

Mental Health Resources:

★ **Orange County Crisis Call Center:** 1-800-832-1200

- Provides assistance for people in need of support due to a mental illness, substance use, developmental disability, sexual assault, or who need information/referrals with trained professionals 24/7.

★ **Access Supports for Living Urgent Care:** 1-888-750-2266 (select option 2)

16-24 Union Street	21 Grand Street
Middletown, NY 10940	Newburgh, NY 12550
845-343-5556	845 562 7244

- Regional urgent care for mental health and substance abuse issues; therapy, psychiatry and peer support available by phone and telemedicine 24/7 for adults and children, regardless of insurance or ability to pay.

★ **Resource list from Orange County Mental Health:**

- <https://www.orangecountygov.com/616/Mental-Health>

★ **Text 4 Teens, Mental Health Association in Orange**

County: Text 845-391-1000 24 hours/7 days a week

- A confidential textline for teens for info, referrals or just to chat.

★ **NYS Office of Mental Health omh.ny.gov Reach Out Hotline 844-863-9314**

- The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

★ **Mobile Mental Health 24-hour:** 1-888-750-2266

★ **Orange Regional Medical Center ER:** 845-333-1623

★ **National Suicide Prevention:**

1-800-273-8255

★ **Military Crisis Hotline** Dial 988, then press 1