

# RESOURCE GUIDE



Office of  
Mental Health



## Oswego 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 Intensive Crisis Stabilization Center

Crisis respite service open 24/7.

329 N. Salina St, Syracuse, NY 13203

(315) 434-5333

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

#### Oswego County Opportunities

Crisis and general resource line & crisis respite beds.

9 4th Ave, Hillside Commons, Oswego, NY 13126

**Office:** (315) 342-7532 **Crisis:** (315)/(800) 342-7618

Monday—Friday, 9 am—5 pm. May call in a crisis. Good resource for housing assistance. Call **211** after hours.

#### Oswego County Department of Social Services

100 Spring St, Mexico, NY 13114

(315) 963-5000

Monday—Friday, 8:30 am—4 pm

Call **211** after hours.

### Mental Health Treatment & Rehabilitation

#### Lobdell Center for Mental Health & Wellness - Oswego

Outpatient clinic with extensive crisis hours.

29 E. Cayuga St, Oswego, NY 13126

(315) 326-4100

**Standard Hours:** Mon-Fri, 8 am-7 pm **Crisis Hours:** Mon-Fri, 8 am-4 pm. Walk in without appt if you are in crisis.

#### Liberty Resources Outpatient Clinic - Fulton

Outpatient clinic with primary care also offered.

14 Crossroads Dr, Fulton, NY 13069

(315) 887-1840

**Hours:** Mon & Tues 8 am—7 pm, Wed 8 am—8 pm, and Fri 8 am—5 pm. Call to inquire about intake.

#### Lobdell Center for Mental Health & Wellness - Fulton

Outpatient clinic.

522 S. 4th St, Fulton, NY 13069

(315) 598-7400

**Hours:** Mon-Fri, 8 am-7 pm

No crisis hours at this location.

#### 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.

## Peer Support Services

**Unique Peerspectives Drop-In Center (AccessCNY)** An informal, group support setting 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](mailto:namisyracuse@namisyracuse.org)

**Hours:** Mon-Fri, 10 am-2 pm. Offers many free educational and support services on mental health.

## Addiction or Substance Use Treatment and Support

### **Farnham Family Services**

Substance use MAT and peer support. (315) 342-4489

283 W. 2nd St Suite 200, Oswego, NY 13126

**Standard Hours:** Mon, Wed, Fri 6 am-4 pm, Tues & Thurs 6 am-6:30 pm, Sat 6:30 am-10:30 am. **Walk-In**

**Hours:** Mon-Thurs 8 am-12 pm, Fri 8 am-10 am.

### **OASAS Youth Clubhouse**

Substance use support. Allows young adults up to age 24.

2897 Co. Rte. 57, Fulton, NY 13069

(315) 342-7532 (option #5)

Clubhouse schedules drop-in sessions Tuesday through Saturday. Call for more information.

### **Recovery Community Outreach Center (For Oswego)**

Supportive resource for substance use.

(315) 297-4300

808 W. Broadway, Fulton, NY 13069

**Hours:** Mon 10am-5 pm, Tues 10am-4:30pm, Wed 10am-5:30pm, Thurs 10:30 am-6:30pm, Fri 9am-2pm, Sat 1pm-4pm, Sun 12pm-3pm

**MATTERS Network:** (765)-MATTERS. Substance use/peer support. Telehealth appts daily 11 am-11 pm.

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

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

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

## Other Services

### **Oswego County Single Point of Access (SPOA)**

County program for mental health, support, and housing.

(315) 963-5361

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

Program connects people to 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 jointly manage all facets of your care.

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

Care management service provided by Circare.

(855) 613-7659, [www.hhuny.org](http://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](http://www.omh.ny.gov)

**988**

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