

CR.CRISIS.RESOURCE.GUIDE 4.20

Albany

| PROVIDER | RESOURCE | CONTACT |
|---|---|---|
| Albany County Mobile Crisis | 24hr Crisis Hotline | (518) 549-6500 |
| Albany County Mental Health | COVID-19 Mental Health Support Hotline 8a-8p/daily | (518) 269-6634 |
| Albany County Children's Mental Health Services | 24hr Hotline (Child/Adolescent) | (518) 447-4550 |
| Capital District Psychiatric Services | 24hr Crisis Hotline | (518) 549-6500 |
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| CONTACT Lifeline | Emotional Support Hotline | (518) 689-4673 |
| Ellis Medicine | 24hr Crisis Hotline | (518) 243-4000 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| Northern Rivers Behavioral Health Services | 24hr Crisis Hotline (Child/Adolscent ONLY) | (518) 292-5499 |
| Samaritan Hospital | Crisis Unit | (518) 271-3540 |
| United Way | 24hr Resource Hotline | 211 |

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Columbia

| PROVIDER | RESOURCE | CONTACT |
|---|--|--|
| Capital District Psychiatric Services | 24hr Crisis Hotline | (518) 549-6500 |
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| Columbia County Mental Health Center | 24hr Crisis Hotline | (518) 828-9446 |
| CONTACT Lifeline | Emotional Support Hotline | (518) 689-4673 |
| Mental Health Association of Columbia-Greene County | Emergency Mental Health Services 8a-10p daily | (518) 943-5555 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| United Way | 24hr Resource Hotline | 211 |

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Greene

| PROVIDER | RESOURCE | CONTACT |
|---|--|--|
| Capital District Psychiatric Services | 24hr Crisis Hotline | (518) 549-6500 |
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| CONTACT Lifeline | Emotional Support Hotline | (518) 689-4673 |
| Greene County Mental Health | After Hours Crisis Line | (518) 622-3344 |
| Mental Health Association of Columbia-Greene County | Emergency Mental Health Services 8a-10p daily | (518) 943-5555 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| United Way | 24hr Resource Hotline | 211 |

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Saratoga

| PROVIDER | RESOURCE | CONTACT |
|--|---|--|
| Capital District Psychiatric Services | 24hr Crisis Hotline | (518) 549-6500 |
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| CONTACT Lifeline | Emotional Support Hotline | (518) 689-4673 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| Northern Rivers Behavioral Health Services | 24hr Crisis Hotline (Child/Adolscnt ONLY) | (518) 292-5499 |
| United Way | 24hr Resource Hotline | 211 |

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Schenectady

| PROVIDER | RESOURCE | CONTACT |
|--|--|--|
| Capital District Psychiatric Services | 24hr Crisis Hotline | (518) 549-6500 |
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| CONTACT Lifeline | Emotional Support Hotline | (518) 689-4673 |
| Ellis Medicine | 24hr Crisis Hotline | (518) 243-4000 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| Northern Rivers Behavioral Health Services | 24hr Crisis Hotline (Child/Adolescent & Adult) | (518) 292-5499 |
| United Way | 24hr Resource Hotline | 211 |

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Rensselaer

| PROVIDER | RESOURCE | CONTACT |
|---|---|--|
| Capital District Psychiatric Services | 24hr Crisis Hotline | (518) 549-6500 |
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| CONTACT Lifeline | Emotional Support Hotline | (518) 689-4673 |
| Mental Health Empowerment Exchange | Peer Support Hotline Mon-Sat 9a-9p / Warmline | (518) 268-1663 / 1-800-643-7462 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| Northern Rivers Behavioral Health Services | 24hr Crisis Hotline (Child/Adolscnt & Adult) | (518) 292-5499 |
| Rensselaer County Department of Mental Health | 24hr Hotline | (518) 270-2800 |
| Rensselaer County Recovery Helpline | 24hr Hotline | 1-833-467-3123 |
| United Way | 24hr Resource Hotline | 211 |

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NATIONAL

| PROVIDER | RESOURCE | CONTACT |
|--|-----------------------------|----------------------------------|
| Crisis Text Line | 24hr Crisis Line | Text "NAMI" or "HELLO" to 741741 |
| National Suicide Prevention Lifeline | 24hr Crisis Line | 1-800-273-8255 |
| NYS Office of Mental Health Emotional Support Line | 24hr Emotional Support Line | 1-844-863-9314 |
| Suicide Prevention | 24hr Crisis Line | 1-800-273-8255 |

