



# Emergency & Community Resources

**Suicide is PREVENTABLE. Mental Illness is TREATABLE. Addiction Recovery is POSSIBLE.**

**YOU ARE NOT ALONE<sup>1</sup>**

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<sup>1</sup> National Alliance on Mental Illness (NAMI)

# 24/7 CRISIS SUPPORT

**\*\*If you or a loved one is in immediate crisis, dial 911**

**National Suicide Prevention Lifeline\***

*\*Press 1 for Veterans Crisis Line*

**1-800-273-TALK (8255)**

**Crisis Text Line**

**Text GOT5 to 741741**

**The Trevor Project**

**1-866-488-7386**

**Text START to 678678**

*Trevor Lifeline offers 24/7 crisis intervention and suicide prevention for LGBTQ young people.*

*(Ages 13-24)*

<https://www.thetrevorproject.org/>

**New York State HOPEline 24/7 Hotline**

**1-877-8-HOPENY**

**Text HOPENY to 467369**

*New York State's 24/7 problem gambling and chemical dependency hotline.*

<https://oasas.ny.gov/hopeline>

**New York Project Hope - Emotional Support Line**

**1-844-863-9314**

**(8am-10 pm/7 days a week)**

*NY Project Hope helps New Yorkers understand their reactions and emotions during COVID-19.*

<https://nyprojecthope.org/>

**MHAST Peer Support Warmline**

**607-240-7291**

*Locally operated in Broome County.*

**Crime Victims Assistance Center (CVAC) Hotline**

**Hotline: 607-722-4256**

**Textline: 607-725-8196**

*CVAC provides 24-hour support through the crisis hotline to victims of domestic violence and sexual abuse and advocacy to all four local hospitals and local police agencies.*

**Domestic Violence through RISE**

**607-754-4340**

**877-754-4340**

*24/7 support for those experiencing domestic violence. The trained counselors will walk you through steps and can get you connected to their shelter.*



## **Mental Health Support for Frontline and Essential Workers**

**Text FRONTLINE  
to 741-741**

*Offers 24/7 emotional support for frontline health care workers during the COVID-19 pandemic.*

## **MHAST Adult Crisis Respite**

**607-777-8888 Ext. 350**

*Our House provides an alternative to hospitalization for people facing a mental health challenge or emotional distress for up to five days, supported by staff with lived experiences.*

<https://mhast.org/our-house.html>

## **RAINN National Sexual Assault Hotline**

**1-800-656-4673**

*24/7 anonymous, confidential national sexual assault hotline. Call or chat options available.*

<https://www.rainn.org/>

## **UHS Comprehensive Psychiatric Emergency Program (CPEP) Line**

**607-762-2302**

*Binghamton General Hospital*

**1-800-451-0560**

*10-42 Mitchell Ave, Binghamton, NY 13903*

*CPEP is a 24-hour crisis service staffed by psychiatric nurses, social workers, and paraprofessionals under the direction of a medical doctor/psychiatrist. This is an inpatient program providing behavioral health support services.*

<https://www.nyuhs.org/location-search/uhs-comprehensive-psychiatric-emergency-program-cpep>

## **UHS Addiction Crisis Line**

**607-762-2257**

The Addiction Crisis Line offers free and confidential information, support, and next step advice including linkage to formal evaluation and/or treatment for people seeking help for their substance use. Our line is staffed 24-hours a day by trained nurses, social workers, and licensed drug and alcohol counselors.

