If you or someone you know is experiencing a mental health or medical emergency, please call the Campus Response Center (845-437-7333) if on-campus or dial 911 if off-campus.

211
Call 211
Text Your Zipcode to 898211 (txt211)
Website: https://www.211.org/
211 is the most comprehensive source of information about local resources and services in the country. Access social services, mental health services, COVID-19 support, and more via this site.

55 Mental Health Resources for People of Color
Website:
https://www.onlinemswprograms.com/resources/social-issues/mental-health-resources-racial-ethnic-groups/
A collection of resources that have been tailored to the mental health needs of various racial and ethnic groups.

99 Coping Skills
Website:
Find a list of 99 different activities and coping skills for you to try.

Center for Victim Safety and Support (CVSS)
Domestic Violence Hotline (24/7): (845) 485-5550
Rape Crisis/Crime Victims Hotline (24/7): (845) 452-7272
Website: www.familyservicesny.org
The Center for Victim Safety & Support at Family Services provides 24 hour non-residential, comprehensive services to survivors of relationship abuse, sexual assault, and other crimes. Services include confidential support, advocacy, accommodation, counseling, rape crisis services (SAFE Exam accompaniment), financial reimbursement through the NYS Office of Victim Services, emergency assistance for survivors, and two 24-hour hotlines. All services are free of charge.

Crisis Text Line
Text “HOME” to 741741
Website: https://www.crisistextline.org/
Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Dutchess County Helpline and Crisis Stabilization Center
Call or Text “HELPLINE” to: (845) 485-9700
Walk-Ins at: 230 North Road, Poughkeepsie
Website: https://www.dutchessny.gov/Departments/DBCH/24-7-Services.htm
This service offers immediate crisis response; emergency mental health counseling by phone or text; and help understanding mental health services and programs in our County. Services are available via phone, text, or walk-in visit.

Hudson Valley Community Services
Website: https://www.hudsonvalleycs.org/
Offers a variety of services including HIV and STI testing, drug use services, nutritional services, and more. For a complete list, visit their website.
OFFICE OF HEALTH PROMOTION & EDUCATION

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Immigrant Legal Resource Center
Website: https://www.ilrc.org/
The mission of the Immigrant Legal Resource Center (ILRC) is to work with and educate immigrants, community organizations, and the legal sector to continue to build a democratic society that values diversity and the rights of all people.

Mid Hudson Regional Hospital
Phone (non-emergency): (845) 483-5000
Emergency Psychiatry Care: 845-431-8892
Website: https://www.midhudsonregional.org/
Provides emergency, general, and specialty medical services, including emergency psychiatric services. For a full list of services, please visit the Mid Hudson Regional website.

National Suicide Prevention Lifeline
Phone: 1-800-273-8255
Website (Includes Option to Chat): https://suicidepreventionlifeline.org/
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Sexual Assault Forensic Exams
Vassar Brothers Medical Center SAFE Exam (24/7): (845) 454-8500
Mid-Hudson Regional Hospital SAFE Exam (24/7): (845) 483-5000
Website: https://www.health.ny.gov/professionals/safe/
Sexual Assault Forensic Exams (SAFE Exams) provide compassionate, patient-centered, and professional care for sexual assault survivors after an assault. Survivors are treated by trained Department of Health certified sexual assault forensic examiners in a private examination room.

Therapy Assist Online (TAO)
Website: https://counselingservice.vassar.edu/tao-connect/
Therapy Assistance Online (TAO) is an interactive, dynamic, easy to access online program that provides support for anxiety, depression, and other common concerns. It may be helpful to think of TAO as an online library of engaging, interactive programs.

Trevor Project
Phone: 1-866-488-7386
Text: Text START to 678-678
Chat: https://www.thetrevorproject.org/get-help-now/
Website: https://www.thetrevorproject.org/
The Trevor Project features a variety of crisis and support services accessible via phone, text, or online chat. The site also provides information for those seeking LGBTQ+-related resources and FAQs.

United We Dream
Website: https://unitedwedream.org/
Advocates for DACA recipients and Latinx immigrants with additional resources like legal, leadership development, deportation defense, community sustainability, and health and wellness.

Vassar Brothers Medical Center
Phone: (845) 454-8500
Website: https://patients.healthquest.org/locations/vassar-brothers-medical-center/
Provides emergency, general, and specialty medical services. For a full list of services, please visit the Vassar Brothers website.