

PPSFL Mental Health Services and Resources Referral List

Tompkins County	
<p><u>NAMI Finger Lakes</u></p> <ul style="list-style-type: none"> -Ithaca, NY affiliate of the National Alliance on Mental Illness (NAMI) -Support families and friends of people diagnosed with major mental illnesses -Educate families and the public about mental illness -Confidential Support groups -Family-to-family education course for adults, etc. 	<p>Address: Suite #2, Clinton Hall, 108 N Cayuga St, Ithaca, NY 14850</p> <p>Hours: N/A</p> <p>Phone(s): (607) 273-2462</p>
<p><u>Catholic Charities Family Empowerment Program</u></p> <p>-A collaborative effort to assist parents, families, and individuals who have children with special needs in child protective services and mental health services</p>	<p>Address: 324 W Buffalo St, Ithaca, NY 14850</p> <p>Hours: T-F 9:00AM-12:00PM; 1:00PM-3:30PM</p> <p>Phone: 607-272-5062</p>
<p><u>Tompkins County Mental Health</u></p> <p>-Meets the needs of the residents of Tompkins County in the areas of mental health, developmental disabilities, and chemical dependency by providing prevention and early detection, comprehensively planned care, treatment, and rehabilitation services</p>	<p>Address: 201 E Green St, Ithaca, NY 14850</p> <p>Hours: M & W: 8:30am-6:00pm; T-F: 8:30AM-4:30PM</p> <p>Phone(s): (607) 274-6200</p>

<p><u>The Mental Health Association in Tompkins County</u></p> <p>-The Mental Health Association in Tompkins County is committed to developing and supporting the active involvement of ordinary people (including providers, family members and recipients of mental health services) in all aspects of mental health</p> <p>-Understand and improve the mental health of the community</p>	<p>Address: 301 S Geneva St #109, Ithaca, NY 14850</p> <p>Hours: N/A</p> <p>Phone(s): (607) 273-9250</p>
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Tioga County	
<p><u>Tioga County Mental Hygiene</u></p> <p>-The Mental Health Department offers Tioga County residents a comprehensive continuum of counseling services and support for individuals of all ages and families coping with emotional problems, mental illness, marital issues, depression, alcoholism and substance abuse</p> <p>-evening appointments available</p>	<p>Address: Health and Human Services Building 1062 State Route 38, Owego, New York 13827</p> <p>Hours: M & F: 9:00am-5:00pm, Tue, W, Thu: 9:00am-8:00pm</p> <p>Phone(s): (607) 687-4000 or 1-877-882-8313</p>
<p><u>Tioga County Department of Mental Hygiene</u></p> <p>-The Mental Health Department offers Tioga County residents a comprehensive continuum of counseling services and support for individuals of all ages and families coping with emotional problems, mental illness, marital issues, depression, alcoholism and substance abuse</p> <p>-evening appointments available</p>	<p>Address: 80 William Donnelly Indus Pkwy, Waverly, NY 14892</p> <p>Hours: M Closed, Tue: 8:00am-7:00pm, W & Thu: 8:00am-6:00pm, F: 8:00am-5:00pm</p> <p>Phone(s): (607) 565-9594</p>

<u>Chemung County</u>	
<p><u>Behavioral Health Unit</u></p> <p>-A 25 bed adult inpatient psychiatric unit licensed by the New York State Department of Mental Health.</p> <p>-Provides psychiatric evaluations and treatment in a secure setting for individuals with acute, short stay needs. Handicapped accessible; on major bus routes; easy access from Route 17; all levels of care in one facility.</p>	<p>Address: 555 St. Joseph Boulevard, Elmira</p> <p>Hours: 24 hours a day</p> <p>Phone(s): (607) 733-6541</p>
<p><u>Family Services of Chemung County</u></p> <p>-The purpose of Family Services is to assist individuals, families and the community in meeting the complexities of daily living by fostering the ability to develop and maintain positive relationships and promote healthy, independent personal development, and responsible social functioning</p> <p>-Services Include: Youth Emotional Health Screening Program, Compeer Program (provide a companion for those w/ mental health), Home health services, Family Counseling, etc.</p>	<p>Address: 1019 E Water St., Elmira</p> <p>Hours: M-Thu: 8:30AM-7:00PM, F: 8:30AM-4:30PM</p> <p>Phone(s): (607) 733-5696</p>
<p><u>Chemung County Mental Hygiene Department</u></p> <p>-The Mental Hygiene Department is responsible for the administrative and planning entity for mental health, developmental disabilities, and substance abuse services in Chemung County.</p> <p>-Services include: long term and acute hospitalization services, a 24 hour crisis service, intensive and traditional outpatient programs including Assertive Community Treatment (ACT), forensic services, medication grants, case management, and intensive case management,</p>	<p>Address: 425 Pennsylvania Avenue Elmira, NY 14902</p> <p>Hours: M-F: 8:30am-4:30pm</p> <p>Phone(s): (607) 737-5501; Crisis: (607) 737-5369</p>