# **MENTAL HEALTH SERVICES**

## **Catholic Charities of Broome County**

**607-729-9166**

*232 Main Street, Binghamton, NY*

*Provides services for people in Broome County. These services range from mental health treatment, case management, advocacy to Health Homes, Residential and Food Pantries. For more details go to this website or call the number above.*

<https://www.catholiccharitiesbc.org/programs/>



**Family & Children's Counseling Services****607-729-6206**

257 Main Street, Binghamton, NY 13905

*Provides high quality, affordable and accessible outpatient mental health services, case management to individuals with chronic medical and/or behavioral health conditions, employment assistance, and sexual abuse treatment programs to residents of Broome County.*

<https://familycs.org/>

**Greater Binghamton Health Center (GBHC)****607-724-1391**

425 Robinson Street, Binghamton, NY 13904

*Provides comprehensive outpatient and inpatient services for adults with serious mental illness and youth with serious emotional disturbances. GBHC operates under the NYS Office of Mental Health (OMH).*

<https://omh.ny.gov/omhweb/facilities/bipc/>

**Adolescent Crisis Respite (ACR)****607-773-4625**

*The goal of the ACR is to assist adolescents and their families in resolving crisis situations and averting the need for hospitalizations or placement outside the home.*

<https://omh.ny.gov/omhweb/facilities/bipc/>

**Adolescent Day Treatment (ADT)****607-724-1391**

*ADT is a clinical treatment program with adjunct educational services. It is designed to provide a broad range of clinical services to youth ages 13 up to 18 whose emotional problems create conflict in their family life and prevent them from meeting the demands of school and developing an appropriate social network.*

**Child and Adolescent Behavioral Health Center (CABHC)****607-773-4520**

*CABHC is an OMH licensed outpatient community mental health treatment agency for youth up to age 18 with serious emotional disturbances, including therapy and medication.*

<https://omh.ny.gov/omhweb/facilities/bipc/>

**Community Treatment & Recovery Center (CTRC)****607-797-0680**

*CTRC is an OMH licensed outpatient community mental health treatment agency for adults ages 18 and older with serious mental illness, including therapy and medication.*

<https://omh.ny.gov/omhweb/facilities/bipc/>

**Family Care****607-724-1391**

*Family Care is a residential program offered by OMH and comprised of certified family care homes which offer residential services to individuals with a mental health diagnosis. Family Care certified homes are located throughout the Greater Binghamton Health Center catchment area.*

**Mobile Integration Team (MIT)****607-763-2761**

*MIT provides person-centered supports to individuals of all ages and their families when and where they need them, in their own home and community. MIT facilitates connections to*



community services, follow through and engagement. Six counties: Broome, Chenango, Delaware, Otsego, Tioga, Tompkins.

<https://omh.ny.gov/omhweb/transformation/docs/st-flyer.pdf>

**OnTrack NY**

**607-724-1391**

OnTrack NY Southern Tier is an innovative treatment program for young people ages 16 to 30 experiencing unusual thoughts, behaviors, or sensory perceptions.

**Lourdes Center for Mental Health**

**607-584-4465**

184 Court Street, Binghamton, NY 13901

415 East Main Street, Endicott NY 13760

A clinical treatment program that provides outreach, initial assessment, psychiatric assessment, crisis intervention and more.

<https://www.nyconnects.ny.gov/services/lourdes-center-for-mental-health-omh-pr-821509302003>

**MHAST**

**Mobile Crisis Service**

**607-766-1369**

The mobile crisis service makes visits to individuals experiencing a mental health crisis.

<https://mhast.org/mobile-crisis.html>

**NY Project Hope – Coping with COVID**

**NY State: 844-863-9314 (8am-10pm, Sun-Sat)**

**Broome County: 607-778-9075 (M-F 8:30am-5pm)**

NY Project Hope is New York’s COVID-19 Emotional Support Helpline that helps New Yorkers understand their reactions and emotions during COVID-19. Talking to the trained crisis counselors is free, confidential, and anonymous.

<https://nyprojecthope.org/>

**UHS Outpatient Mental Health Clinic (Adults)**

**607-762-2340**

33 Mitchell Ave, Binghamton, NY 13905

Mental Health Outpatient services are designed to meet the emotional and psychological needs of adults (18 or older). Services include concise mental health screening, mental health assessment, medication management, group therapy, individual counseling, and HIV mental health program.

