

Behavioral Health Services in Sullivan County and Neighboring Areas

Crisis and Emotional Support Lines

SAMHSA's Helpline (Substance Abuse and Mental Health Services Administration) 1-800-662-4357

Crisis Text Line Text "Got5" to 741-741

National Suicide Prevention Lifeline 1-800-270-8255

Trevor Lifeline (LGBTQIA+ specific support) 1-866-488-7686 Or text "Start" to 678-678

NAMI (National Alliance on Mental Illness) 1-800-950-6264

H.O.P.E Referral and Information Line 866-832-5575

COVID-19 Emotional Support Hotline 1-844-863-9314

CHAMP (Community Health Access to Addiction and Mental Healthcare Project) 888-614-5400

Children's Crisis Outreach 845-701-3777

Mobile Mental Health 800-710-7083 OR 845-790-0911 (For adults 18 years and older)

Family Solutions (Parent helpline) 1-866-372-2336

Text line for Teens 845-372-1817

Veteran's Crisis Line 1-800-273-8255 press 1 or Text to 838255

Alzheimer's Association 24/7 Helpline 800-272-3900

Organizations who offer Behavioral Health Care

Legend: Pediatric Services= P, Adult Services= A

Sullivan County Community Services (P, A)	Synergy of Monticello (P, A)
20 Community Lane	64 Jefferson Street, Suite 1
Liberty, NY 12754	Monticello, NY 12701
845-292-8770	845-791-8800
Calm Seas Psychotherapy (A)	The Center for Discovery (P, A)
155 N Main St	606 Old Rt 17
Liberty, NY 12754	Harris, NY 12742
888-975-2256	845-707-8400
Sun River Health (P, A)	Rehabilitation Support Services (RSS) (P, A)
19 & 23 Lakewood Avenue	22 Crystal Street
Monticello, NY 12701	Monticello, NY 12701
845-794-2010	845-791-4010 or 845-791- 4151



Choices Mental Health Counseling (A)	Crystal Run Health Care (P, A)
433 Broadway Suite 1	61 Emerald Place
Monticello, NY	Rock Hill, NY 12775
845-513-5002	845-794-6999
Cross the Bridge Counseling (P, A)	Veteran's Affairs of the Hudson Valley Healthcare System (A)
Services offered in Middletown & Rock Hill	Services offered in Monticello, Montrose, Castle Point, Carmel, Goshen, New City, Port Jervis & Poughkeepsie
845-342-5789	914-737-4400 ext. 2330
Sullivan Community Services: Rockland Children's Psychiatric Center (P)	Ahava Medical (P, A)
125 Buckley Street	25 Carrier Street
Liberty, NY 12754	Liberty, NY 12754
845-292-0362	845-281-7200
Access Supports for Living (P, A)	Garnet Health (P, A)
16-24 Union Street	75 Crystal Run Road Suite 135
Middletown, NY 10940	Middletown, NY 10941
845-343-5556	845-333-7800
Windsor Counseling West (P, A)	Refuah Health (A)
682 East Main Street Suite 1D	36 Laurel Ave
Middletown, NY 10940	South Fallsburg, NY 12779
845-342-0114	845-482-9394
Orange County Mental Health (P, A)	Pine Bush Counseling (P, A)
5 Harriman Dr.	76 Boniface Dr. # 8
Goshen, NY 10924	Pine Bush, NY 12566
845-291-2600	845-744-6974
Center for Stress Reduction (A)	Innerventure (A)
3 Coates Dr.	RT-17M
Goshen, NY 10924	Goshen, NY 10924
845-291-0999	845-418-4282
Middletown Pediatrics (P)	Minisink Psychology and Psychotherapy (P, A)
212 Crystal Run Road	25 Main Street, 3rd Floor
Middletown, NY 10941	Goshen, NY 10924
845-281-7667	845-624-2994

