

# "Where can I turn for help?"

This community resource list contains the names of various organizations, service providers, and help-lines that are available and may be able to assist you, a close friend, a neighbor, or family member. It is not a complete list of available resources. This list includes a sampling of NYS licensed providers and organizations where one can start the process. Any one of these organizations can also help recommend other programs or places that may be better equipped for the challenge you are being confronted with.

## **LOCAL FOOD PANTRIES & COMMUNITY MEALS:**

### **Family of New Paltz**

**845-255-8801**

Family of New Paltz offers food pantry services to community members who reside in the south eastern quadrant of Ulster County. The food pantry is available to these individuals once every 30 days. We require each person who would like to register for this service to present us with a picture ID and proof of address for each individual who resides in the household. We also ask each individual/family to re-certify every 2 years to continue these services. **Our hours for the pantry are from Monday-Thursday 10:00am-5:00pm and Friday's from 10:00am-4:00pm.**

### **St. Joseph's Church**

**845-255-5635**

St. Joseph's food pantry is in their church hall (34 South Chestnut St.) and is open Monday, Tuesday, Wednesday and Friday from 11:00 A.M. to Noon. Those who come in for assistance do not have to live in New Paltz (i.e. anyone is welcome to get food from us.) They just ask that they come only once a month.

### **New Paltz United Methodist Church**

**845-255-5210**

The New Paltz United Methodist Church offers a free community dinner on Thanksgiving Day and Christmas Day, serving at 1:30pm. We hold Soup & Salad luncheons every Friday in February and March, and in October and November, serving 11:30am to 1:30pm, open and free to the community.

## **HELP-LINES:**

### **Family of Woodstock 24 Hour Crisis Hotline**

**845-338-2370 / 679-2485**

Provides 24/7, free and confidential support for people who need someone to talk to or looking for a professional referral. Their motto is "Any Problem (large or small) Under the Sun."

### **Family of Woodstock's Textmeback.org text and Chat Hotline**

**845-679-2485**

Provides 24/7, free and confidential support for issues involving drug abuse, domestic violence, bullying, and other issues involving personal safety, mental health services, housing (or shelter), concerns about the well-being of loved ones, crisis situation, education and questions about resources in Ulster County community.

## **CRISIS RESOURCES:**

### **Family of New Paltz**

**845-255-8801 (Mon-Thurs, 10am-5pm) (Fri, 9am-4pm)**

Provides crisis intervention; emergency short-term counseling; information and referral; case management; care coordination; emergency food; and access to Adult Case Management, Adolescent, Domestic Violence, Child Care, and Emergency Housing Services.

### **New Paltz Youth Program**

**845-325-2593 - Jim Tinger, LMSW, Director (Call anytime.)**

**Center Hours: (Sun-Thurs, 2pm-7pm) (Fri, 2pm-11pm) (Sat, 2pm-9pm)**

Community-based, non-profit, municipal program able to provide mental health, recreation and/or educational services for adolescents and their families. Services include crisis intervention, counseling, case management, job readiness skills, tutoring, and after school drop-in center [www.npyp.org](http://www.npyp.org).

### **Ulster County Mobile Mental Health Team**

**844-277-4820 7 Days/ Week, 10:00am-10:00pm**

Free and confidential service to connect with a trained counselor when stress, depression or other mental health issues create a personal crisis. The Team can respond to an urgent issue in the community, at home, or in school.

## **HEALTH & BEHAVIORAL HEALTH RESOURCES:**

### **Astor Services for Children & Families New Paltz**

**845-419-0850**

Community-based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs.

### **The Institute for Family Health**

**845-255-2930**

The community care health center located in New Paltz provides primary care, behavioral health, dental and social services.

### **Mental Health Association in Ulster County**

**845-339-9090**

**Mon-Fri, 9:00am-5:00pm**

Provides information and referrals to residential opportunities, public and private mental health practitioner's listing and advocacy services. Support groups, skill building workshops and self-help groups are offered throughout the year.

### **Arms Acres** *(Substance Use Disorders)*

**845-225-3400**

Provides programs including detox, adult rehabilitation, adolescent program, family program, veteran program and outpatient program.

### **Step One** *(Substance Use Disorders)*

**845-691-9191**

Comprehensive outpatient program that provides evaluation and assessment, diagnosis and treatment for substance use disorders. Step One provides many different types of programs designed to meet the needs men, women, adolescents, and families.

### **Ulster County Family Advocate Program** *(Substance Use Disorders)* **845-458-7455**

Family advocate who can help connect people to available treatment and recovery services, as well as help them obtain all of the insurance benefits that they may be entitled to.