



# MENTAL HEALTH SUPPORT AND CRISIS SERVICES TOMPKINS COUNTY, NY

2022

## Suicide Prevention

988 Suicide & Crisis Lifeline 988 or (800) 273-8255  
*Free and confidential support for people in distress*

Crisis Text Line text HOME to 741-741  
*Free counseling for anyone in any type of crisis*

Veterans Crisis Line 988 then press 1 or text 838-255  
*Confidential crisis support for veterans and their loved ones*

The Trevor Project (866) 488-7386 or text START to 678-678  
*Counseling for LGBTQ youth who are struggling or searching for answers and information*

Tompkins County Mobile Crisis Team (607) 272-1616 or 911  
*Intervention for urgent mental health concerns reached through Ithaca's Suicide Prevention & Crisis Service*

Cayuga Medical Center (607) 274-4011  
*The only 24/7 Emergency Department in Tompkins County; also provides inpatient Behavioral Services units*

**"Hope is being able to see that there is light despite all of the darkness."  
Desmond Tutu**


## Psychotherapy

Tompkins County Mental Health Services (607) 274-6200  
*Therapy for individuals, families, youth, and children*

Family & Children's Service of Ithaca (607) 273-7494  
*In-person mental health and tele-mental health counseling and related social services*

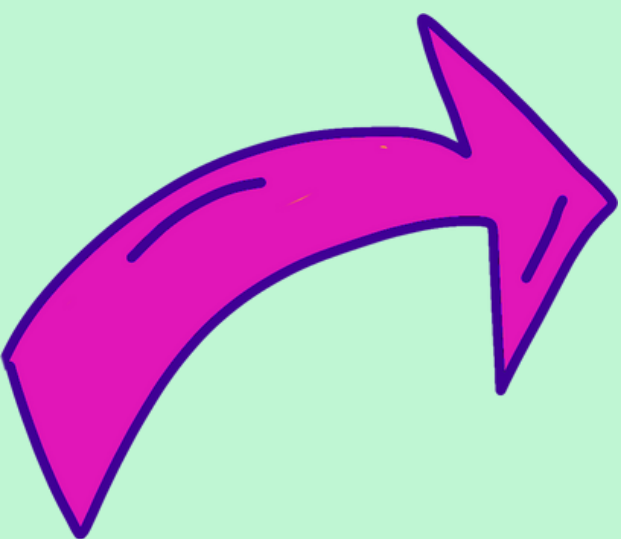
Mindwell Center (607) 260-3100  
*Outpatient mental health care for children, youth, families, and adults*

Ithaca Therapists  
*Listing of 150+ local practices from Psychology Today*

*For Students on Campus*   
Cornell University  
Counseling and Psychological Services (607) 255-5155

Ithaca College  
Center for Counseling and Psychological Services (607) 274-3136

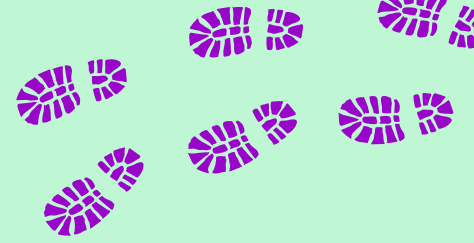
Tompkins Cortland Community College  
Health and Wellness Services (607) 844-8222 x4487



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**"Love is the capacity  
to take care,  
to protect, to nourish."  
Thích Nhất Hạnh**



### **Support Services**

Mental Health Association in Tompkins County (607) 273-9250  
*In-person and online support groups for youth and families*  
*Peer Warm Line (non-crisis support) (607) 277-7337*

National Alliance on Mental Illness–Finger Lakes (607) 288-2460  
*Family and partner/spouse support groups*

NY Project Hope (844) 863-9314  
*Emotional support helpline and referral information*

### **Addiction Recovery**

Alcohol & Drug Council of Tompkins County (607) 274-6288  
*Counseling and referral services to support sobriety and good health*

Cayuga Addiction Recovery Services (607) 273-5500  
*Outpatient, residential, and telehealth treatment and rehabilitation services*

### **Sexual Assault and Domestic Violence**


Advocacy Center of Tompkins County (607) 277-3203  
Hotline (607) 277-5000  
*Support for survivors, friends, and families  
of domestic violence and sexual assault*

### **Health and Social Services**

Cayuga Health Physician Referral Coordinator (607) 274-4615  
*Directory of physicians in Tompkins County*

Racker (607) 272-5891  
*Wide range of community programs including  
family and behavior support services*

"211 Tompkins Cortland" 211 or (877) 211-8667  
*Hotline providing information and connections  
to health and social services*

**PEOPLE I CAN ASK FOR  
HELP IN A CRISIS** 

Name / Phone