<https://www.nyuhs.org/location-search/uhs-outpatient-mental-health-clinic>

**\*\*EAP – Consider reaching out to personal employment for EAPs, if available\*\***

Employee Assistance Programs (EAPs) offer support to employees struggling with personal and work-related problems. The support typically takes the form of counseling, referrals, or follow-up services.



## SUICIDE PREVENTION

### **AFSP (American Foundation for Suicide Prevention)**

**315-664-0346**

[centralny@afsp.org](mailto:centralny@afsp.org)

*\*AFSP does not provide crisis response. If you or a loved one are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-8255 or text Hello to 741741?*

[afsp.org/greater-central-new-york](https://afsp.org/greater-central-new-york)

### **Suicide Prevention & Crisis Service**

**607-272-1616**

124 E. Court Street, Ithaca, NY 14859

*A trained and caring counselor will listen to you without judgment or distraction. The counselor will then help you to sort out your problems and potential solutions. If necessary, the counselor will lead you in the direction of other social service agencies that can give you more help.*

<https://ithacacrisis.org/>

## ADDICTION SERVICES/RECOVERY

### **Addiction Center of Broome County (ACBC)**

**607-723-7308**

*ACBC assists individuals with substance use disorders and their families. They provide a comprehensive continuum of care with individualized treatment planning and caring staff.*

<https://acbcservices.org/#>

#### **Binghamton:**

30 W. State Street, Binghamton, NY 13901

Outpatient/Care Management/MAT/Peer Support

#### **Endicott:**

306 E. Main Street, Endicott, NY 13760

Outpatient/Family Support/Peer Support/Child & Adolescent

### **Alcoholics Anonymous Binghamton Area: Triple Cities Intergroup**

**607-722-5983**

PO Box 2103, Binghamton, NY 13902

<https://aabinghamton.org>

### **Al-Anon/Alateen**

**607-722-0889**

<https://al-anon.org/newcomers/what-is-al-anon-and-alateen/>

**Families Anonymous (FA) – Broome County**

<https://www.familiesanonymous.org/about-fa/>

**607-765-6862**

**607-341-2747**

**Broome County Operation SAFE**

*Those suffering from substance use or their family members are encouraged to call Broome County’s S.A.F.E. Line. A volunteer will then take their information and immediately begin searching the network of quality treatment facilities accepting new patients.*

<https://www.gobroomecounty.com/boac/help-is-available>

**607-778-6119**

**Fairview Recovery Services**

5 Merrick Street, Binghamton, NY 13904

247 Court Street, Binghamton, NY 13901

*Offers professional and compassionate care that is delivered along a continuum of residential and support services for chemically dependent adults living in Broome and surrounding counties.*

<https://frsinc.co/>

**Residence: 607-722-8987**

**Stabilization Center: 607-722-4080**

**Voices Recovery Center**

340 Prospect St, Binghamton, NY 13905

*The Center belongs to the community. It is open to everyone and is no cost. Activities include Recovery support groups, holiday celebrations, yoga, music groups, Narcan training and more.*

<https://frsinc.co/services/voices-recovery-center/>

**607-821-7811**

**Helio Health, Inc.**

249 Glenwood Road, Binghamton, NY 13905

*Inpatient/Withdrawal and Stabilization*

*Helio Health provides treatment programs and support services for those with substance use and mental health disorders and their families.*

<https://www.helio.health/>

**607-296-3072**

**Narcotics Anonymous: Triple Cities Area (TCANA)**

PO Box 422, Binghamton, NY 13902

[Narcotics Anonymous Meeting Search](#)

**607-792-9116**

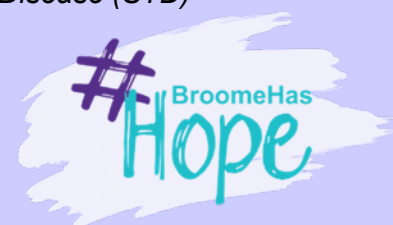
**Southern Tier AIDS Program (STAP)**

277 Main Street, Johnson City, NY 13901

*Syringe Exchange/MAT/Care Management*

*Provides free and confidential services to people living with HIV/AIDS, individuals with other chronic medical conditions, or people who need HIV, Hepatitis C, or Sexually Transmitted Disease (STD)*

**607-237-0497**





testing services. They also have a syringe exchange program to reduce risk of infection among injection drug users.

