

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.

988 – Suicide & Crisis Hotline (24 hours)

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 365)

Behavioral health services available by phone or in-person

Certified Community Behavioral Health Center

1 (888) 750-2266 Ext. 2

Walk-In 10am-6pm Mon-Fri at 368 Broadway Suite 205 in Kingston

Peer Crisis & Support Line

(978) 488-HOPE (4673)(24 hours)

Local peer support provided by People USA

Trevor Lifeline

1 (866) 488-7386 (24 hours)

Support for LGBTQ+ individuals

Veterans Crisis Line

1 (800) 273-8255 Ext. 1 (24 hours)

Connects veterans and loved ones in crisis to caring VA responders

For more Ulster County resources:

WellnessRecovery.org

ULSTER COUNTY SPEAK

Suicide Prevention, Education, Awareness & Knowledge
An initiative of the Ulster County Dept. of Mental Health
(845) 340-4110 | dmh@co.ulster.ny.us

