Mental Health & Addiction Resources  July 7, 2020

Additional Mental Health & Addiction resources have been added to the Caregivers Resources Guide!

Click here to jump to the Guide and view e-resources and suggested apps, links to books available in the MidHudson Library System (MHLS) and videos about: Addiction, Mental Health & Wellness; Mindfulness, Meditation & Relaxation; Alcohol Addiction; Gambling Addiction; Opioid Addiction; CAPE Directory; and Addiction Peer Recovery & Support Groups.