

RESOURCE GUIDE



Office of
Mental Health



Otsego 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 your home or in the community Monday-Friday, 9 am-5 pm. Outside of business hours, the call center still takes calls.

Otsego County Department of Social Services 140

County Hwy 33W. Cooperstown, NY 13326 (607)
547-1700

Hours: Mon-Fri 8:30 am-4:30 pm (**September-June**),
9 am-4 pm (**July & August**)

Call **211** after hours.

Mental Health Treatment & Rehabilitation

Otsego County Mental Health Clinic

Outpatient clinic.

242 Main St, Oneonta, NY 13820
(607) 433-2343

Hours: Monday—Friday, 8:30 am—5 pm.

Call to inquire about intake. Peer services also available.

Bassett Healthcare Outpatient Psychiatry Clinic

Outpatient clinic.

1 Atwell Rd, Bldg 2, 2nd/3rd Flrs, Cooperstown, NY 13326
(607) 547-3500

Hours: Monday—Friday, 8 am—5 pm. Call to inquire
about intake. Enter hospital via main entrance.

Peer Support Services

Mountain View Wellness Center (RSS)

Informal, club-style setting focused on mutual recovery.

9 River St, Oneonta, NY 13820
(607) 433-0002

Office Hours: Monday—Friday, 8 am—4 pm. Time and
place of events may vary. Call for more information.

Southern Tier Mobile Integration Team (MIT)

Team provides routine peer support in community.

1 (844)-HELPMIT

24/7 Crisis Line: 1 (877) 369-6699

Can contact peers as needed.

Otsego County Warm Line

Peer support line.

(607) 433-1714 or 1 (800) 377-3281

Generally manned everyday 4:30 pm—10 pm.

For general support and resource information. Not a crisis
line.

NAMI of Delaware & Otsego Counties

Local chapter of nationwide organization.

(607) 267-2335

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

Addiction or Substance Use Treatment and Support

Turning Point of Otsego County (Friends of Recovery)

Community center focused on mutual recovery.

22 Elm St, Oneonta, NY 13820

(607) 267-4435

Hours: Mon/Tues/Fri 9 am-5 pm, Wed/Thurs 9 am-7 pm

Walk-in anytime or call for more information.

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 if necessary.

Otsego County Addiction Recovery Services

Outpatient substance use services

242 Main St, Oneonta, NY 13820

(607) 433-2343 (option #2)

Hours: Monday—Friday, 8:30 am—4:30 pm.

Call to inquire about services. Peer support also available.

Alcoholics Anonymous (AA): (607) 722-7983

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

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

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

Other Services

Otsego County Single Point of Access (SPOA) County

program for mental health, support, and housing. (607)

547-1621

Call between 8:30 am and 5 pm Monday—Friday.

Program connects you to various mental health resources. Even just calling can be very informative.

Care Compass Collaborative

Social care network.

(607) 352-5264

Hours: Monday—Friday, 8:30 am—5 pm

Call to learn more about having a network of professionals who help you manage every facet of 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).

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



BeWell.ny.gov

