



Our Mission

Hudson Valley Mental Health, Inc. (HVMH) is a not-for-profit corporation formed in 2006, and is charged with developing comprehensive and integrated services to meet the behavioral health needs of adults living in the community. HVMH strives to ensure that services are accessible, affordable, culturally competent and community-oriented.

HVMH is a member of Coordinated Behavioral Health Services (CBHS), which is a group of progressive & innovative community behavioral health providers serving the Hudson Valley. HVMH is also an affiliate of Family Services.



(845) 486-2703

DUTCHESS COUNTY

Poughkeepsie Mental Health Clinic
230 North Road
Poughkeepsie, NY 12601

Beacon Mental Health Clinic
223 Main Street
Beacon, NY 12508

Eastern Dutchess Mental Health Clinic
7 Market Street
Dover Plains, NY 12522

Millbrook Mental Health Clinic
131 Country House Road
Millbrook, NY 12545

Rhinebeck Mental Health Clinic
91-93 Montgomery Street, Ste 7
Rhinebeck, NY 12572

ULSTER COUNTY

Kingston Mental Health Clinic
239 Golden Hill Lane
Kingston, NY 12401

New Paltz Mental Health Clinic
137 North Chestnut Street
New Paltz, NY 12561

Ellenville Mental Health Clinic
50 Center Street
Ellenville, NY 12428

HUDSON VALLEY
MENTAL HEALTH, INC.



Providing behavioral health
services to New York's
Dutchess & Ulster Counties



HVMH operates 8 adult outpatient behavioral health clinics in the Hudson Valley region and has a staff of dedicated professionals offering care and support to those who need it.

HVMH staff includes licensed therapists, nurse practitioners, registered nurses, and psychiatrists.

HVMH provides a full array of outpatient clinical treatment including individual and group psychotherapy as well as medication management.

All HVMH clinics are licensed by the New York State Office of Mental Health and are partially funded through contracts with the Dutchess County Department of Behavioral & Community Health and the Ulster County Department of Mental Health.

By offering quality behavioral health care services, we help people make positive changes in their lives.

HVMH provides quality behavioral health services

Person-centered & evidence-based treatments proven to be effective including Cognitive Behavioral Therapy & Dialectical Behavior Therapy.

HVMH provides clinical support to the Re-Entry Supportive Transition and Reintegration Track (RESTART) in the Dutchess County Jail, which is an innovative program targeting high recidivism rates for incarceration. RESTART is a partnership with the Dutchess County Department of Behavioral & Community Health and Project M.O.R.E.

HVMH is also developing Home & Community Based Services (HCBS) such as:

- Community Psychiatric Support & Treatment
- Psychosocial Rehabilitation
- Empowerment Services & Peer Supports
- Family Support & Training

*Do you know someone who is suffering from depression, anger, anxiety, or distress?
HVMH can help!*



HVMH offers accessible services

- * Locations in Ulster and Dutchess Counties.
- * Convenient appointment times and the ability to see a therapist, psychiatric nurse practitioner or psychiatrist when you need to.
- * Many clinics are on bus routes.
- * Most insurance plans accepted, including Medicare & Medicaid.
- * Provide help coordinating Medicaid Transportation.

HVMH has trained & experienced clinical staff offering a variety of individual & group therapies. We also have medical staff for medication needs. Call our number for information: (845) 486-2703
