



Tuesday's Tip

information provided by Adriance Memorial Library to make your life a little bit easier

Mental Illness Awareness Week

October 7, 2014

This week is Mental Illness Awareness Week, and the perfect opportunity to introduce you to a wonderful resource for those with mental illness and their families. NAMI is a great place to find support and information, and there are also local chapters for meaningful and ongoing support in the community. www.nami.org

NAMI
National Alliance on Mental Illness

About NAMI | Contact Us | NAMI Members | NAMI Leaders | en Español | Information Helpline : (800) 950-NAMI

Username: Password: **SIGN IN**

Become a Member | Forgot login info? | My NAMI Account

Mental Illnesses | Treatment | Support & Programs | NAMI Advocacy | **Find Your Local NAMI** | NAMIWalks | Search **GO**

IT'S TIME.

Mental Illness Affects Everyone

Go Green for Mental Illness Awareness Week

October 5-11, 2014

DONATE	SPEAK OUT	GET INVOLVED
Support NAMI to help millions of Americans who face mental illness every day.	Inspire others with your message of hope. Show others they are not alone.	Become an advocate. Register on NAMI.org to keep up with NAMI news and events.
Donate today	Share your story	Join NAMI today

JOIN A DISCUSSION GROUP TODAY!
Find support and help support others. [SEE MORE](#)

NAMI
National Alliance on Mental Illness

Mid-Hudson
Serving Dutchess and Ulster Counties

NAMI-MH P.O. Box 787, Poughkeepsie, NY 12602, (845) 206-9892

HOME WHO WE ARE EDUCATION UPCOMING CLASSES SUPPORT GROUPS ADVOCATE GIVING

MEDIA
LINKS AND RESOURCES
CALENDAR
NEWSLETTER
ARCHIVE
COMMUNITY PARTNERS

NAMI MID-HUDSON

Supporting Families in Dutchess and Ulster Counties

NAMI, The National Alliance on Mental Illness is the nation's largest grass-roots mental health organization dedicated to building better lives for millions of Americans affected by mental illness and their loved ones.

NAMI Mid-Hudson (NAMI-MH), is the local affiliate, we are a 501 (c)(3) organization serving the people of Dutchess and Ulster Counties in New York since 1981. We are an all-volunteer organization. Our office is located in Poughkeepsie NY.

OUR MISSION

1. **ADVOCATE** for and support individuals with mental illnesses, family members and their loved ones.
2. **ERADICATE** stigma.

DONATE

JOIN NAMI

DUTCHESS COUNTY HELPLINE:

WE ARE HERE 24/7
Three Ways to Connect
Call: (877) 485-9700
Text: DMH to 741 741
Device: Free Mobile App:
Dutchess County HELPLINE

ULSTER COUNTY HELPLINE:

Call (845) 338-2370
Mobile app: Ulster County SPEAK

Most of our Hudson Valley counties have a NAMI presence. They also have hotlines/helplines to reach out for assistance posted on their Websites.

NAMI
National Alliance on Mental Illness

Putnam County

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NAMI Putnam Homepage Tuesday, October 7, 2014

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NAMI Putnam
Putnam County, New York

NAMI Putnam is dedicated to providing support, education, and advocacy to individuals and families of all ethnic backgrounds affected by mental illness in Putnam County and its environment. We come together for a common purpose - to share our experiences in order to understand and advocate for our relatives and friends.

[History](#)

NAMI Putnam has been an affiliate of NAMI-NYS for approximately twenty-five years. Our founder, Mildred Smith, was dedicated to supporting and educating families and their loved ones diagnosed with a serious mental illness. By her staunch advocacy she brought awareness to the community and hope to those seriously ill. Mildred was also involved in the spirited formation of the Mental Health Association in Putnam. In 2005, after Mildred's passing, a group of family members, consumers and professionals picked up Mildred's torch and began to build on Mildred's dreams.

[Recent Activities](#)

NAMI Putnam continues to focus on Mildred's dreams and enthusiastically established a set of goals in order to educate family members, County Legislatures, law enforcement and the community about mental illness.

In 2005, through our perseverance, NAMI Putnam obtained over a thousand signatures on a petition requesting our County Legislature re-establish a 24/7 Crisis Hot Line and a Mobile Crisis Intervention Team. As a result of our petition a Task Force was created by the Legislature and a County Crisis Hot Line (845-225-1222) funded by the County was placed in operation.

Our efforts for a Mobile Crisis Team resulted in an invitation to participate in Project Summit, a conference of mental health providers and law enforcement officers held in June 2009. Our County was one of twelve selected in New York State to participate and produced a greater understanding and developed a protocol between mental health providers and law enforcement in dealing with a 911 call in an emergency situation.

