

RESOURCE GUIDE



Office of
Mental Health



Cortland 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.

(607) 756-3771

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

Berkana House Peer-Run Crisis Respite (AccessCNY)

Crisis residence w/ peer support for ages 21+ and MHD.

2320-22 James St, Syracuse, NY 13206

(315) 437-3300 (Warmline, call 24/7 to refer yourself)

Call in advance. Single occupancy rooms can be stayed in for up to 7 days. 24/7 peer support available.

Helio Health Intensive Crisis Stabilization Center

Crisis respite service open 24/7.

329 N. Salina St, Syracuse, NY 13203

(315) 471-1564

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

St. Joseph's Health CPEP Medication Refill Program

Fast-tracked method of getting psych meds refilled.

301 Prospect Ave, ER Floor 2, Syracuse, NY 13203

(315) 726-8610

Designated psychiatrist offers the service every Tuesday & Thursday from 8 am—6 pm.

Mental Health Treatment & Rehabilitation

Cortland County Mental Health Clinic

Inpatient clinic with evening hours.

7 Clayton Ave, Cortland, NY 13045

(607) 758-6100

Hours: Mon 8 am–5 pm, Tues-Thurs 8 am-7 pm, Fri 8 am-4:30 pm. Call to inquire about intake.

Helio Health Meadows Integrated Outpatient Clinic

Outpatient clinic with 24/7 walk-in capability.

329 N. Salina St, Syracuse, NY 13203

(315) 471-1564

Offers mental health and substance use services on a scheduled or walk-in basis. Shared space w/ crisis center.

Family Counseling Services

Inpatient clinic that sees clients based on need.

165 Main St, Suite A, Cortland, NY 13045

(607) 753-0234

Hours: Monday—Friday, 8 am—5 pm

Call to inquire about intake.

Hutchings Psychiatric Center Madison Street Clinic

Two outpatient clinics, w/ walk-in availability at WSC.

650 Madison St, Syracuse, NY 13210

Main Line: (315) 426-7680 **Screening:** (315) 426-5910

Hours: Mon-Fri 8:30 am-5 pm (Tues/Wed 8:30 am-8 pm at WSC). Walk-ins daily at WSC 8:30 am-5 pm.

Peer Support Services

Wishing Wellness Center (Catholic Charities)

Drop-in center with peer support and social engagement.
24 Church St, Cortland, NY 13045
(607) 756-5992 x174 **Hours:** Mon 8:30 am-12 pm/1 pm-4 pm, Tues 8:30 am-11 am/2 pm-4 pm, Wed-Fri 8:30 am-11 am/2 pm-7 pm. Call or drop in anytime.

NAMI Finger Lakes

Local chapter of the nationwide organization.
950 Danby Rd, Ithaca, NY 14850
Office: (607) 252-6264 **Helpline:** (607) 273-2462
Hours: Mon/Wed 1 pm-5 pm, Fri 12 pm-3 pm. Helpline for support/information, not crisis. Can leave msg aft hrs.

Cortland LGBTQ Center

Drop-in center for LGBTQIA+ individuals and allies.
165 Main St, Suite A, Cortland, NY 13045
(607) 753-0234
Drop-in Hours: Tues—Friday, 2 pm—5pm
Drop in for education, resources, support, or socialization.

Mental Health Association in Tompkins County

Peer counseling and drop-in hours available.
511 W. Seneca St, Ithaca, NY 14850
(607) 277-PEER
Hours: Mon-Wed, Fri 9 am-3 pm, Thurs 9 am-7 pm **Drop-in Hours:** Wed 12 pm-3 pm, Thurs 3 pm-7 pm.

Addiction or Substance Use Treatment and Support

Helio Health Intensive Crisis Stabilization Center

Crisis center offers 24/7 substance use services.
329 N. Salina St, Syracuse, NY 13203
(315) 471-1564
Call or walk-in anytime.

MATTERS Network

Substance use and peer support services,
(765)-MATTERS
Telehealth appointments available daily 11 am—11 pm.
They can prescribe or refer out to local outpatient resources.

Cayuga Addiction Recovery Services (C.A.R.S.)

Outpatient opioid treatment program.
6 Euclid Ave, Building 1, Suite 3, Cortland, NY 13045
(607) 241-0874
Hours: Monday—Friday, 6:15 am—4 pm.
Call to inquire about services.

Alcoholics Anonymous (AA): (607) 261-5848

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

Call 24/7 for information on groups being held in the Cortland area.

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

Other Services

Cortland County Department of Social Services

60 Central Ave, Cortland, NY 13045
(607) 753-5265
Hours: Monday—Friday, 8 am—4 pm
Call **211** after hours.

Health Homes of Upstate New York (HHUNY)

Care management services provided by Circare.
(855) 613-7659
Eligibility is contingent on having two chronic conditions **OR** a single qualifying serious chronic condition (including schizophrenia and bipolar disorder).

Cortland County Single Point of Access (SPOA)

Program for mental health, housing, and support.
(607) 758-6100
Call between 8 am and 4:30 pm Monday—Friday.
Program connects you with a variety of mental health resources. Even just calling can be very informative.

Healthy Alliance

Social care network.
(315) 505-2290
Call to inquire about being connected with a network of professionals who can help you manage every facet of your care.

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

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LIFELINE



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