It's ok to not be ok.

When you call 988 in Tompkins County, you are connected with a trained and caring counselor at the Suicide Prevention & Crisis Service (SPCS) who is there to listen without judgement or distraction and help you explore your emotions and identify helpful solutions.

Your 988 counselor may connect you with other service providers and resources in the community, including life-saving services if the counselor determines that is needed.

If you need an ambulance, police, fire, or other emergency response, 911 is still the number to dial.

If you are looking for non-emergency community resources, dial 211 (or toll free 1-877-211-8667).

Veterans seeking counselors specifically trained about their experiences and needs can dial 988 and press 1.

For more resources, visit: https://tcgov.co/lifelines
Help is here.

Suicide and mental health crisis lifelines in Tompkins County

There is hope. 🧡

If you or someone you know is in crisis, dial 988.

Don’t hesitate to reach out if you are in crisis or need help.

The 988 Suicide & Crisis Lifeline offers 24/7, confidential support from trained counselors who can help people experiencing mental health-related distress.

Be the lifeline. 🌱

Tips for supporting the people you know and love.

If you are struggling to support someone in crisis, dial 988 to be connected with a trained counselor.

Share other lifelines such as therapy, psychiatric, substance use recovery, advocacy, or other resources.

There are resources specifically for families. Learn more about helping and supporting loved ones, and how to start a conversation at:

https://tcgov.co/lifelines

https://tcgov.co/lifelines

www.samhsa.gov/families