CNY Crisis Resource Guide 4.20

Cayuga

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|---|---------------------|---|---|---|---------------|
| 211CNY | Hotline | 211 or 1-844-245-1922 | 24 Hours | Community Information | |
| Addiction Services Hopeline Call | Hotline | 1-877-8-HOPENY or text 467369 | 24 Hours | Crisis Situations | |
| Cayuga County Alert System | Listserv | https://www.cayugacounty.us/list.aspx | 24 hours | For County Specific Notifications | |
| Cayuga County Crisis Text Line | Text Line | text "Got5" to 741-741 | 24 Hours | Crisis Situations | |
| Cayuga County Emergency Operations Center | County Hotline | 315-253-1355 | Monday - Friday 9 am - 5 pm Saturday and Sunday 9 am - 12 pm | COVID-19 | |
| Cayuga County Health Department | Contact Information | 315-253-1560 cchealth@cayugacounty.us | Monday- Friday 8:30 am to 4:30 am After hours: State Answering Service | COVID-19 | 4/15/2020 |
| Cayuga County Mental Health Clinic | Phone Number | 315-253-0341 | Monday to Friday 8:30 am to 4:30 pm & After Hours | Current/New Clients Appointments, Changes, Crisis | |
| Child Care for First Responders | Phone Number | 315-446-1220, ext. 303 | | COVID-19 | |
| Crisis Connects | Hotline | 315-251-0800 | 24 Hours | For Mobile Crisis, Crisis Respite Services, Peer/Warm Line, Informational Resources | |
| Domestic Violence Hotline | Hotline | 1-800-942-6906 | 24 Hours | Crisis Situations | |
| Family Child Advocacy Network | Hotline | Tuesdays/Wednesdays 716-560-0259 Thursday's/Fridays 716-864-3942 | Tuesday-Friday 5 pm to 8 pm | Youth | |
| Magic Kitchen | Phone Number | 877-516-2442 (877-51-MAGIC) | 24 Hours | Fully Prepared Meals Delivered | |
| Meals on Wheels | Phone Number | 315-253-1550 | | Food Needs | |
| Mom's Meals Nourish Care | Phone Number | 1-877-508-6667 | 24 Hours | Fully Prepared Meals Delivered | |
| NYS Department of Health | COVID-19 Hotline | 1-888-364-3065 | 24 hours | General Questions Regarding COVID-19 | |
| OMH Emotional Support Line for COVID-19 | Support Line | 1-844-863-9314 | 24 Hours | COVID-19 | |
| Online therapy | Websites | https://www.betterhelp.com/ https://www.talkspace.com/ | | Mental Health | |
| Respite/Mobile Crisis | PDF | https://www.cayugacounty.us/DocumentCenter/View/12432/Respite-Crisis-Programs-PDF | | Crisis Situations | |

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Cayuga

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|------------------------------|-------------------------|---|--|---|---------------|
| Suicide Prevention Lifeline | Hotline | 1-800-273-TALK (8255) | 24 Hours | Crisis Situations | |
| Syracuse Intergroup Inc. | Phone Number | 315-463-5011 | | Support Groups/AA | |
| Upstate University Hospital | 24-hour Triage Hotline | 315-464-3979 | 24 hours | COVID-19 Health Related Questions | |
| Veterans Crisis Line | Hotline | 1-800-273-8255 or text 838255 | 24 Hours | Crisis Situations | |
| Cayuga Seneca Action Program | Phone Number Website | (315) 255-1703 https://caphelps.org/resources/ | Monday-Thursday 9 am-5 pm Fridays 9 am-2 pm | COVID-19 | 4/15/2020 |
| Syracuse Recovery Services | Phone Number | 315-282-5351 | | Outpatient substance abuse services and medication assisted therapy | 4/15/2020 |
| InstaCart | Website | https://www.instacart.com/ | | Local Grocery Delivery | 4/17/2020 |

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Cortland

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|--|------------------|---|---|---|---------------|
| 211CNY | Hotline | 211 or 1-844-245-1922 | 24 Hours | Community Information | |
| Cortland County Alert System | Listserv | https://www.cortland-co.org/list.aspx | 24 hours | For County Specific Notifications | |
| Cortland County COVID-19 Hotline | Hotline | (607) 756-3415 | Monday-Sunday 8:30 am to 4 pm | COVID-19 | |
| Cortland County Health Department | Phone Number | 607-753-5036 | Monday-Friday 8 am to 4 pm | General Information & COVID-19 | |
| Cortland County Mental Health Clinic | Phone Number | 607-758-6100 | | Mental Health | |
| Cortland Regional Medical Center Crisis Line | Phone Number | 607-756-3771 | Mobile Crisis Available: Monday-Friday 5 pm to 12 am Saturday-Sunday 6 am to 12 am | Crisis Information | |
| Crisis Connects | Hotline | 315-251-0800 | 24 Hours | For Mobile Crisis, Crisis Respite Services, Peer/Warm Line, Informational Resources | |
| Department of Social Services Contacts | PDF | https://www.cortland-co.org/DocumentCenter/View/7515/DSS-phone-numbers?bidId= | | DSS Information | |
| Emergency Response & Communications | Phone Number | 607-753-5064 607-753-5065 | 24 Hours | For Emergencies | |
| Family Child Advocacy Network | Hotline | Tuesdays/Wednesdays 716-560-0259 Thursday's/Fridays 716-864-3942 | Tuesday-Friday 5 pm to 8 pm | Youth | |
| NYS Department of Health | COVID-19 Hotline | 1-888-364-3065 | 24 hours | General Questions Regarding COVID-19 | |
| OMH Emotional Support Line for COVID-19 | Support Line | 1-844-863-9314 | 24 Hours | COVID-19 | |
| Online therapy | Websites | https://www.betterhelp.com/ https://www.talkspace.com/ | | Mental Health | |
| Tompkins / Cortland County VA Regional Outpatient Clinic | Phone Number | 607-347-4101 | | Veteran Services | |

