

RESOURCE GUIDE



Office of
Mental Health



Cayuga County

This resource guide includes information about where you can find help in your local community. All the programs and services listed below allow you to self-refer and some may offer walk-in appointments.

Crisis Services & Support

Mobile Crisis (Liberty Resources)

24/7 number to call in moments of mental health crisis.

(315) 251-0800

Crisis team can rapidly respond to you at home or in the community if necessary.

Helio Health Crisis Stabilization Center

Open 24/7 for mental health crises.

329 N. Salina St, Syracuse, NY 13203

(315) 434-5333

Services include: crisis support, psych consultation, peer support, med management, safety planning, and referrals.

Liberty Resources Crisis Residence (Evo House)

Crisis respite beds in a home-like environment.

(315) 370-5024

Call 24/7 for more information or to self-refer. Intakes can be done anytime. Experience 24/7 mental health support for up to 28 days.

Cayuga County Department of Social Services

63 Genesee St, Auburn, NY 13021

(315) 253-1011

Hours: Monday-Friday, 8 am-4 pm

Call **211** after hours.

Mental Health Treatment & Rehabilitation

Cayuga County Mental Health Center

Inpatient clinic with walk-in capability.

146 North St, Auburn, NY 13021

(315) 253-0341

Call or walk-in anytime Monday—Friday, 8:30 am—3:30 pm.

Unity House PROSperity (PROS) Program

Program designed for individualized, holistic recovery.

146 North St, Auburn, NY 13021

(315) 282-0241 **Hours:** Mon-Fri, 9 am-3 pm.

Program combines counseling, rehabilitation, and life skill-oriented education. Walk-ins welcome!

Cayuga Counseling Services

Inpatient clinic with walk-in capability.

17 E. Genesee St, Auburn, NY 13021, (315) 253-9795

Standard Hours: Mon-Thurs 8am-7pm, Fri 8am-5pm

Walk-in Hours: Mon 12:30pm-2:30pm (psychiatry), Tues 12:30pm-3:30pm, Wed 8:30am-10:30am, Thurs 1pm-4:30pm

Helio Health Meadows Integrated Outpatient Clinic

Crisis center has 24/7 walk-in outpatient services.

329 N. Salina St, Syracuse, NY 13203

(315) 471-1564

Call for more information or walk-in anytime. Integrated substance use services also available.

Peer Support Services

Nick's Ride 4 Friends

Informal clubhouse setting focused on mutual recovery.

13 Chapel St, Auburn, NY 13021

(315) 253-3945

Hours: Monday—Friday, 9 am—5 pm

Call for more information or drop in during business hours.

Helio Health Crisis Stabilization Center

Crisis center has 24/7 peer support.

329 N. Salina St, Syracuse, NY 13203

(315) 434-5333

Call for more information or drop in anytime.

NAMI Cayuga County

Local chapter of nationwide organization.

17 Lansing St, Auburn, NY 13021

(315) 255-7443

Many educational and support services available. Call for more information.

The Recovery Center (Helio Health)

Peer-run community center with various recovery services

714 Hickory St, Syracuse, NY 13023

(315) 701-1518 **Member Hours:** Mon-Fri 9 am-7 pm, Sat 9 am– 5 pm, Sun 10 am-4 pm, 10 am-2 pm on holidays

Non-Member Hours: Wed & Sat 9 am-12 pm.

Addiction or Substance Use Treatment and Support

Nick's Ride 4 Friends

Informal clubhouse setting w/ substance use services.

13 Chapel St, Auburn, NY 13021

(315) 253-3945

Hours: Monday—Friday, 9 am—5 pm

Call for more information or drop in during business hours.

MATTERS Network

Substance use and peer support services.

(765)-MATTERS

Telehealth appointments available Mon-Fri 11 am-11 pm.

They can prescribe or refer out to community outpatient resources.

Helio Health Crisis Stabilization Center

Crisis center has 24/7 substance use support.

329 N. Salina St, Syracuse, NY 13203

(315) 434-5333

Call for more information or drop in anytime.

Alcoholics Anonymous (AA): (315) 463-5011

Syracuse Intergroup

Narcotics Anonymous (NA): (315) 847-3842

Call 24/7 for information on groups in the Auburn area.

OASAS 24-Hour Hopeline: 1 (877)-8-HOPENY

Other Services

Cayuga County Single Point of Access (SPOA)

Department of Community Services

(315) 253-0341 (option #5)

Call between 8:30 am and 4:30 pm Monday-Friday.

Program seeks to connect people with a variety of mental health resources. Just calling can be very informative.

Forward Leaning IPA (FLIPA)

Social care network by WeLinkCare

(888) 808-1845

Call to inquire about accessing a network of professionals to help see to all facets of your care.

Health Homes of Upstate New York (HHUNY)

Care management service provided by Circare.

(855) 613-7659, hhuny.org

Eligibility is contingent on having two chronic conditions

OR a single qualifying serious chronic condition (including schizophrenia and bipolar disorder)..

To find more mental health programs and services, visit our website at: www.omh.ny.gov

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