

# Crisis Lines

Crime Victims Assistance Center (CVAC) 607-722-4256

- 24/7 Crisis Line
- Provides intervention, advocacy education, counseling, and support services
- Adult, children, and youth services

Mobile Crisis Team by MHASt 607-766-1369

- Available Mon, Wed, Thurs, and Fri from 8:30am-10:30pm and Tues from 10am-5:30pm
- On-site de-escalation of behavioral health crisis situations

Mobile Integration Team (MIT) by GBHC 1-844-HELPMIT (844-435-7648)

- 24/7 Crisis Services 607-762-2302 • Provides basic needs assessment
- Help for children, adults, and geriatrics National Suicide Prevention Lifeline 1-800-273-TALK
- 24/7 free and confidential support

RISE 607-754-4340 or 1-800-754-4340

- 24/7 Crisis Line
- Provides support for issues related to domestic violence The Trevor Project 1-866-488-7389
- 24/7 crisis and suicide intervention
- Services for LGBTQ young people ages 13-24 Tioga County Mental Hygiene Crisis Lines 24/7 607-687-4000
- Available M-F 9am to 5pm—contact clinic
- After hours, holidays and weekends—call the Tioga County Sheriff at 607-687-1010 and ask to speak with the on-call

Mental Health Crisis Worker UHS CPEP Crisis Line 607-762-2302 or 1-800-451-0567

- 24/7 crisis hotline
- 24/7 advocacy for victims
- Free and confidential counseling for all victims of crime

# Clinics and Counseling

Binghamton VA Clinic 607-772-9100

- Provides Psychotherapy (individual and group) and medication therapy for veterans experiencing personal and emotional problems including drug and alcohol

Binghamton Vet Center 607-722-2393

- Provides counseling, outreach, and referral services to eligible veterans and family members
- Bereavement Counseling to surviving family members
- After hours call 877-WAR-VETS (927-8387)

Catholic Charities of Broome County 607-723-9991

- Single point of entry for adults with a mental health diagnosis
- Provides case management or residential services

Crime Victims Assistance Center (CVAC) 607-723-3200

- 24/7 Crisis Line—607-722-4256
- Provides intervention, advocacy education, counseling, and support services
- Adult, children, and youth services

Family & Children's Society 607-729-6206

- Same day access Mon-Thurs 9am-2pm
- Serving both adults and children
- Services include Elder Counseling, Family Mental Health Clinic, Health Homes Care Management, Home Care Services, Sexual Abuse Treatment Program, and School Based Family Support Centers

Greater Binghamton Health Center - Community Treatment & Recovery Center 607-797-0680

- Outpatient and inpatient mental health treatment center and recovery center for adults
- Peer-focused drop in open Mon, Tues, Thurs & Fri from 9am-3pm offering groups, peer support & vocational services
- Crisis Respite Housing
- Mobile Integration Team
- Transitional housing for inpatient adults leaving the hospital
- Open Access M-F from 10-11am and 2-3pm

Greater Binghamton Health Center - Child & Adolescent Behavioral Health Center 607-773-4520

- Outpatient & inpatient services for children and adolescents with a mental health illness—9 programs offered and a 16-bed unit
- Crisis Respite Housing and adolescent day treatment program
- Children and Youth Mobile Integration Team

- Open Access—Mon, Wed & Fri from 8:30-11am and Tues & Thurs from 1-3:30pm

#### Greater Binghamton Health Center - Geriatric Mobile Team

- To address the needs of individuals age 65 or older Lourdes Center for Mental Health (LCMH) 607-584-4465
- OMH licensed outpatient mental health clinic
- Psycho-social and psychiatric assessment and treatment
- Individual, family and group psychotherapy
- Psychopharmacologic medication management

#### MHASt 607-240-7291 Warm Line

- Connects individuals to mental health providers, service providers, and advocates
- Educational & prevention programs

#### Oakdale Psychology Associates, PLLC 607-754-1101

- Behavioral and mental health services by high trained professionals from various disciplines

#### Samaritan Counseling Center 607-754-2660

- Provides depression counseling for adults and youth
- Workshops and educational youth programs

#### Stepping Stone Drop In Center 607-773-3205

- Provides counseling, family therapy, and Christian counseling

#### Tioga County Department of Mental Hygiene 607-687-4000

- OMH licensed Outpatient Mental Health Clinic
- Clinic hours Mon & Fri 9am to 5pm and Tues, Wed, Thurs 9am to 8pm
- Provides confidential services for all ages with mental health/ substance use concerns or issues
- Screenings and assessments through Open Access— no appointments necessary
- Psychiatric assessments and medication management
- Group therapy and individual psychotherapy

#### UHS - HOME Program 607-726-2809

- Provides free in-home assessment and short-term counseling to seniors age 60 and older who are unwilling to leave their home for mental health services
- Not for emergency and/or dangerous situations

#### UHS - Outpatient Mental Health Clinic 607-762-2340

- OMH licensed
- Provides confidential services for adults 18+ with mental health/substance use concerns or issues

- Mental health screenings and assessments, psychiatric assessments, and medication management
- Group therapy and individual psychotherapy
- Offers a HIV mental health program

University Counseling Center 607-777-2772

- M-F 9am to 5pm by appointment
- Comprehensive clinical and referral services to Binghamton University's undergraduate/graduate students and affiliated entities

Upstate NY Eating Disorder Service—The Nutrition Clinic & Sol Stone Center 607-732-5646

- Provides services in Elmira, Syracuse, Ithaca & Binghamton
- Full range of multidisciplinary services psychotherapy, art therapy, yoga, Dialectical Behavioral Therapy (DBT) skill-focused groups, as well as supervised eating
- Program is 3-days a week from 4:30-7:30pm