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Delaware County Mental Health Services (P, A)	Redco Group Behavioral Health Services (P, A)
1 Hospital Rd	10 Buist Road, Suite 202
Walton, NY 13856	Milford, PA 18337
607-832-5888	570-296-1138
Hudson Valley Center for Development (P, A)	Vitality Group Psychiatry Practice (P, A)
1124 NY Route 94 Suite 201	3125 Rt 9W #204
New Windsor, NY 12553	New Windsor, NY 12553
845-787-1350	914-502-3998
East Orange Psychiatric Associates, LLP (P, A)	Behavioral Health Services of the Hudson Valley (P, A)
400 Stony Brook Ct #1	1 Jacqueline St.
Newburgh, NY 12550	New Windsor, NY 12553
845-565-0600	845-569-2900
Honesdale Behavioral Health (P, A)	Rockland Psychiatric Center (A)
600 Maple Avenue, Suite # 15	45 Ashley Ave.
Honesdale, PA 18431	Middletown, NY 10940
570-253-8219	845-343-6686
Astor Services for Children and Families (P, A)	Cornerstone Healthcare (P, A)
Services offered in Ellenville, Beacon, Wingdale, Hyde Park, Rhinebeck, Poughkeepsie, Kingston & New Paltz	Services offered in Middletown, Port Jervis & New Windsor
845-871-1000	845-563-8000
Abbot House (P, A)	
Children and Family Treatment & Support Services	
914-591-7300 ext. 3020	

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Private Providers who offer Behavioral Health Care

Meghan Arfsten, Mental Health Counselor (P, A)	Jill Harmon-Selbo, Licensed Clinical Social Worker (P, A)
59 North Main Street	59 North Main Street
Liberty, NY 12754	Liberty, NY 12754
845-292-4403	845-292-4403
Dr. Ira Lipton, Psychiatrist (P, A)	Dr. Michael Schwartz, Neuropsychologist (P, A)
111 Sullivan Ave #27	111 Sullivan Ave suite 2-5
Ferndale, NY 12754	Ferndale, NY 12734
845-292-9548	845-292-6222
Edythe Raiten, Licensed Clinical Social Worker (P, A)	Laurel Bertram, Licensed Clinical Social Worker (P, A)
Monticello, NY	Monticello, NY
845-794-6938	845-798-0458
Barbara Shaw-Zirt, Psychologist (P)	Kathleen Christie, Licensed Clinical Social Worker (P, A)
Monticello, NY	Liberty, NY
845-794-1868	845-293-2143
Dr. Shahala Gorovoy, Psychologist (A)	Dr. Manoucher Lavian, Psychiatrist (P, A)
41 Dolson Ave	129 Wickham Ave
Middletown, NY 10940	Middletown, NY 10940
845-325-6202	845-341-1805
Dr. Quazi Al-Tariq, Psychiatrist (P, A)	Linda Douthart, Licensed Clinical Social Worker (A)
41 Dolson Ave	4 Union St
Middletown, NY 10940	Montgomery, NY 12549
845-344-2573	845-457-5757
Dr. Richard Hahn, Psychiatrist (P)	Cristina Bates-Mott, Licensed Clinical Social Worker (P, A)
14 West Street	76 Boniface Drive Suite 8
Warwick, NY 10990	Pine Bush, NY 12566
845-988-9300	845-649-0972
Dr. Olanrewju Somorin, Psychiatrist (A)	Mary Switala, Psychiatric Nurse Practitioner (P, A)
1200 state route 208 Suite 15	65 Main Street Suite 100
Monroe, NY 10950	Warwick, NY 10990
845-837-1635	845-545-5444

Maryann Ryan, Psychiatric Nurse Practitioner (P, A)	Dr. Lawrence Wenz, Psychologist (P, A)
65 Main Street Suite 100	151 Conklin Rd
Warwick, NY 10990	Monroe, NY 10950
845-545-5444	845-782-0872
Dr. Linden Schild, Psychiatrist (A)	Ryan Ramsey, Licensed Medical Social Worker (P, A)
20 West Ave Suite 103	10 Weathervane Drive
Chester, NY 10918	Washingtonville, NY, 10992
845-463-3621	845-496-5437
Dr. Mukesh J. Jhaveri, Neuropsychiatrist (A)	
24 Grove St	
Middletown, NY, 10940	
845-343-4677	

