

# RESOURCE GUIDE



Office of  
Mental Health



## Delaware 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 (The Neighborhood Center)

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

(315) 732-6228 or (844) 732-6228

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

#### Southern Tier Mobile Integration Team (MIT)

Organization offers crisis respite services as needed.

1 (844)-HELPMIT

If in crisis after hours, call mobile crisis. MIT team can provide respite services in your home or in the community.

### Mental Health Treatment & Rehabilitation

#### Delaware County Behavioral Health Clinic

Integrated outpatient clinic w/ same-day med-asst trmnt.

243 Delaware St, Walton, NY 13856

(607) 832-5888

**Hours:** Mon/Fri 9 am-5 pm, Tues-Thurs 8 am-6 pm

Satellite sites in Sidney and Margaretville. Call to inquire.

#### Delaware County Single Point of Access (SPOA)

Program for mental health, housing, and support.

(607) 832-5704

Call between 8 am and 1 pm Monday—Friday.

Program connects you to a variety of resources. Even just calling can be very informative.

### Peer Support Services

#### Creekside Wellness Center (RSS)

Informal, group-focused setting for mutual recovery.

132 Delaware St, Walton, NY 13856

(607) 865-3158

**Office Hours:** Mon-Fri 8 am-4 pm. Time and location of events may vary. Call for more information.

#### Southern Tier Mobile Integration Team (MIT)

Organization offers peer support as needed.

1 (844)-HELPMIT

Team can provide crisis respite services at your home or in the community.

#### Mountain View Wellness Center (RSS)

Informal, group-focused setting for mutual recovery.

9 River St, Oneonta, NY 13820

(607) 433-0002

**Office Hours:** Mon-Fri 8 am-4 pm. Time and location of events may vary. Call for more information.

#### Friends of Recovery—Dedicated to Others (FOR-DO)

Peer support services.

84 Main St, Delhi, NY 13753

(607) 746-3570 **Warm Line:** (607) 431-0851, daily 5pm-2 am (not a crisis line). **Hours:** Mon/Tues 9 am-5 pm, Wed/Thurs 9 am-7 pm, Fri 9 am-5 pm, Sat 9 am-12 pm.

## Addiction or Substance Use Treatment and Support

### Delaware County Behavioral Health Clinic

Integrated outpatient clinic w/ same-day med-asst trmnt.  
243 Delaware St, Walton, NY 13856  
(607) 832-5888

**Hours:** Mon/Fri 9 am-5 pm, Tues-Thurs 8 am-6 pm  
Satellite sites in Sidney and Margaretville. Call to inquire.

### Alcoholics Anonymous (AA):

**Triple Cities Intergroup:** (607) 722-5983

**Sullivan County Intergroup:** (845) 234-4841

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

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

### 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.

### OASAS 24-Hour Hopeline

1 (877)-8-HOPENY

## Other Services

### Delaware County Department of Social Services

111 Main St, Suite 4, Delhi, NY 13753  
(607) 832-5300

**Hours:** Monday—Friday, 8 am—4 pm  
Call **211** after hours.

### Care Compass Collaborative

Social care network.  
(607) 352-5264

**Hours:** Monday—Friday, 8:30 am—5 pm.  
Call to inquire about being connected to a network of professionals who can help you manage your care.

### Health Homes of Upstate New York (HHUNY)

Care management service 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).

### NAMI of Delaware & Otsego Counties

Local chapter of the nationwide organization.  
(607) 267-2335

Call or visit [nami.org](http://nami.org) to get information on events and meeting times. Many supports and education available.

For More Resources, Please Visit the [Chenango & Delaware Counties Systems of Care Website:](#)



To find more mental health programs and services, visit our website at: [www.omh.ny.gov](http://www.omh.ny.gov)

**988** | SUICIDE & CRISIS  
LIFELINE



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