

Your Recovery Journey Starts Here.....



Navigating systems of care can be complicated and feel overwhelming...

You are not alone!

This publication contains information on resources and supports in Putnam County that have connections to the 8 Dimensions of Wellness that we believe are important for a full, and balanced life.

If you are seeking services that are not listed here, please call an MHA Recovery Coach who can assist you in finding what you need.

**Speak to a recovery Coach by calling (845) 278-7600, ext. 0
or for additional resources visit our website at www.mhaputnam.org**

If you are not from Putnam County, please see the back page which has listings for MHA's in other communities across the state.
This publication was developed and printed by the Mental Health Association in Putnam County, Inc.



EMOTIONAL

The Clear Door Recovery Center - Coaches can assist with emotional support as well as all 8 dimensions of wellness. **(845) 278-7600**. Website: mhaputnam.org

CoveCare Center -Offers outpatient mental health and chemical dependency services for adults and children. **(845)-225-2700**. Website: covecarecenter.org

The Therapy Center— Provides private psychotherapy practice for children, adolescents and families. **(845)278-6799**. Website: therapyonline.com

Arms Acres—Offers inpatient and outpatient addiction treatments/services. **(845) 698-4084**. Website: armsacres.com

St. Christopher's Inn at Graymoor—Offers inpatient rehab and detox services to men in crisis. (845) 335-1000. Website: stchristophersinn-graymoor.org



FINANCIAL

Putnam Independent Living Services (PILS) - Services include: information and referral, benefits and entitlements advisements, disability and social security (SSI & SSDI), peer advisement, services for the hearing impaired and independent living skills. **(845) 228-7457**

Department of Social Services - Provides free information about long term services and supports in NY state for people of all ages with any type of disability. Services include, housing, food stamps and Medicaid eligibility. **(845) 808-1500**

Putnam Community Action Partnership—Provides food pantry and other assistance programs. **(845) 278-8021**



SOCIAL

Mental Health Association (MHA) in Putnam County **(845)-278-7600**
Offers several specialized. Community based programs promoting recovery for individuals and families coping with mental health issues. Drop in hours on Tuesdays and Thursdays. For monthly calendar of events and additional information, visit website: mhaputnam.org



SPIRITUAL

According to "Psychology Today" Spirituality can mean different things to different people. For some, it's primarily about participation in organized religion For other's it's a non-religious experience that involves getting in touch with one's spiritual self through private prayer, yoga, meditation, quiet reflection, or time in nature. Finding spiritual connections, or connections to a "higher power" that feel right can be a process of trial and error. The internet can be a useful resource. Websites such as : churchfinder.com and yellowbook.com can be of great help. When using "yellowbook" be sure to be as specific as possible i.e. try using "houses of worship in Putnam County, NY"

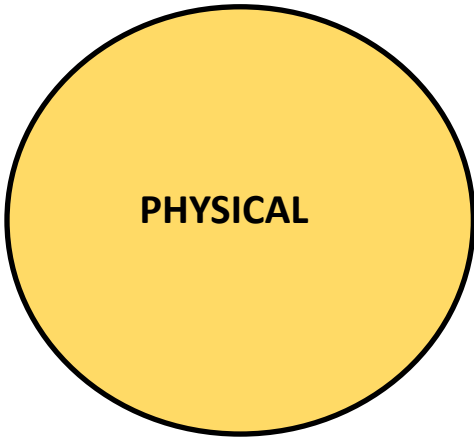


A variety of state and local employment services are available including:

ACCES-VR—A NY State program providing services for individuals with disabilities that interfere with getting or keep a job or who have difficulty advancing in their job. For more information call **(845) 426-5410**

CAREERS—Offers support solutions to people with learning, developmental, psychiatric and/or physical disabilities. Call **(914) 741-5627** or visit their website at **careersupportsolutions.org**

Westchester Putnam One-Stop—Provides free, state-of-the-art technology, workshops, employment counseling services to youth, adults and employers. The Carmel Career Center location is 110 Old Route Six, Building #3. Hours: Mon.—Fri. 9:00 am to 5:00 pm. Phone: **(845) 808-1651**. Website: **westchesterputnamonestop.com**