<https://www.stapinc.org/>

**Salvation Army Adult Rehab Center**

**607-723-5381**

3-5 Griswold Street, Binghamton, NY 13905

*The Salvation Army's Adult Rehabilitation Centers are 180-day residential work-therapy programs providing spiritual, social, and emotional assistance to those who have lost the ability to cope with their problems and provide for themselves.*

<https://www.salvationarmyusa.org/usn/rehabilitation/>

**Truth Pharm**

**607-296-3016**

49 Pine Street, Suite 6, Binghamton, NY 13901

*Truth Pharm raises awareness, reduces stigma, and educates the public for policy changes to reduce the harms caused by substance use. Advocacy/Support/Family Support*

<https://truthpharm.org/>

**UHS New Horizons Alcohol & Chemical Dependency Treatment Center**

**Inpatient/Outpatient:**

**607-762-2901**

10-42 Mitchell Ave, Binghamton, NY 13903

An alcohol and chemical dependency treatment center.

<https://www.nyuhs.org/location-search/uhs-new-horizons-alcohol-chemical-dependency-treatment-center>

**UHS Addiction Medicine**

**607-762-2800**

**Medication for Addiction Treatment (MAT) Program**

**Suboxone® Program**

10-42 Mitchell Ave, Binghamton, NY 13903

*The United Health Services (UHS) Southern Tier Drug Abuse Treatment Center offers drug and alcohol rehabilitation with the primary focus on substance abuse treatment. Provides outpatient methadone maintenance and counseling for opiate addiction.*

<https://www.nyuhs.org/care-treatment/addiction-medicine/medication-assisted-treatment-program-methadone-clinic>

## DISABILITY RIGHTS/LEGAL/SUPPORTS

**ACHIEVE – Arc of NY**

**607-723-8361**



4733 Vestal Parkway East, Vestal, NY 13850

*Provides services to individuals with intellectual, developmental, and other disabilities in Broome, Chenango, and Tioga counties.*

<https://www.achieveny.org/>

**Broome Developmental Disabilities Services Office**

**607-771-7784**

229-231 State Street, Binghamton, NY 13901

*Provides residential, day services, and support to individuals with developmental disabilities and their families.*

[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

**Southern Tier Independence Center (STIC)**

**877- 772-9150**

35 East Frederick Street, Binghamton, NY 13904

*All the programs and services through STIC share common themes: they all promote independence; inclusion; and community integration.*

<https://stic-cil.org/>

**FAITH-BASED/SPIRITUAL**



**Christian Counseling Center**

**607-729-7777**

780 Harry L Drive, Johnson City, NY 13790

*Provides professional & biblical counseling services for those in the Southern Tier who are seeking spiritual, emotional, and psychological wholeness.*

<https://www.christiancounsel.us/>

**Samaritan Counseling Center**

**607-754-2660**

3001 E. Main Street, Endwell, NY 13760

*Samaritan counselors are clinically trained, licensed professionals. Samaritan Counseling Center of the Southern Tier, Inc. is accredited in a nationwide network by the Solihden Institute. They offer compassion and confidentiality, with each client and therapist working together to understand and resolve various issues.*

<https://www.samaritancounseling.org/>

**The Hope Center**

**607-235-3101**

Conklin Ave, Conklin, NY

*Provides Mental Health services including Counseling and Life Coaching to individuals, couples, and families.*

<https://www.thehopecenter1.com/>

**Two Rivers Church**

1 Chrisfield Ave, Johnson City, NY 13790

*Offers reparative spiritual counseling, life coaching, preventative spiritual direction, and marital counseling.*

