

Have you lost a family member or friend and need grief support?

GRASP Support Group
(Grief Recovery After a
Substance Passing)

Call (845) 227-4423 or visit
www.grasp.org for details

Comforting Hands Support
and Informational Group
(loss of a child)
www.comfort-hands.com

Information on numerous area and
weekly support group meetings
are printed each week in the
Poughkeepsie Journal.

Visit
www.poughkeepsiejournal.com
and search "Support Groups" for
contact information.

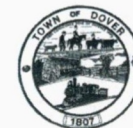
Town of Dover Cares

126 East Duncan Hill Rd., Dover Plains, NY 12522

When someone
you care about
needs help...

Reach out
support

Community Services
offering counseling,
family support and
crisis care assistance
for Town of Dover
residents and families



Town of Dover
Cares Series Vol. 1

Needs 2 Talk? One2One

Dutchess County Cares offers **two** ways to speak with trained counselors:

- Helpline (24/7) at (845) 485-9700
Se habla español at (877) 485-9700
(libre de cargos)
- Dutchess Texts
Text "DMH" to 741741

Call for assistance with:

24/7 personal response for those in
need of immediate assistance
Appointments for individual
counseling
Crisis suicide intervention
Information on local outpatient services

Family Services, Inc. offers these hotlines:

Rape Crisis and Crime Victim Hotline
(845) 452-7272

Domestic Violence Hotline
(845) 452-5550

We all need to talk at some point...

— needing help *isn't* a sign of weakness!

— seeking help is a sign of strength!

You are not alone.

This guide can help you reach helpful
services for you and those you care about.

Local Family Support

When you love someone, it hurts to
see her/him in emotional pain. If
you know someone who is hurting,
help is only a click or a call away.

For confidential personal counseling:

Eastern Dutchess Mental Health Clinic
7 Market St., Dover Plains, NY
(845) 877-4100

For ongoing family support:

NAMI/Mid Hudson Monthly Support
(National Alliance on Mental Illness)

Dover Support Group
Dover High School
Library Conference Room
2368 Route 22
Dover Plains, NY
1st Wed. of the month
6:30- 8:30 p.m.

Alcoholics Anonymous (AA) Meetings

www.aa.org
www.dutchessaa.org
(845) 452-1111
Meetings in Amenia, Dover Plains,
Millbrook, Millerton, Pawling and
throughout Dutchess)

Specialized Support Services

for help with Addictions:

Mid Hudson Addiction Recovery Centers
Cannon St., Poughkeepsie, NY
(845) 452-8816
www.marc.us.com

for help with family violence:

Women's Support Services
(860) 364-1900

Grace Smith House
(845) 471-3033

for care management of persons recovering from mental illness:

Mental Health America, Dutchess Co.
(845) 473-2500

for training and education with parenting and caring for children:

Family Services, Inc.
(845) 452-1110

This is a publication of Town of Dover
Cares presented for informational and
educational purposes. Please contact ser-
vice providers directly for information on
fees, insurance coverage staff qualifica-
tions and any program requirements.