Subsequently, our efforts led us to the creation of Putnam Rose House. Rose House is a peer-run hospital diversion service and is designed to accept people experiencing crisis or emotional distress.

TODAY @ NAMI.org

Refusing to Leave Borderline on the Sidelines Taking the field in green shoes last season was just one step for Brandon Marshall raising awareness for BPD.

Why Punishing Challenging Behavior Doesn't Work

Working Together for Common Ministry

YANA: This is Why I Walk

[more at NAMI.org](#)

namicolumbiacountyny.org

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Welcome Page

WELCOME...

to the NAMI Columbia County, NY website. We are an affiliate of the National Alliance on Mental Illness. Our mission is to champion justice, dignity and respect for all individuals, families and friends affected by mental illness in Columbia County. We strive through education, advocacy and support to eliminate stigma and effect positive change to improve the lives of people with mental illness.

Education - helping families and individuals become aware of the most current facts about mental illness, its treatment, and the services available here in Columbia County, New York.

Support - helping families and consumers cope with mental illness. From the important phone numbers on our website, to the support provided by families that themselves have experienced mental illness at home, we are here to help!

Advocating - at the family, county, and state level for proper treatment of those with mental illness.

We welcome you to visit us at any of our upcoming meetings or events. All of our members have experience with mental illness - either directly or as a family member with an affected loved one or as a mental health provider - and we invite you to come and share your concerns with us.

Sometimes mental illness can cause feelings of hopelessness in patients, particularly those who are dealing with depressive disorders. If you know anyone suffering in this way, be alert to warning signs and make note of these organizations and agencies to help you help those you care about. There are suicide prevention numbers for every county and the New York State Office of Mental Health has gathered them all here:

Office of Mental Health
Ann Marie T. Sullivan, M.D., Commissioner Governor Andrew M. Cuomo

Suicide Crisis Telephone Numbers for New York State by County

[Download Adobe Acrobat Version](#) | [Download Adobe Acrobat](#)

This list of suicide crisis phone numbers includes numbers for local county mental health clinics or the mental health units of hospitals, as these are the only places equipped to handle crisis calls in some counties.

Statewide
National Suicide Prevention Lifeline - 800-273-TALK (8255), TTY line: 800-799-4889

Albany County
Albany County Mobile Crisis - (518) 549-6500

Allegany County
Allegany County Crisis Hotline (888) 448-3367

Bronx
Samaritans Suicide Prevention Hotline - (212) 673-3000
LIFENET - (800) 543-3638, Spanish: (877) 298-3373, Asian: (877) 990-8885, TTY: (212) 952-6284

Broome County
United Health Services CPEP (MH Crisis) - (607) 762-2302 / 1-800-451-0560

Cattaraugus County
Cattaraugus County Crisis Hotline - (800) 339-5209

Cayuga County
Contact - Syracuse - (315) 251-0600 / (877) 400-8740
Lifeline - (585) 275-5151 / (800) 310-1160 / TTY (585) 275-2700

Chautauque County
Crisis Services Counseling Hotline - (800) 724-0461 / toll-free number for children and adolescents only: (877) KIDS400 (877-543-7400)

Chemung County
Chemung County Crisis Service - (607) 737-6369

Chenango County
Chenango County Community Mental Hygiene Service- (607) 337-1600
Mobile Crisis Assessment Team (MCAT) 42/7 - (877) 369-6699 or (877) 732-6228

Clinton County
Behavioral Health Services-North (518) 563-8000 after hours: (518) 565-3107

Columbia County
Columbia County Mental Health Department Crisis Line - (518) 828-9446

With help comes hope
NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org
Help is available for you or someone you care about, 24-7

...And there are local chapters of the American Foundation for Suicide Prevention

AMERICAN FOUNDATION FOR Suicide Prevention
Understanding and preventing suicide through research, education, and advocacy

ABOUT AFSP | LOCAL CHAPTERS | AFSP STORE

OUT OF THE DARKNESS WALKS > DONATE NOW >

UNDERSTANDING SUICIDE | PREVENTING SUICIDE | COPING WITH SUICIDE LOSS | RESEARCH | ADVOCACY & PUBLIC POLICY | WAYS TO GIVE | NEWS & EVENTS

Find Your Local Chapter
Use the map below to find your local chapter. If you'd prefer to search by state, [click here for state listings](#).

Zip Code or City, State SEARCH Ex: Zip Code or City, State

Searching

Location Search

Use My Current Location or
 Enter an Address and/or Zip Code

Map of the United States showing local chapters marked with AFSP logos.

There is no need for us, our friends, our family members or neighbors to suffer in silence. People are available to help us heal!

For additional resources, check out our [Tuesday's Tip on Mental Health from May 6, 2014](#). (Which was National Anxiety and Depression Awareness Week)

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriaance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.