<https://tworivers.center/services/>

**Support Services: 607-321-7264**

## FAMILY SUPPORT/SERVICES

**Cornerstone Family Healthcare**

35 Felters Road, Binghamton, NY 13903

*Cornerstone Family Healthcare provides comprehensive family medical care with access to Primary Care, Pediatric, Gynecology, and Patient Assistance services. Accepts Medicaid, Medicare, and Child Health Plus.*

<http://www.cornerstonefamilyhealthcare.org>

**Counseling/MAT/Medical Care: 607-201-1200**

**Family Enrichment Network**

24 Cherry Street, Johnson City, NY 13790

*The mission of Family Enrichment Network is to provide supportive services for the optimal development of children and families through head start programs and community services.*

<https://www.familyenrichment.org>

**607-723-8313**

## HOUSING

**Binghamton Housing Authority**

35 Exchange Street, Binghamton, NY 13902

*Binghamton Housing Authority provides decent and affordable housing in a safe and secure living environment for low- and moderate-income residents throughout the Binghamton area.*

<https://affordablehousingonline.com/housing-authority/New-York/Binghamton-Housing-Authority/NY016>

**607-723-9491**

**Greater Opportunities**

5 W. State Street, Binghamton, NY 13901

*Provides comprehensive services that include emergency assistance, advocacy, early education, and safe and affordable housing.*

<https://www.greaterops.org/individual-family-social-services/housing-assistance-programs>

**607-723-6493**



**Family Enrichment Network****607-723-8313**

24 Cherry Street, Johnson City, NY 13790

Family Enrichment Network is dedicated to serving the needs of low-income families through our Housing programs.

<https://familyenrichment.org/#>

**Salvation Army Adult Rehabilitation Center****607-722-2987**

27-131 Washington Street, PO Box 1167, 13902, Binghamton, NY 13901

Open to men and women, over the age of eighteen, who have sincere desire for a positive lifestyle change through character development.

<https://easternusa.salvationarmy.org/empire/binghamton/>

**YMCA****607-772-0560**

61 Susquehanna Street, Binghamton, NY 13901

Men's Shelter: Provides emergency and transitional housing to men ages 18 and older. The program offers a safe, positive, and structured environment in which our residents can find hope and motivation to rebuild their lives.

<https://ymcabroome.org/locations/branch/binghamton-y/>

**YWCA****607-722-0340 ext. 223**

80 Hawley Street, Binghamton, NY 13901

Women's and Families Shelter: Provides individual clean, safe apartments for homeless or formerly homeless women and their dependent children, empowering women to live independent, healthy lives.

<https://ywcabinghamton.org/>

## LGBTQ+ SUPPORT

**Identity Center****607-651-9120**

206 State Street, Binghamton, NY 13901

Youth center for teens and young adults ages 13-24, providing a safe space for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) teens, but welcomes all youth regardless of sexual identify, orientation, or gender identity.

<http://www.idyouth.org/>

**LGBT National Hotline****1-888-843-4564**

Serves callers of all ages offering peer-counseling, information, and local resources.

Hours: Monday – Friday 4pm – 12am, Saturday and Sunday 12pm-5pm.

<https://www.glbthotline.org/national-hotline.html>



**Parents and Friends of Lesbians and Gays (PFLAG)**

**607-748-3984**

Contact: Karen Erdmen

Monthly support group for parents, friends, and allies of the LGBTQ+ community.

**PEER SUPPORT**

**Compassionate Friends of Broome County**

**607- 239-4222**

The Compassionate Friends has been providing support to bereaved families after the death of a child for four decades.

<https://www.compassionatefriends.org/chapter/broome-county-chapter/>

**Four Seasons Club**

**607-773-1184**

Catholic Charities of Broome County

A peer driven program that provides a safe environment for individuals, 18 and older, with a psychiatric disability, to socialize with others while focusing on recovery through community inclusion.

[https://www.catholiccharitiesbc.org/programs/mental\\_health/clubs\\_community\\_programs.html](https://www.catholiccharitiesbc.org/programs/mental_health/clubs_community_programs.html)

**Stepping Stone Drop-In Center**

**607-773-3204**

Catholic Charities of Broome County

A safe, unstructured program for people with mental illness who choose not to participate in programs with requirements for attendance and participation.