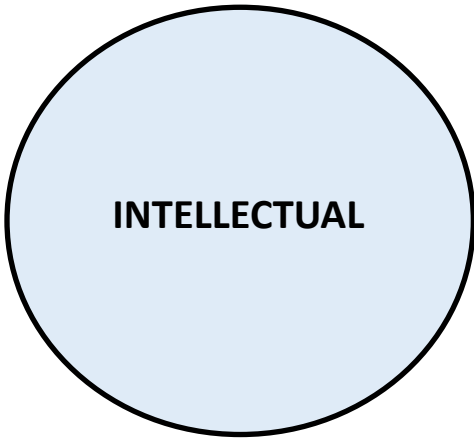


Reed Library in Carmel offers classes such as “Move Every Day” on Friday’s at 2:00 pm. You must pre-register by calling **(845) 225-2434** or by email at: **carmellibrary.org**

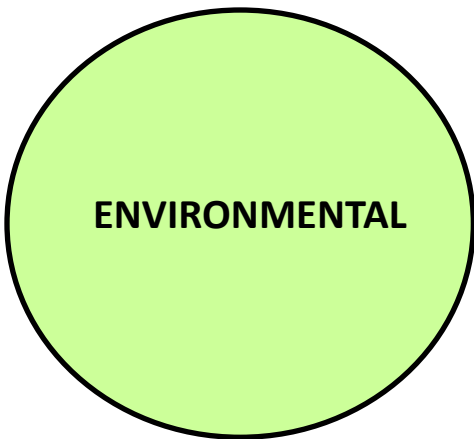
Mahopac Library offers a variety of yoga programs . Some programs require a fee. To learn more call **(845) 628-2009** or visit their website: **mahopaclibrary.org**

In Balance Tai Chi—offers a free introductory class. Located at 2505 Carmel Ave, Brewster. Call **(845) 803-1992** for details and more information.

Other local gyms include: **Gold’s Gym**—160 Rte. 52, Carmel (845) 228-2818, **Planet Fitness**—169 Rte. 6 Mahopac **(845) 478-4194** and **World Gym**—1620 Rte. 22, Brewster (845) 278-9494



The Clear Door Recovery Center - Whether you are interested in finding employment, volunteering, learning a new hobby or instrument, getting in shape or exploring your artistic side, support and help are available. A full life means life beyond your diagnosis. Think about who you want to be, what you used to be, what you love to do, and what you want to try. By exploring your opportunities, growth and recovery are possible. Call: **(845) 278-7600**. With the exception of holidays, the warm-line hours of operation are Monday—Thursday from 10:00 am—3:00 pm (except during holidays).

