

# NEED 2 TALK?

Dutchess

TEXTS

Life out of control?  
Friend needs help?  
Need someone to talk to?

**TALK or TEXT**  
**(845) 485-9700**  
or call toll-free (877) 485-9700

**Dutchess County**  
**HELPLINE APP**



**Experienced people who care and can help  
are available every day, 24/7**

**The HELPLINE Service is brought to you by  
Dutchess County Department of  
Behavioral & Community Health**

[dutchessny.gov/HELPLINE](http://dutchessny.gov/HELPLINE)