Open Monday-Thursday, 10:00am-1:30pm.

[https://www.catholiccharitiesbc.org/programs/mental\\_health/clubs\\_community\\_programs.html](https://www.catholiccharitiesbc.org/programs/mental_health/clubs_community_programs.html)

**Sunrise Wellness Center**

**607-771-8888**

Mental Health Association of the Southern Tier

45 Broad Ave, Binghamton NY 13904

A peer-run program promoting recovery for individuals with mental health diagnoses. Sunrise encourages a self-directed approach to mental health services, and promotes mental, physical, and spiritual wellness.

<https://mhast.org/sunrise.html>

**RE-ENTRY SUPPORT/SERVICES**

**Broome County Council of Churches – Jail Ministries**

**607-724-9130**

3 Otsiningo Street, Binghamton, NY 13903

Supports individuals impacted by the criminal justice system and their families by providing worship services, pastoral care, recovery groups, advocacy, and release-planning services.

<https://broomecouncil.net/>



### **Broome County Re-Entry Able Program**

Main Office: 22 Riverside Drive, Binghamton, 13905

Client Engagement Office: 206 State St, Binghamton, 13901

<https://www.nyconnects.ny.gov/services/re-entry-able-program-3122>

**Jail Reentry - 607-644-5003**

**Prison Reentry - 607-743-1790**

### **Center for Employment Opportunities**

**607-722-1839**

44 Hawley Street, First Floor, Binghamton, NY 13901

*Provides job training and placement for those formerly incarcerated.*

## **VETERANS**

### **Binghamton Community Based Outreach Clinic (CBOC)**

**607-772-9100**

203 Court Street, Binghamton, NY 13901

*Our outpatient clinic provides primary care and specialty health services, including mental health care, physical and occupational therapy, prosthetics, audiology, radiology, vision care (optometry), laboratory and pathology services, programs to help you stop smoking and using tobacco, telehealth, whole health (acupuncture, massage, reiki) and more.*

<https://www.va.gov/directory/guide/facility.asp?ID=722>

### **Binghamton Vet Center**

**607-722-2393 or 1-866-716-8213**

53 Chenango Street, Binghamton, NY 13901

*We offer confidential help for Veterans, service members, and their families at no cost in a comfortable setting. Our services include counseling for needs such as depression, anxiety, anger, relationship issues, trauma including PTSD and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.*

<https://www.vetcenter.va.gov/>

### **Broome County Veterans Service Agency**

**607-778-2147**

60 Hawley Street, Floor 5, Binghamton, NY 13901-3708

*Advises and assists Veterans and their family filing applications for federal, state, and local VA benefits.*

<https://www.gobroomecounty.com/veterans>

### **Clear Path for Veterans**

**1-315-687-3300**

1223 Salt Springs Road, Chittenango, NY 13037

*Provides information, programs, and resources for all Veterans and their families. Services provided in 33 counties, including Broome and Tioga Counties.*

<http://www.clearpath4vets.com/>



**Southern Tier Veterans Support Group****607-205-8332**

PO Box 1201, Vestal, NY 13851

*Provides a network of resources for our local Veterans, service members, and their families. We strive to educate the community on Veteran needs and partner with other organizations to offer a broad range of services and assistance to enhance each Veteran's physical, emotional, and economic well-being.*

<https://stvsq.org/>

**US Department of Veteran Affairs: Make the Connection**

*Offers resources for Veterans, families, clinicians, and active duty through stories of connection.*

<https://www.maketheconnection.net/>

**Veterans Outreach Center****585-546-1081**

*Provides free programs and support for Veterans.*

<https://veteransoutreachcenter.org/>

*DISCLAIMER: This is not designed to be an exhaustive list. Being listed on this resource does not constitute an endorsement by Broome County Mental Health Department.*