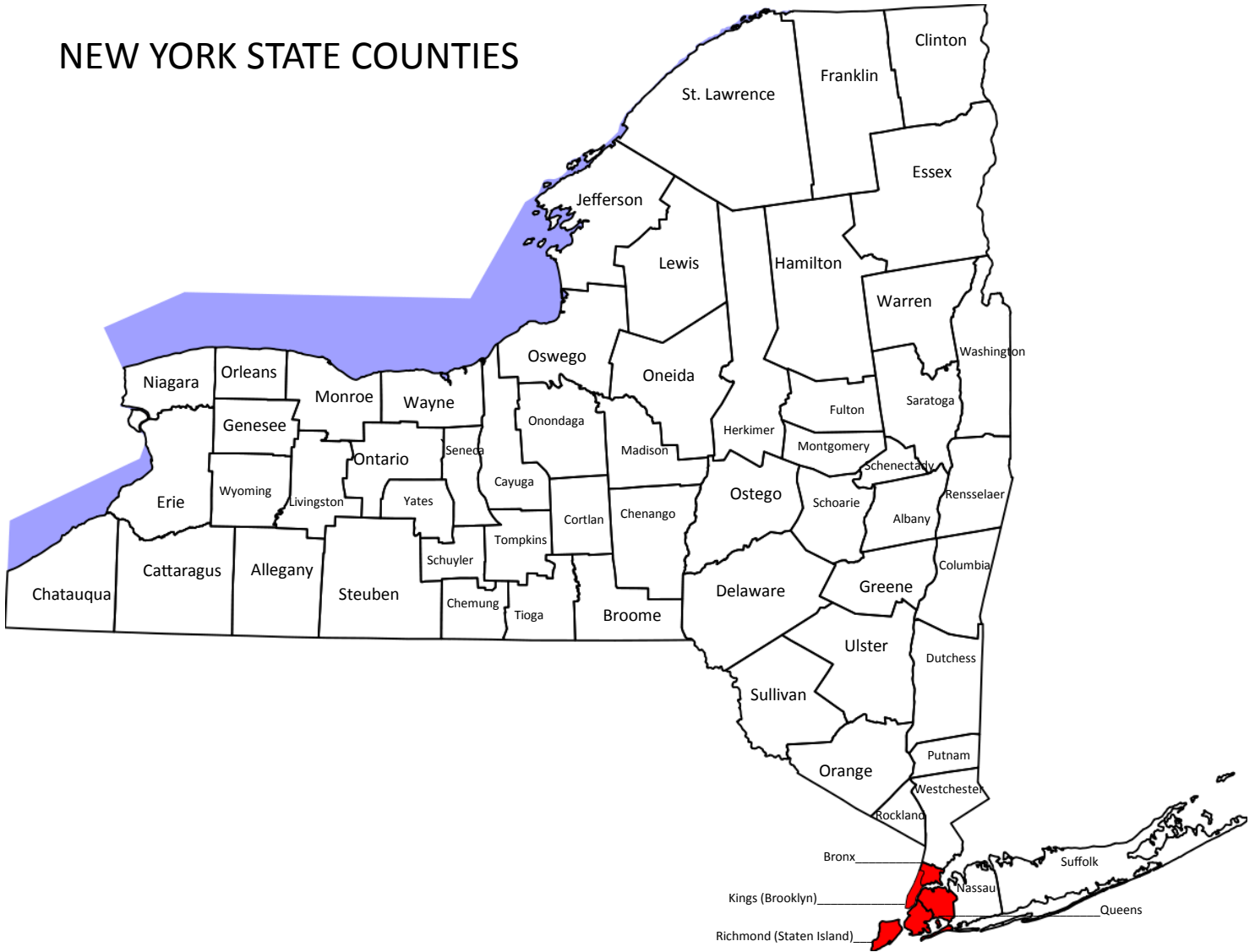


Putnam County Housing Corp. Offers free, comprehensive housing counseling including, Section 8 housing. Serving both renters and homeowners. **(845) 225-0095**

Eagle Eye Thrift Shop—Located at 65 Main St. in Brewster. Offers affordable, slightly used home furnishings and décor.

“The Life Changing Magic of Tidying Up” is one of four books written by Marie Kondo. She is an organizing consultant and author who created the “KonMari Method” which is a state of mind and way of life that encourages cherishing the things that spark joy in one’s life. Videos of her method are available on line as well as a PDF printable checklist and workbook.

NEW YORK STATE COUNTIES



MENTAL HEALTH ASSOCIATION AFFILIATES IN NEW YORK STATE

Allegany County Mental Health Association	585-593-1991	MHA of Nassau County.....	516-489-2322
Association for Mental Health & Wellness (Suffolk County).....	631-471-7242	MHA in Niagara County.....	716-433-3787
Community Connections of Franklin County.....	518-521-3507	MHA of Orange County, Inc.....	845-3422400
Mental Health Advocates of WNY (Erie County).....	716-886-1242	MHA in Putnam County.....	845-278-7600
MHA of the Capital Region.....	518-434-0439	MHA of Rochester/Monroe County.....	585-325-3145
MHA in Chautauqua County.....	716-661-9044	MHA of Rockland County.....	845-267-2172
MHA of Columbia-Greene Counties, Inc.....	518-828-4619	MHA of the Southern Tier (Broome County).....	607-771-8888
MHA of Cortland County.....	607-753-3109	MHA in Tompkins County.....	607-273-9205
MHA of Dutchess County, Inc.....	845-473-2500	MHA in Ulster County, Inc.....	845-336-4747
MHA in Essex County, Inc.....	518-962-2077	MHA of Westchester County, Inc.....	914-345-5900
MAH in Fulton & Montgomery Counties.....	518-762-5332	Schuyler County MHA.....	607-535-8288
MHA of Genesee and Orleans Counties.....	585-344-2611	Vibrant Emotional Health	212-254-0333
MHA in Jefferson County, Inc.....	315-788-0970	(Covering all five New York City boroughs)	
		Warren-Washington Association for Mental Health.....	518-747-2284

If you need assistance finding an affiliate that services your county, please call the Mental Health Information Center at 1-800-766-6177 or visit their website at www.MHANYS.org.