



Using our app, Putnam County Cares, families are able to get live information to support them, their families and loved ones during their time of crisis and need. This app will provide what to say, where to go, and who to call, all at your fingertips.

## ABOUT MHA

For more than 20 years, the Mental Health Association in Putnam County, Inc. (MHA) has promoted wellness and recovery for Putnam County residents by offering education, advocacy and support services. Our current focus is suicide prevention for our community through awareness and training. Please visit our website for more information about upcoming trainings and programs.

Our second high priority area is providing support to Veterans and their families by offering opportunities for “peer-support”-employing Veterans and family members to offer mutual support and shared experiences as we know from years of experience that those are the things that really work. Please call Jessica Mazzucco for more information.

### Other MHA Services:

- Information and Referral “Warmline”**
- Recovery & Wellness Coaching**
- Community Integration Specialists**
- Drop-In Center**
- Family Support Groups**
- Mutual Support Groups**
- Wellness Workshops and Classes**

### MHA is located at:

1620 Route 22 Brewster, 10509

Phone: 845-278-7600

# VET2VET

## Peer Networking for Veterans & Armed Forces Members



**Mental Health Association**  
in Putnam County

845-278-VETS (8387)

[www.mhaputnam.org](http://www.mhaputnam.org)

### S.P.E.A.K.

Where do you turn in your darkest times? Putnam County Cares and provides Suicide Prevention, Education & Awareness. We give you the resources you need to get help before you or someone close to you loses hope.



### Emergency Services

Police, Fire & EMS contact information and helpful safety tips. Keep your Emergency Go Kit stocked. Know what to do after a car accident. Putnam County Cares and we want you to be prepared in an emergency.



### Healthy Mind Healthy Body

Enjoying life means staying healthy. Use this section to keep your mind and your body in shape. Eating healthy and exercising will set you on the path for



### Putnam Moves

How do you get from point A to point B in Putnam County? Putnam Moves keeps you informed. Need the bus? Get the latest bus route schedules. Does your street need repair? Access the County Executive’s Operation Smooth



### What’s going on?

Putnam is the place to be. Do you have time to spend? Spend it in Putnam. There’s always something going on, for the young, to the young at heart, we’ll let you know where the fun is.





Sponsored by:  
**PFC Joseph P. Dwyer**  
**Peer to Peer Program**  
**of Putnam County**

VET2VET Warmline is staffed by Veterans, for all Veterans and members of the Armed Forces. VET2VET participation is **FREE, anonymous and confidential**. The VET2VET program provides a place for peers (fellow Veterans, members of the Armed Forces and their families to connect with and support one another in a safe and nonjudgmental environment.

- Meetings throughout Putnam County
- Lunch and Learn Workshops
- Mentoring Opportunities Available
- Training and Development Available

The VET2VET program is based in Brewster, NY:  
 1620 Rte. 22  
 Brewster, NY 10509

**845-278-VETS (8387)**

Visit the PFC Joseph P. Dwyer program at:

**[www.mhaputnam.org](http://www.mhaputnam.org)**

## VET2VET CONTACT



Jessica Mazzucco - MSW, Program Coordinator  
[jmazzucco@mhaputnam.org](mailto:jmazzucco@mhaputnam.org)  
 (845)278-7600 ext. 214

## VETERAN VOLUNTEERS

MHA's Veterans Volunteer program enables Veterans to connect with other veterans while strengthening and supporting their communities. Volunteers will work together to assist local organizations in need of volunteer services.



MHA shares a system of values and behaviors that recognizes and respects the presence and contributions of all diverse groups.

## WHO WE SERVE



We provide support services to all Veterans and families from all eras without restrictions to service dates, discharge or dependency status.

## WE WORK WITH

- Families
- Children
- Adolescents
- Individuals
- Couples
- Groups

If you are interested in a networking or support group, please contact:

Jessica Mazzucco, MSW  
 845-278-7600 ext. 214

[jmazzucco@mhaputnam.org](mailto:jmazzucco@mhaputnam.org)