

Resources/Referrals (Putnam/ Westchester)

Putnam County 24-hour Hotline	(845) 225-1222
Cove Care (Mental Health Clinic)	(845) 225-2700
The Therapy Center	(845) 278-6799
Summit Counseling and Wellness Group	(845) 896-2214
Carmel Psychological Associates	(845) 279-5908
Women's Resource Center	(845) 628-9284
Women's Resource 24-hour Hotline	(845) 628-2166
Armes Acres- Nora Slivinsky (drug/alcohol counseling- referral)	(845) 222-4338
Arbor House- temporary youth shelter	(845) 278-4486
Arbor House 24-hour Hotline	(845) 279-2588
National Suicide Prevention Lifeline	1-800-273- TALK (8255)
Coordinated Children's Service Initiative	
Dawn Mullins- Coordinator	(845) 808-1600 ext. 46139
Community Outreach Center – Greene Chimneys (Free programs for Teens)	(845) 279-1467

Therapists:

Gary Edelstein (Anxiety)	(845) 728-5552
Jennifer Zauner (Eating Disorders)	(914) 241-0727
Pat Bragdon – Insight Counseling	(203) 431-9726
Robin Bezark	(914) 232-8326
Laura Mazzotta	(914) 420-2898
Ada Sumber	(845) 228-1845
Northern Westchester Counseling Associates	
Mary Alfinito	(945) 721-2400

Psychiatrists:

Dr. Martin Evers, Katonah	(845) 519-5394
Dr. Jonathan Sokal, Yorktown	(914) 358-4478
Dr. Antonio Blanco, Katonah	(914) 232-1266

Pediatric Neurologists:

Pediatric Neurological Associates, White Plain	(914) 358-0190
Dr. Michael Weintraub, Briarcliff Manor & Carmel	(914) 941-0788
Associated Neurologists, Danbury, CT	(203) 748-2551

Anthony Pucek
Psychiatric Nurse Practitioner
1133 Route 55, Suite 11
LaGrangeville, NY 12540
(845) 589-5234

Dawn Tree
Psychiatric Nurse Practitioner
1133 State Route 55
LaGrangeville, NY 12540
(845) 471-2345

Psychiatrists:

Dr. Anthony Conciatori
11 Marshall Road
Wappingers Falls, NY 12590
(845) 298-4350

Dr. William Donohue
4586 Route 9
Hyde Park, NY 12538
(845) 229-8300

Dr. Lawrence Kelmenson
3590 U.S. 9
Cold Spring, NY 10516
(845) 216-1393

Neurologists:

Learning Insights
*Neuropsychological evaluations
3548 Route 9W
Highland, NY 12528
(845) 532-1575

eRiver Neurology
200 Westage Business Center Drive
Suite 320
Fishkill, NY 12524
(845) 452-9750

Dr. Elizabeth Ng
Pediatric Neurologist
Caremount Medical
60 Merritt Blvd.
Fishkill, NY 12524
(845) 765-4990

Developmental Pediatrician:

Dr. Diane Cicatello
Caremount Medical Group
600 Westage Business Center Drive
Fishkill, NY 12524
(845) 231-5513

Crisis/Emergency Resources:

Dutchess County Helpline
(845) 485-9700
*Provides crisis counseling, support,
information and referrals, as well as access
to Mobile Crisis Intervention Team and
Stabilization Center; Trained mental health
professionals available 24/7

Dutchess County Stabilization Center
*Walk-in mental health support
230 North Road
Poughkeepsie, NY 12601
(845) 485-9700

Mid-Hudson Regional Hospital-
Behavioral Health Clinic
Emergency Psychiatric Care
(845) 431-8892
Behavioral Health Services-
Outpatient children, adolescents, and adults
(845) 431-8287

Behavior Therapy:

Hudson Valley Behavioral Solutions
3 Roethal Drive
Hopewell Junction, NY 12533
(845) 897-1788

Alateen	225-2766
Alzheimers Association	225-7120
American Cancer Society	225-2334
American Red Cross	225-3524
Big Brothers/Sisters	628-9102
Carmel Recreation	628-7888
Child Care Council	628-9272
Council on Alcoholism	225-4646
Crisis Intervention	225-1313
Family Counseling Group	225-6316
Friends of Karen	277-4621
Home Care Council	225-4030
Hospice of Putnam	628-8316
Literacy Volunteers	628-8139
Office of Aging	225-1034
Salvation Army	631-1338
Substance Abuse – Talbot House	225-6310
Suicide Prevention	946-0121
United Way	225-9316
Women's Center	628-9284
Youth Employment	225-8441