

RESOURCE GUIDE



Office of
Mental Health



Onondaga 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 & St. Joseph's)

Numbers to call in moments of mental health crisis.

Liberty Resources: (315) 251-0800 (24/7)

St. Joseph's: (315) 569-4129 (24/7 by phone, 7 am-7 pm in person). Crisis teams can rapidly respond to you in-person at your home or in the community if needed.

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) 448-6555

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

Helio Health Intensive Crisis Stabilization Center

Crisis respite service open 24/7. Partially staffed w/ peers. 329

N. Salina St, Syracuse, NY 13203

(315) 434-5333

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

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.

Mental Health Treatment & Rehabilitation

Helio Health Meadows Integrated Outpatient Clinic

Outpatient clinic with 24/7 walk-in availability.

329 N. Salina St, Syracuse, NY 13203

(315) 471-1564

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

Hutchings Psychiatric Center Madison Street Clinic

Two outpatient clinics, with 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.

Liberty Resources Integrated Health Care

Mental health, substance use, and primary care.

1045 James St, Syracuse, NY 13203

(315) 472-4471

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

Walk-In Hours: Mon-Thurs, 9 am-3 pm; Fri, 9 am-12 pm.

Personalized Recovery Oriented Services (PROS)

St. Joseph's program offering case-specific recovery planning that prioritizes the entire individual and their goals.

(315) 703-2773

Combines ongoing rehabilitation & support, clinical treatment, and the development of crucial life skills.

Peer Support Services

Unique Peerspectives Drop-In Center (AccessCNY)

An informal, group support environment with peer staff.
572 S. Salina St, Syracuse, NY 13202
(315) 218-0806 during reg hours, (315) 473-3300 for 24/7 questions and support. Open Mon-Thurs, 10 am-3:30 pm; Fri, 11 am-3:30 pm. Call ahead to learn about referring.

Community Support Services (AccessCNY)

A psychosocial club for informal, social-focused recovery.
572 S. Salina St, Syracuse, NY 13202
(315) 218-0850 during reg hours, (315) 473-3300 for 24/7 support. Office hours are Mon-Fri, 8:30 am-4:30 pm. Club is community-based; call to learn about events/referring.

The Recovery Center (Helio Health)

Peer-run community center for mental health/addiction.
714 Hickory St, Syracuse, NY 13203
(315) 701-1518 **Member Hours:** Mon-Fri, 9 am-7 pm; Sat, 9 am-5pm; Sun, 10 am-4pm, 10 am-2 pm on all holidays. **Non-Member Hours:** Wed & Sat, 9 am-12pm.

National Alliance on Mental Health (NAMI)

Syracuse chapter of the nationwide organization.
917 Avery St, Syracuse, NY 13204
(315) 487-2085, namisyracuse@namisyracuse.org
Standard hours: Mon-Fri, 10 am-2 pm. Offers many free educational and support services on mental health.

Addiction or Substance Use Treatment and Support

Helio Health Intensive Crisis Stabilization Center

Emergency 24/7 substance use disorder support.
329 N. Salina St, Syracuse, NY 13203
(315) 471-1564

Walk-in or scheduled substance use services are offered around the clock alongside mental health services.

MATTERS Network

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

Liberty Resources Integrated Health Care

Walk-in substance use disorder services available.
1045 James St, Syracuse, NY 13203
(315) 472-4471

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

Walk-In Hours: Mon-Thurs, 9 am-3 pm; Fri, 9 am-12 pm.

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

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

Call 24/7 to find out when and where groups are being held.

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

Other Services

Onondaga County Department of Social Services 421

Montgomery St, Syracuse, NY 13202
Hours: Monday—Friday, 8 am—4 pm
Temporary Assistance: (315) 435-2825
SNAP: (315) 435-2700 **HEAP:** (315) 435-8295
Medicaid: (315) 435-2928 **After Hours:** Call 211

Upstate Connect

Upstate University Hospital
(315) 464-8668
Call 24/7 to speak with a nurse who can inform you on the many programs Upstate offers, mental health related or otherwise.

Onondaga County Single Point of Access (SPOA)

County program for mental health, support, and housing.
(315) 435-7711 x4997
Call between 8:30 am and 4:30 pm Mon—Fri.

Program connects people to a variety of mental health resources. Even just calling can be very informative.

Health Homes of Upstate New York (HHUNY)

Care management service provided by Circare.
(855) 613-7659, www.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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