

RESOURCE GUIDE



Office of
Mental Health



Dutchess County

This resource guide includes information about where you can find help in your local community. All the programs and services listed below allow you to self-refer and some may offer walk-in appointments.

Crisis Services & Support

People USA Crisis Stabilization Center

Walk-in crisis assessment, referral to services
230 North Road, Poughkeepsie
845-486-2849
24/7

MHA Dutchess Mobile Crisis Intervention Team

Phone and in person crisis support services
845-372-5500
24/7

Dutchess County HELPLINE

Crisis response and emergency counseling
Call 988, Text 845-485-9700. Call 877-485-9700
24/7

People USA Rose House

Short term crisis respite, Guest can stay up to seven days, 100% peer operated
803 Violet Ave Hyde Park
845-452-2728 ext.450
24/7

Mental Health Treatment & Rehabilitation

Rockland Psychiatric Center: Dutchess Clinic

Outpatient mental health treatment and substance use treatment.
10 Ross Circle Poughkeepsie
845-486-6330
Hours: 8:30am-5 pm

WMC Mid-Hudson Regional Hospital

Inpatient and outpatient mental health and substance use treatment.
241 North Road, Poughkeepsie
845-431-8283

Family Services-Poughkeepsie Mental Health Clinic

Outpatient treatment, dual diagnosis, smoking cessation
20 Manchester Rd Poughkeepsie
845-486-2703 Option 1
Additional locations: Rhinebeck, Eastern Dutchess, Beacon

MHA of Dutchess County

Care Management, mental health and substance abuse, group sessions
451 Fishkill Ave, Beacon
845-473-2500

Peer Support Services

People USA -Peer Support Warm Line

24/7 peer support help line and information
845-452-2728

Dutchess County Empowerment Center

Non-clinical, person-centered recovery support
230 North Rd. Poughkeepsie. Entrance 3
845-486-2700. After-hours 845-486-2893
M-F 1:30pm-4pm walk-in

Mental Health America of Dutchess County

Advocacy, outreach, engagement, self-help tools, recovery support
253 Mansion Street Poughkeepsie
845-473-2500 ext. 1354

Hudson Valley Clubhouse

A supportive community to foster long-term recovery
98 Cannon Street, Poughkeepsie
845-743-4872
M-F 8:30am-4:30pm

Addiction or Substance Use Treatment and Support

Mid Hudson Regional Turning Point Program

Inpatient and outpatient substance abuse treatment
201 South Avenue Poughkeepsie
845-483-5512

Lexington Center for Recovery

Individual/group therapy, peer support, family treatment for substance abuse
Page Park Clinic Poughkeepsie 845-486-2950
Southern Dutchess Clinic: Wappinger Falls 845-765-2366

Step One

Inpatient and outpatient substance abuse treatment, mental health treatment, and health care referrals
106 Vineyard Ave Highland
845-691-9191
Monday-Thursday 8:00am-8:30pm Friday 8:00am-4:30pm

Cornerstone of Rhinebeck

Inpatient, and relapse prevention
91 Serenity Hill Road, Rhinebeck
845-266-3481 Option 1

Other Services

Mental Health Housing

Adult SPOA Coordinator: Sharon Mayfield
230 North Road, Poughkeepsie, NY
845-486-2808

LEAD-Law Enforcement Assisted Diversion

Community-based care/outreach for individuals involved in the criminal justice system.
845-486-2543

Access Supports For Living

Urgent Care, outpatient Treatment, peer support
888-750-2266
115 Delafield St Poughkeepsie
Additional locations in Hyde Park, Millbrook

To find more mental health programs and services, visit our website at: www.omh.ny.gov



BeWell.ny.gov

