Putnam County Resources for Your Journey to Wellness

MHA PUTNAM
Mental Health Association in Putnam County

Mental Health Association in Putnam County 845-278-7600 www.mhaputnam.org
Information and resources **warmline**, programs for adults and children, **peer cafe for the 18-26'ers**, women's, family and chat support groups, **drop-in social groups in the community** and more.

Arms Acres 845-225-3400 https://www.armsacres.com/ Inpatient/outpatient **addiction treatment** and rehabilitation services.

Brewster Cares (and in nearby towns) 845-279-6146 http://brewstercaresny.org/ ESL, parenting training, citizenship preparation, **home repair help** for seniors, meal delivery for those who can't cook, warming station

CAREERS Support Solutions 845-225-8007 https://careerssupportsolutions.org/ One-on-one **job placement** based upon abilities and interests, on-the-job training, job coaching, and long-term support.

Cold Spring Farmers Market http://www.csfarmmarket.org/ On the grounds of Boscobel in Garrison every Saturday throughout the year. Nov-April 10-1; May-Oct 8:30-1. **SNAP EBT customers welcome**.

CoveCare Center 845-225-2700 https://covecarecenter.org **Outpatient mental health** and chemical dependency services for adults and children.

Chuang Yen Monastery 845-225-1819 https://www.baus.org/en/ Online **meditation classes** for adults and children. In person visits to the monastery grounds begin in April.

Fahnestock Memorial State Park 845-225-7207 https://parks.ny.gov/parks/fahnestock/details.aspx
Hiking trails, picnic areas, scenic campground, boating, hunting, fishing, birding. Canopus Lake has swimming.
NYS Parks Access Pass free or discounted use of state parks, historic sites, and recreational facilities. You must be receiving services through New York State OMH or a program they license, operate, certify or fund. For more information, contact 518-474-2324 during normal business hours or email accesspass@parks.ny.gov

Food Pantries (also see Putnam CAP listing on the reverse):
Grace United Methodist Church, Putnam Valley 917-417-4172 www.putnamvalleyfoodpantry.org
St. John the Evangelist Church, Mahopac 845-628-2006 www.sjtemahopac.org
The Brewster Community Food Pantry, Inc. 845-279-4325 www.standrewsbrewster.org
The Patterson Community Church 845-878-3961 http://www.pattersoncommunitychurch.org

Guardian Revival 845-617-7421 https://guardianrevival.org Experiences, resources, and peer support for veterans and first responders that revive and preserve their mental health and wellbeing.

Hudson Valley Regional Farmers Market 845-878-9078 ext. 4128 http://www.hudsonvalleyfarmersmarket.org
Open Sundays year round (weather permitting) from 10-2 at 15 Mt. Ebo Road South in Brewster.

Mid-Hudson Library System Eight public libraries in Putnam County are members of this 66-library organization. Get a card at a local library and order books from any of the 66 members. Find your local library website at https://midhudson.org/libraries/member-libraries-county/

Brewster Public Library	845-279-6421	Mahopac Public Library	845-628-2009
Desmond-Fish Library	845-524-3020	Patterson Library	845-878-6121
Julia Butterfield Library	845-265-3040	Putnam Valley Free Library	845 528-3242
Kent Public Library	845-225-8585	Reed Memorial Library	845-225-2439

National Suicide Prevention Hotline (24/7) 988 or 1-800-273-8255 (Talk)

NAMI (National Alliance on Mental Illness) Putnam Chapter 845-363-1478 **Support**, education and advocacy for those affected by mental illness.

Philipstown Behavioral Health Hub 845-809-5050 https://www.philipstownhub.org/ center of activities, programs and resources related to mental health and addiction for Philipstown residents.

Prevention Council of Putnam 845-225-4646 or www.preventioncouncilputnam.org information and **confidential referrals** for individuals and family members seeking treatment for alcoholism and drug dependencies and self help programs.

Putnam Arts Council 845-803-8622 https://putnamartscouncil.com/ Exhibitions, workshops, concerts, theatre performances, studio tours and special events.

Putnam Community Action Partnership 845-278-8021 https://www.putnamcap.org/ CAP operates a **food pantry** and soup kitchen plus many other programs. Their website has a **Community Resource Guide** in English and Spanish that has information on just about any service offered in the county.

Putnam County Housing Corporation 845-225-8493 https://www.putnamhousing.com Counseling for homeowners and renters, rental subsidies, home improvement grants for low income households, more.

Putnam Independent Living Services (PILS) 845-228-7457 https://www.putnamils.org Assistance in **understanding and accessing SSDI, SSI,** Social Security work incentives, Medicaid Buy-In for workers, public assistance, SNAP, Section 8, Housing Choice Voucher Program, much more.

Putnam/Northern Westchester Women's Resource Center 845-628-9284 https://www.pnwwrc.org Information & referral, individual & group **short-term counseling**, support groups.

Putnam Trailway https://empiretrail.ny.gov/new-york-city-poughkeepsie/mahopac-brewster Bike or hike all or part of this paved trail from Baldwin Place to Brewster.

Putnam County Services of Rockland Psychiatric Centrer 845-278-2500 individual, couples and group therapy for adults, adolescents, children; **emergency walk - in services;** smoking cessation and more.

St. Christopher's Inn at Graymoor 845-335-1022 https://stchristophersinn-graymoor.org Care for men in need of drug and alcohol treatment, primary health care, **mental health** and temporary housing.

That Nothing Be Lost Thrift Shop 845-424-3635 https://stchristophersinn-graymoor.org/thrift-shop/ Gently used **furniture and household items** at a reduced cost.

Tilly Foster Farm a Putnam County park 845-808-1000 https://putnamtillyfoster.com Visit the farm animals, **hike** the nature trails, or rent a **community garden plot** and grow your own food.

Westchester Putnam Carmel Career Center 845-808-1651 https://www.westchesterputnamonestop.com/ Job services including **free virtual workshops** on interview preparation, managing job loss, and more.

MENTAL HEALTH ASSOCIATION AFFILIATES IN NEW YORK STATE

Allegany County Mental Health Association 585-593-1991

Association for Mental Health & Wellness (Suffolk County).....631-471-7242

Community Connections of Franklin County.....518-521-3507

Mental Health Advocates of WNY (Erie County).....716-886-1242

Mental Health America of Dutchess County 845-473-2500

MHA of the Capital Region.....518-434-0439

MHA in Chautauqua County.....716-661-9044

MHA of Columbia-Greene Counties, Inc.....518-828-4619

MHA of Cortland County.....607-753-3109

MHA in Essex County, Inc.....518-962-2077

MHA in Fulton & Montgomery Counties..... 518-762-5332

MHA of Genesee and Orleans Counties.....585-344-2611

MHA in Jefferson County, Inc.....315-788-0970

MHA of Nassau County.....516-489-2322

MHA in Niagara County.....716-433-3780

MHA of Orange County, Inc.....845-342-2400

MHA in Putnam County.....845-278-7600

MHA of Rochester/Monroe County.....585-325-3145

MHA of Rockland County.....845-267-2172

MHA of the Southern Tier (Broome County).....607-771-8888

MHA in Tompkins County.....607-273-9250

MHA in Ulster County, Inc.....845-336-4747

MHA of Westchester County, Inc.....914-347-6400

Schuyler County MHA.....607-535-8288

Vibrant Emotional Health 212-254-0333
(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.