<p>day treatment programs, home based services, alternative housing that include group residents, a half-way home, supportive and supported housing, as well as various forms of respite service</p>	
<p><u>The Arc of Chemung</u></p> <p>-Counseling in areas of psychology, rehab, social work, nursing, psychiatry, etc.</p>	<p>Address: 711 Sullivan Street Elmira, NY 1490</p> <p>Hours: 8:30am-4:30pm</p> <p>Phone(s): (607) 734-6151</p>
<p><u>The Social Connection</u></p> <p>-A mental health peer run social club.</p> <p>-A place where peers can meet for guidance, mutual support, socialization and recreation</p>	<p>Address: 454 W Church Street Elmira, NY 14901</p> <p>Hours: M-F: 9:00am-4:00pm; Sat: 10:00am-2:00pm</p> <p>Phone(s): (607) 732-4855</p>

Steuben County

<p><u>Steuben County Community Mental Health Center</u></p> <p>- Provides a full range of outpatient mental health services to the residents of Steuben County</p> <p>-The following programs and services are provided by the Mental Health Center: Clinic Treatment provides services to recipients of all ages including diagnostic evaluations, emergency services (24 hours a day, 7 days a week), psychological testing, individual, group, family, play and medication therapy, consultation to community agencies, and community education</p> <p>-call for address/ referral to Hornell, Corning & Bath Centers</p>	<p>Address: 114 Chestnut St, Corning, NY 14830</p> <p>Hours: N/A</p> <p>Phone(s): 607-937-6201</p>
<p><u>Steuben County Personalized Recovery Oriented Services (PROS)</u></p>	<p>Address: 115 Liberty St., Bath, NY 14810</p> <p>Hours: N/A</p>

<p>-A comprehensive recovery oriented program for adult individuals with ongoing mental illness. The goal of the program is to integrate treatment, support and rehabilitation in a manner that facilitates the individual's recovery</p>	<p>Phone(s): (607) 664-2332</p>
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Schuyler County

<p><u>Schuyler County Community Services</u></p> <p>-Works to protect the health of county residents through outreach, prevention, science-based practices, and the delivery of quality health care</p>	<p>Address: 106 S. Perry St., Suite 4, Watkins Glen</p> <p>Hours: M & Thu: 8:00AM-5:00PM, Tue & W 8:00AM-7:00PM, F: 8:00AM-4:00PM</p> <p>Phone(s): (607) 535-8282</p>
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Allegany County

<p><u>Allegany Rehabilitation Associates</u></p> <p>- Empowers people with social, emotional, and behavioral health challenges to achieve recovery and lead happier lives</p> <p>-Provide psychiatric treatment, education, client management and housing, along with social and vocational rehabilitation of the mentally and physically handicapped, the elderly and the disadvantaged, and for the study and research thereof</p>	<p>Address: 4220 State Rt. 417 W, Wellsville, NY, 14895</p> <p>Hours: M 7:30AM-5:00PM; T-Thu: 7:30AM-7:00PM; Fri 7:30AM-4:00PM</p> <p>Phone(s): 585-593-6300; Hotline: 888-448-3367</p>
<p><u>Allegany County Mental Health Association</u></p> <p>-Provide mental health counseling to community members including youth and suicide counseling</p>	<p>Address: 45 N Broad Street Wellsville, NY 14895</p> <p>Hours: N/A</p> <p>Phone(s): 585-593-1991; 888-448-3367 24 Hour Crisis Line</p>

Cortland

<p><u>Cortland County Mental Health</u></p> <p>-Goal is to assist individuals with mental health issues become more functional in emotional, cognitive, social, vocational, educational and/or self-care areas</p>	<p>Address: 7 Clayton Avenue, Cortland, NY 13045</p> <p>Hours: N/A</p> <p>Phone(s): 607-758-6100</p>
<p><u>Family Counseling Services</u></p> <p>-Family Counseling Services is a private, non-profit organization offering professional counseling and prevention services.</p> <p>-Mental health and chemical dependency counseling programs are available for youth, adults and families who are experiencing emotional, personal, and alcohol or drug-related problems.</p> <p>-Services are available at multiple locations in Cortland and Madison counties and through school-based counseling programs</p>	<p>Address(es): 165 Main Street, Suite A Cortland, NY 13045 (Cortland); 201 Cedar Street Oneida, NY 13421 (Oneida) 10 Cambridge Avenue PO Box 1059 Morrisville, NY 13408 (Morrisville)</p> <p>Hours: N/A</p> <p>Phone(s): Cortland (607) 753-0234 Oneida (315) 280-0400 Morrisville (315) 684-1172</p>