

RESOURCE GUIDE



Office of
Mental Health



Tompkins 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

988 Suicide & Crisis Lifeline

Call 988/Text 988
Chat: chat.988lifeline.org

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

Ithaca Crisis—Crisis Services for Tompkins Co.

24 Hour Crisis Hotline for Tompkins County
607-272-1616 (office) or 988

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/

Mental Health Treatment & Rehabilitation

Tompkins County Mental Health

201 E. Green Street, Ithaca, NY 14850
607-274-6200
Office Hours: Monday-Friday 8:30am-4:30pm; Walk-in Monday-Thursday 8:15am-2pm.

Tompkins County Whole Health

Mental health services for adults, youth and families.
55 Brown Rd, Ithaca, NY 14850
607-274-6600
Hours: Monday-Friday 8:15am-4:30pm
*no walk ins

Life Stages Counseling

121 West Court St, Suite 101, Ithaca, NY 14850
607-256-4422
Email for intake: info@lifestagescounseling.org

Family and Children Services of Ithaca

127 W. State Street, Ithaca, NY 14850
607-273-7494
Hours: Monday/Wednesday 8:30am-6pm,
Tuesday/Thursday 8:30am-7pm, Friday 8:30am-5pm
Visit www.fcsith.org/schedule-an-appointment/

Clinical Associates of the Southern Tier

Call for counseling, no meds, no case management.
323 N. Tioga Street, Ithaca, NY 14850
607-936-1771 dial 2 for intake. Angela for Bath/Corning
607-734-2548 ext 4241 Lisa for Elmira/Horseheads
Hours: Monday-Friday 8:30am-4:30pm
Visit www.clinicalassociates.org/ for online referrals

Peer Support Services

Recover Options Made Easy - ROME

Provides peer services, short term & intensive crisis respite, peer run/staffed residences, & supportive housing.
716-531-5508 or 1-800-421-1114 dial 0
Visit <https://recoveryoptionsny.org/contact/>
Or email info@recoveryoptionsny.org for more information

Please call to learn more and to be directed to the appropriate program based on your individual needs.

Mental Health Association of Tompkins County Mental health and peer services.

511 West Seneca Street, Ithaca, NY 14850
607-277-7337
Hours: Monday-Friday 9am-3pm
Walk-in hours: Wednesday 12-3pm & Thursday 2pm-6pm

National Alliance on Mental Illness (NAMI) Finger Lakes

Find support groups and classes. .
950 Danby Road, Ithaca, NY 14850
607-252-6264 .
Warm Chat Text: HELPLINENY to 63640
For more information visit www.namifingerlakes.org

Addiction or Substance Use Treatment and Support

Cayuga Addiction Recovery Services (CARS)

Outpatient, OTP, MAT services.
334 West State St, Ithaca, NY 14850
607-273-5500
Call for hours/intake

Alcoholics Anonymous (AA) - Ithaca

607-273-1541
Call 24/7 for information on groups held in your area.

Narcotics Anonymous (NA) - Northern NY Region

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

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/
Or email referrals@hhuny.org or askhhuny@hhuny.org

Tompkins County Department of Social Services

Assists with SNAP, Medicaid, Temporary Assistance, HEAP, Adult Services, and other services.
320 West Martin Luther King Jr/State Street, Ithaca, NY, 14850
607-274-5264
Hours: Monday-Friday 8:30am-4:30pm

Tompkins County Office for the Aging

214 West Martin Luther King Jr/State St, Ithaca, NY, 14850
607-274-5482
Hours: Monday-Friday 8:30am-4:30pm

NYS Domestic and Sexual Violence Hotline

Hotline 1-800-942-6906
Text 1-844-997-2121
Chat: 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

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

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



BeWell.ny.gov



Get Connected. Get Help.™