917US918&oq=dennis+mcarthy+therapist&aqs=chrome..69i57j46i13i175i199j0i22i30l2.6815j1j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)
* Dr. Sheth @ Astor psychiatrist
* Dr. Yonker- (845) 758-9694 psychiatrist
* Dawn Defino (845)380-4805
* **Institute Family Health** [(845) 338-6400](https://www.google.com/search?q=institute+for+family+health&rlz=1C1GCEU_enUS917US918&oq=institute+for+&aqs=chrome.0.69i59i457j69i57j46i175i199j0j46i175i199l2j46j69i60.4191j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)
* **Astor Kingston Counseling Center -** (845) 340-4105
* **Maverick Psychotherapy Group -** (845)-679-8650
* **Family of Woodstock, Inc**[**.**](https://www.familyofwoodstockinc.org/intranet/) **-** (845) 331-7080 / 338-2370 after hours
* **ACCESS: supports for living** - walk in mental health urgent care (10am-6pm, weekdays) Medical Arts Building, [368 Broadway](https://www.google.com/maps/place/Kingston%2BMedical%2BArts%2BBuilding/%4041.9264181%2C-73.9941047%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x89dd0fa8a2a19a17%3A0xc19c4455ac422802%218m2%213d41.9264181%214d-73.9941047), #205, Kingston
	+ hotline number is 888-750-2266
* **Mobile Mental Health** - (10 AM - 10 PM) Call 1-844-277-4820
* **Family of Woodstock** - Crisis hotline: Call 24/7 or Text to 845-679 -2485

Crisis Hotlines:

línea directa de crisis

* **Mobile Mental Health** - (10 AM - 10 PM) Call 1-844-277-4820
* **Family of Woodstock** - Crisis hotline: Call 24/7 or Text to 845-679 -2485
* **National Suicide Prevention Hotline** 1-800-273-8255

https://suicidepreventionlifeline.org/talk-to-someone-now/

### **Nacional de Prevención del Suicidio en espanol** 1-888-628-9454

Healthcare supports:

Clinicas medicas

* Planned Parenthood [(845) 562-7800](https://www.google.com/search?q=planned+parenthood+kingston+ny&oq=planned+parenthood+&aqs=chrome.2.69i57j0i433i457i512j0i402l2j0i433i512j46i175i199i512j0i512j46i175i199i512j0i512j46i175i199i512.4132j0j7&sourceid=chrome&ie=UTF-8) - 21 Grand St, Kingston, NY 12401
* Resource Center for Accessible Living (RCAL) - [(845) 331-0541](https://www.google.com/search?q=rcal&oq=RCAL&aqs=chrome.0.0i355i512j46i175i199i512j0i512j46i512j0i10i512j46i10i512j0i10i512l2j0i512l2.1114j0j7&sourceid=chrome&ie=UTF-8)
* Institute for Family Health (845) 338-8444
* Adolescent Pregnancy Prevention Services of the YWCA (845) 338-6488

Food Pantries:

Despensas de alimentos

* Saugerties Food Pantry (845 246-6885 - 44 Livingston St. Saugerties, NY, 12477
* Atonement Lutheran Church (845) 246-8322 - 100 Market St, Saugerties, NY 12477
* Saugerties Area Council of Churches (845) 246-6885 - 44 Livingston St, Saugerties, NY 12477
* St. John the Evangelist (845) 246-9581 - 915 Rt 212, Saugerties, NY 12477
* https://www.ulstercorps.org/agencies/food-pantries/

Substance Use resources:

Recursos para el uso de sustancias

* Abel House (housing and treatment) - (845) 246-2645
* Bridge Back of Health Alliance Hudson Valley - (845) 943-6091
* First Step Inpatient Detox & Drug Rehabilitation Programs - (845) 334-4705
* ORACLE Team - ([888) 996-0940](https://ulstercountyny.gov/health/%3Ca%20href%3D%22tel%3A%2B18889960940%22%3E888-996-0940%3C/a%3E)
* SAMADHI Recovery Community Outreach Center - ([855) 726-2344](https://ulstercountyny.gov/health/%3Ca%20href%3D%22tel%3A%2B18557262344%22%3E855-726-2344%3C/a%3E)
* Step 1 - (845-691-9191 or 845-647-5400)
* ACCESS - 844-277-4820

Domestic Violence/Sexual Assault resources:

Recursos sobre violencia doméstica y agresión sexual

* Family of Woodstock:
	+ Shelter: The Washbourne House (Hotline: 845-338-2370)
	+ Counseling/ safety planning (845) 331-7080
	+ DV Family court advocate (845) 418-8063
	+ Spanish speaking DV services (845) 331-7080
* Crime Victims Assistance Program (CVAP) (845) 340-3443
* Ulster County Sexual Assault & Domestic Violence Hotline (845) 340-3442

Shelters:

Refugios para desamparados

* Family Inn (845) 340-1847 - 38 Thomas Street, Kingston, NY 12401
* Darmstadt Shelter (845) 331-1395 - 40 Thomas Street, Kingston, NY 12401
* Family House (Emergency youth shelter) (845) 338-5953

Undocumented Immigrants resources:

Recursos para inmigrantes indocumentados

* Ulster Immigrant Defense Network (Helpline: 1-888-726-7276
* Worker Justice Center of New York- Kingston (845) 331-6615

LGBTQ resources:

Recursos LGBTQ

* LGBTQ Community Center ([845) 331-5300](https://www.google.com/search?q=lgbtq+community+center+kingston+ny&ei=w2pgYan_Be2oytMPz6y5-Aw&oq=lgbtq+community+center+kingston+ny&gs_lcp=Cgdnd3Mtd2l6EAEYADIFCAAQgAQyAggmOgcIABBHELADOhAILhDHARCvARCwAxBDEJMCOgcIABCwAxBDOggIABCABBDJAzoFCAAQkgM6CwguEIAEEMcBEK8BSgQIQRgAUNMaWOwfYM8naAFwAngAgAFpiAHxAZIBAzIuMZgBAKABAcgBCsABAQ&sclient=gws-wiz) - 300 Wall St, Kingston, NY 12401
* Text Hotlines:
	+ Trans Lifeline’s Hotline (877) 565-8860
	+ TrevorText - Text START to 678-678
	+ TextMeBack.org (845) 679-2485 (Family of Woodstock)