

# RESOURCE GUIDE



Office of  
Mental Health



## Tioga 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

#### Tioga County Mental Health Crisis

607-687-4000

Hours: Mon-Fri 9am-5pm—phone or walk in

After Hours: 607-687-1010 -After 5pm, wknds & holidays

*Mobile Crisis: Coming Soon*

#### 9 8 8 Suicide & Crisis Lifeline

Call 988/Text 988

Chat: [chat.988lifeline.org](https://chat.988lifeline.org)

*\*calls are routed to Tompkins/Onondaga counties*

#### Veterans Crisis Hotline

Confidential support for veterans.

Call 988, and choose option “1” for veterans.

Text: 838255 or chat online

[www.veteranscrisisline.net/get-help-now/chat/](https://www.veteranscrisisline.net/get-help-now/chat/)

#### Tioga County Warm-Line

**\*not a crisis line**, offers peer self help, referrals, and non-judgmental listening.

607-687-1314/ 1-844-976-5463

Hours: Saturday/Sunday 4pm-9pm

#### WNY Law Enforcement Helpline

Support to law enforcement members and their families.

716-858-2677

Call 24/7 for support and intake forms

[www.wnylawenforcementhelpline.org](https://www.wnylawenforcementhelpline.org)

## Mental Health Treatment & Rehabilitation

#### Tioga County Dept. of Hygiene –Mental Health

**Clinic** Mental Health and Substance Use Treatment for adults/adolescents. Walk ins welcome

1062 State Route 38, Owego, NY 13827

Satellite Address: 32 Ithaca St, Waverly, NY 14892

607-687-4000

#### Southern Tier Counseling Center

Individual and family counseling for adults/adolescents.

550 East Church Street (Suite F2) Elmira, NY 14901

607-734-0980

Hours: Monday-Thursday 8:30am-7:30pm, Friday 9am-5:30pm, Saturday: 8:30am-3pm

#### Clinical Associates of the Southern Tier

Mental health services adults/children, no medication.

323 N. Tioga St, Ithaca, NY 14850

607-936-1771 \* call for intake

Standard Hours Monday-Friday, 9am-4pm, some evenings

## Peer Support Services

### AspireHope NY - Tioga

Parent, Youth, or Adult peer services and support in the home and community.

25 West Steuben Street, Bath, NY 14810  
607-776-2164

Go online for more program information

[www.aspirehope.org/our-services](http://www.aspirehope.org/our-services)

## Substance Use Treatment and Support

### Tioga County Dept. Of Mental Hygiene— Outpatient Alcohol & Drug Services

1062 State Route 38. Owego, NY 13827

Hours: M/F 9am-5pm; Tu/We/Th 9am-8pm

Satellite: 32 Ithaca Street Waverly, NY 14892

Hours: M/F 9am-5pm; Tu/We/Th 9am-6pm

607-687-4000

### Casa Trinity of Tioga County—Prevention Services

72 North Ave, Owego, NY 13827

607-223-4066

### Helio Health—Binghamton Inpatient Rehab/Detox

50 bed facility offering medically supervised withdrawal and stabilization services.

249 Glenwood Rd, Binghamton, NY 13905

607-296-3072

### Alcoholics Anonymous (AA)- Tioga County Intergroup & District 0660 group

800-307-4285

District 0660—<http://district0660.org>

Call 24/7 for information on groups held in your area.

### Narcotics Anonymous (NA)- Triple Cities Area Group

315-847-3842

Call 24/7 for information on groups held in your area.

### OASAS 24-Hour Hopeline

24/7 helpline for substance use and gambling concerns.

1-877-846-7369 or text 467369

### Never Use Alone

Nationwide service where operators with lived experience remain with the caller while using and oversee that the person uses safely.

877-696-1996 Call 24/7/365

### Naloxone NOW:

Text "NARCAN" to 21000 to arrange for delivery.

## Other Services

### Tioga County Department of Social Services

Assists with SNAP, Medicaid, Temporary Assistance, HEAP, Adult Services, and other services.

1062 Route 38, Owego, NY, 13827

607-687-8300/607-687-8500

Standard Hours: M-F 9am-4pm, Tu/Th evenings by appointment only. Walk in or call for screening/assessment.

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

Care management services for Medicaid recipients.

1-855-613-7659

Visit [www.hhuny.org/about/where-we-are/](http://www.hhuny.org/about/where-we-are/)

Or email [referrals@hhuny.org](mailto:referrals@hhuny.org) or [askhhuny@hhuny.org](mailto:askhhuny@hhuny.org)

### Medicaid Transportation MAS

Provide transportation to Medicaid recipients for medical appointments/non emergency medical transportation.

1-866-753-4543 press 9

Hours: Monday-Sunday 7am-7pm

### A New Hope Center—Domestic Violence Services

20 Church St, Owego, NY 13827

607-687-6866

Website: [www.anewhopecenter.org](http://www.anewhopecenter.org)

### NYS Domestic and Sexual Violence Hotline

Hotline 1-800-942-6906

Text 1-844-997-2121

Chat: [opdv.ny.gov](https://opdv.ny.gov)

### USDA National Hunger Hotline

Food assistance for families.

1-866-348-6479/English Or 1-877-842-6273/Spanish

Hours: Monday-Friday 7am-10pm

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



BeWell.ny.gov

