

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

Peer Crisis & Support Line

(845) 452-2728 ext. 607 (24 hours)

Local peer support provided by People USA

BlackLine

1 (800) 604-5841

LGBTQ+ Black Femme lens for those most impacted by systematic oppression

Trevor Lifeline

1 (866) 488-7386 (24 hours)

Support for LGBTQ+ individuals

National Suicide Prevention Lifeline

1 (800) 273-8255 (24 hours)

For people in distress, prevention, and crisis resources nationwide

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
(845) 340-4110 | dmh@co.ulster.ny.us

