

Mental Health, Substance Abuse, and Gambling Hotlines and Resources

- 911 - for emergencies
- 211 - to connect to local resources
- Suicide Prevention Helpline (Lifeline) – 988 or 800 273 TALK (8255)
- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline [1 800 662 HELP \(4357\)](tel:1800662HELP4357)
- New York State Hopeline - 877 846 7369 - Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse, and problem gambling. All calls are toll-free, anonymous and confidential.
- Putnam County Crisis Intervention Hotline - 845 225 1222 - Available 24 hours a day 7 days per week, the crisis line is staffed by qualified personnel who will speak with callers and make recommendations based on the situation.
- National Alliance on Mental Illness (NAMI) Helpline - 800-950-6264 - Crisis text line. Text SHARE to 741741 for free, confidential and 24/7 crisis counseling. <https://namiputnam.org/>
- Philipstown Hub – 845 260 1001 - a single point of access for mental health and addiction programs, services and education for individuals and families. 5 Stone Street, Cold Spring NY <https://www.philipstownhub.org/>

Addiction

Alcohol

- Alcoholics Anonymous <https://aa.org/>
 - To find a local meeting https://aa.org/pages/en_US/find-aa-resources
 - Orange Co NY AA Hotline - [845 534 8525](tel:8455348525)
 - Rockland Co NY AA Hotline - 845 352 11124
 - Dutchess Co NY AA Hotline - 845-452-1111

Drugs

- Narcotics Anonymous <https://na.org/>
 - To Find a Local Meeting <https://www.na.org/meetingsearch/>

Loved Ones of People with a drinking or drug problem

- **Al-Anon** - Support for those who have loved ones who are worried about someone with a drinking problem <https://al-anon.org/>
 - To find a meeting <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>
- **Alateen** - Support for teens who are struggling with the effects of someone else's problem drinking
 - <https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>
- **Nar-Anon** -Support for those who have loved ones who are worried about someone with an addiction problem. <https://www.nar-anon.org/>
 - To find a meeting <https://www.nar-anon.org/find-a-meeting>

Gambling

- Gamblers Anonymous <http://www.gamblersanonymous.org/ga/locations/>

- New York City/Westchester/Rockland/Surrounding Counties Hotline Number: 855-2CALLGA (855-222-5542)

How to find a Therapist/Professional, Mental Health Resources, and Apps

- NAMI- finding a Mental Health Professional <https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional>
- NAMI- Top HelpLine Resources <https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources>
- NAMI- listing of online resources for therapy/support groups or mental health apps <https://nami.zendesk.com/hc/en-us/articles/360024615074-Are-there-any-online-resources-for-therapy-support-groups-or-mental-health-apps->
- OMH Licensed Mental Health Clinics https://my.omh.ny.gov/bi/pd/saw.dll?PortalPages&PortalPath=%2Fshared%2FMental%20Health%20Program%20Directory%2F_portal%2FMental%20Health%20Program%20Directory&nquser=BI_Guest&nqpassword=Public123

Covid-19

- New York State's COVID-19 Emotional Support helpline – 1 844 863 9314 - Available if you need someone to talk to.
- Putnam Hospital Center COVID-19 Line—888-667 9262 - Staffed by nurses answering general questions NOT medical advice
- NYSDOH Hotline – 1 888 364 3065 - 24 hours, 7 days a week General COVID-19 questions Information regarding testing sites and appointments NOT medical advice
- Putnam County Department of Health - 845 808 1390 - 8 a.m. to 5 p.m., Monday to Friday After hours for EMERGENT questions Residents that are being monitored on home quarantine/isolation Assist healthcare providers with questions and decision making www.putnamcountyny.com/coronavirus

Children / Teens

- [National Runaway Safeline](https://www.1800runaway.org/): 1-800-RUNAWAY (1-800-786-2929) - Crisis, resources, referrals, and support for youth who are considering or have runaway or their family <https://www.1800runaway.org/>
- Prevent Child Abuse NY-Parent Hotline - 1 800 244 5373
- To report child abuse call – 1 800 342 3720

LGBTQIA+

- The Trevor Project Lifeline: 1 866 488 7386 - crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth <https://www.thetrevorproject.org/>
- [Gay and Lesbian National Hotline](http://www.glnh.org/): 1-888-843-4564 Confidential Peer support, information, local resources, and more to callers of all ages <http://www.glnh.org/>

Domestic Violence

- National Domestic Violence 24 Hour Hotline - 1-800-799-7233

- New York State Domestic and Sexual Violence Hotline at 1-800-942-6906
- [Putnam/Northern Westchester Women's Resource Center](#) - (845) 628-2166 24 hour Crisis Hotline. Provides both residential and non-residential domestic violence services.
<https://www.pnwwrc.org/>

Veterans/Military

- White House VA Hotline: [1-855-948-2311](tel:1-855-948-2311) 24/7 The White House VA Hotline conducts immediate warm hand offs for at-crisis risk Veterans needing the services of the Veterans Crisis Line.
- VA Health Care: [1-877-222-8387](tel:1-877-222-8387)
- VA Benefits: [1-800-827-1000](tel:1-800-827-1000)
- [Veterans Crisis Line](#) 1-800-273-8255 <https://www.veteranscrisisline.net/> Confidential Help to Veterans and their Families
- New York New Jersey VA Health Care Network Telephone Care Program - 1-800-877-6976 - service to increase access to care for Veterans in the New York/New Jersey area.
https://www.nyharbor.va.gov/services/VA_Nurse_Helpline.asp#:~:text=Veterans%20can%20call%20their%20main,%2D800%2D877%2D6976.

Services for seniors and Impaired Adults

- Senior Citizens' Help Line (NY Connects) - 1-800-342-9871 - connect with services and referrals
<http://wnyil.org/NYSOFA>
- Adult Protective Services - 1-844-697-3505 – to report abuse, neglect, financial exploitation of impaired or vulnerable adults who live in the community- <https://ocfs.ny.gov/main/psa/>

Local Assistance

- Philipstown Food pantry - 845 265 3220 - 10 Academy St Cold Spring NY 10516 - Saturdays 9-10am
- Foodtown or Drugworld Gift Cards - 845 265 3329 - Town Clerk Tara Percacciolo
townclerk@philipstown.com

Help with bills and other assistance

- Lifeline telephone Service for low income families in New York
<http://www3.dps.ny.gov/W/AskPSC.nsf/All/01BC8E76E515299785257FA2006AE2F7?OpenDocument> or call your telephone company
- United Way of Westchester and Putnam County- 914 997 6700 - 336 Central Park Ave White Plains NY 211 or <https://www.uwwp.org/>
- Putnam Co Housing Corp - 845 225 8493 – 11 Seminary Way Carmel NY
<https://www.putnamhousing.com/>
- Benefits- <https://www.mybenefits.ny.gov/mybenefits/begin>
 - HEAP (Home Energy Assistance Program) 845 808 1500 x45233
 - [Office of Temporary and Disability Services](#) Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program, Temporary Assistance 1-800-342-3009 or 845 808 1500 x45233

Insurance for Uninsured

- NYS of Health 1 855 355 5777 <https://nystateofhealth.ny.gov/>

Apply for Unemployment

- 1-888-209-8124 <https://www.ny.gov/services/get-unemployment-assistance>

Voting

- Register to Vote <https://www.ny.gov/services/register-vote>
- Confirm your voting registration <https://www.usa.gov/confirm-voter-registration>

Your legislators

- <https://www.usa.gov/elected-officials>

Please note that contact information for resources may change over time. If you notice information that needs to be updated please contact the me. Thank you.