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Peer Counseling, Support/Advocacy Groups, Mediation

Action Toward Independence (ATI)	Independent Living, Inc.
*Services offered in Monticello & Middletown	*Services offered in Monticello, Newburgh, & Middletown
https://www.atitoday.org/services	Monticello, NY 12701
845-794-4228 and 845-434-4284	845-794-3322
Vet 2 Vet	Sullivan County Intergroup Assoc.
Peer networking for veteran's by veterans in Sullivan County	AA meetings throughout Sullivan County
https://www.atitoday.org/services	https://scia-aa.com/meetings/
845-794-4228	845-234-4841
Stronger Together Support Group	Adoptive and Foster Family Coalition
For family and friends of those struggling with substance use	Parent Support Group
2 nd and 4 th Monday each month at 7pm via Zoom	Every other Thursday at 7pm
https://tricountycommunitypartnership.org/stronger-together-support-group	https://affcn.org/programs/information-resources/event-calendar/
NAMI of Sullivan County	Montefiore/ St. Luke's Cornwall
20 Crystal Street	Support groups related to cancer, nutrition, caregiving & more
Monticello, NY 12701	https://www.montefioreslc.org/our-services/oncology-services/support-groups/
845-794-1029	845-561-4400
Fearless! Hudson Valley	Alcoholism and Drug Abuse Council (ADAC)
One on one web chat sessions & 24 hour hotline for abuse victims	Support groups, peer engagement specialists, family support, education and more in Sullivan, Orange, Rockland & Putnam
https://fearlesshv.org/help/web-chat.html	http://www.adacinfo.com/
845-562-5340	845-891-6492
NAMI of Orange County	Garnet Health
Support groups & classes related to mental health	Support groups related to substance use, parenting, mental & physical health
https://www.namioc.org/support-groups	https://www.garnethealth.org/patients-visitors/support-groups
714-544-8488	845-333-1000

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Cornell Cooperative Extension (CCE) Sullivan Co.	Onward Recovery
Caregiver support group	Peer support and more in Sullivan, Orange, Ulster, Dutchess, and Rockland, Putnam & Westchester
http://sullivancce.org/home-family/caregiver-resource-center	http://onwardrecovery.org/
845-292-6180 Ext. 122	845-565-1162 ext. 453
Mental Health Association of Orange County	Dispute Resolution Center (DRC)
Support groups for veterans, OPWDD certified & more	Family mediation, divorce mediation, parenting classes, & more
http://www.mhaorangeny.com/pg/supportgroups.html	845-372-8771
845-342-2400	https://sullivanny.us/Departments/Youthbureau/fundedyouthprograms
Sor 2 Recovery	Wayne Memorial
Support groups and peer support for individuals impacted by substance use	Support groups for suicide loss, ALANON & more
https://www.facebook.com/SorProject/?fref=mentions&_tn_ =K-R	https://www.wmh.org/services/support-groups/
845-926-0402	570-253-8990
Al-ANON of Ulster and Sullivan	Support Group for Moms Montefiore/St. Luke's Cornwall Birthing Center
Support groups related to being affected by someone else's substance use	Virtual support group related to parenting, coping techniques & more
Virtual and in person	Wednesdays at 1:30pm
845-339-5116	845-913-8667 845-568-2597
https://www.al-anon-ulster-sullivan-ny.org/ulster-sullivan-meetings.html	https://www.montefioreslc.org/our-services/birthing-center/
Baby Café: Maternal Infant Services Network (MISN)	Alzheimer's Association Hudson Valley Chapter
Third Monday of every month 10am-12pm	Support groups, education, care counseling & more
Virtual	Various emotional and social support systems throughout the Hudson Valley
845-861-3573 or 845-637-4424	800-272-3900
https://www.babycafeusa.org/findababycafe.html	https://www.alz.org/hudsonvalley

Note: This list is not an endorsement of any particular provider and is not a complete list of regional services. If you or your organization are not listed here, please contact Christine Panos, Div. of Health and Family Services Community Health Coordinator at 845-513-2196.

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