

# 10 Ways We Help You

**1. Temporary Assistance**

including emergency aid  
845-486-3190

**2. Children's Services**

Preventive & Protective  
845-486-3080

**3. Child Support Programs**

888-208-4485

**4. Youth Services**

845-486-3024

**5. Day Care Assistance**

845-486-3190

**6. HEAP (Assistance with heating costs)**

845-486-3249

**7. Supplemental Nutrition Assistance Program**

Food assistance (aka Food stamp)  
845-486-3250

**8. Medicaid**

845-486-3340  
[nystateofhealth.ny.gov](http://nystateofhealth.ny.gov) or 855-355-5777

**9. Adult Protective Services**

845-486-3300

**10. Emergency Housing**

845-486-3300

**Dutchess County Department of  
Community and Family Services**

845-486-3000

[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