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Cortland

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|-----------------------------|------------------------|---|--------------|---|---------------|
| Upstate University Hospital | 24-hour Triage Hotline | 315-464-3979 | 24 hours | COVID-19 Health Related Questions | |
| Veterans' Services | Phone Number | 753-5014 | | Veteran Services | |
| Syracuse Recovery Services | Phone Number | 607-756-4167 | | Outpatient substance abuse services and medication assisted therapy | 4/15/2020 |
| InstaCart | Website | https://www.instacart.com/ | | Local Grocery Delivery | 4/17/2020 |

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Madison

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | |
|--|----------------|---|---------------------------------|---|--|
| 211CNY | Hotline | 211 or 1-844-245-1922 | 24 Hours | Community Information | |
| Coping with COVID-19 Resources | Website | https://www.madisoncounty.ny.gov/2541/Anxiety-and-Stress | | Mental Health | |
| Cortland County Alert System | Listserv | https://www.madisoncounty.ny.gov/list.aspx | 24 hours | For County Specific Notifications | |
| COVID-19 Printable Resources | Website | https://www.madisoncounty.ny.gov/2540/Printed-Resources | | COVID-19 | |
| Crisis Connects | Hotline | 315-251-0800 | 24 Hours | For Mobile Crisis, Crisis Respite Services, Peer/Warm Line, Informational Resources | |
| Disaster Distress Helpline | Hotline | 1-800-985-5990 text TalkWithUs to 66746 | 24 hours | Mental Health | |
| Family Child Advocacy Network | Hotline | Tuesdays/Wednesdays 716-560-0259 Thursday's/Fridays 716-864-3942 | Tuesday-Friday 5 pm to 8 pm | Youth | |
| Madison County Open Access | Phone Number | 315-366-2327 | Monday-Friday 8:30 am to 3pm | Mental Health | |
| Madison County Department of Social Services | Phone Number | 315-366-2211 | Monday-Friday 9 am to 5 pm | DSS | |
| Madison County Health Department | Phone Number | 315-366-2361 315-366-2327 | | For General Information & COVID-19 | |
| Madison County Mental Health Crisis Line | Crisis Hotline | 315-366-2327 and press 1 | 5pm to 8 am | Mental Health | |
| Madison County Resource Directory | PDF | https://www.madisoncounty.ny.gov/DocumentCenter/View/983/Resource-Directory | | County Resources | |
| Mental Health Intake Information | Email | MHIntake@madisoncounty.ny.gov | Business Hours | New Clinets Looking To Do An Intake Email Your Name and Contact Information For an Appointment | |

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Madison

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | |
|---|-------------------------|---|---------------------------------|--------------------------------------|-----------|
| NYS Department of Health | COVID-19 Hotline | 1-888-364-3065 | 24 hours | General Questions Regarding COVID-19 | |
| OMH Emotional Support Line for COVID-19 | Support Line | 1-844-863-9314 | 24 Hours | COVID-19 | |
| Online therapy | Websites | https://www.betterhelp.com/ https://www.talkspace.com/ | | Mental Health | |
| Upstate University Hospital | 24-hour Triage Hotline | 315-464-3979 | 24 hours | COVID-19 Health Related Questions | |
| Veterans Crisis Hotline | Hotline | (800) 273-8255 | 24 hours | Veteran Services | |
| Veterans Homeless Hotline | Hotline | (877) 424-3838 | 24 hours | Veteran Services | |
| Veterans Service Agency | Phone Number | (877) 424-3838 | 24 hours | Veteran Services | |
| Bills Brigade | Phone Number Website | 315-710-5750 http://www.billsbrigade.org/ (315) 632-8108 | Monday-Friday 9 am to 4 pm | Grocery Delivery/Meal Delivery | 4/17/2020 |
| Walmart-Oneida NY | Phone Number Website | https://grocery.walmart.com/locations/delivery/Walmart-Oneida-NY-Supercenter-2444 | Delivery Hours: 8 am to 8 pm | Grocery Delivery | 4/17/2020 |
| InstaCart | Website | https://www.instacart.com/ | | Local Grocery Delivery | 4/17/2020 |

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Oneida

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|---|------------------------|---|--------------------------------|---|---------------|
| 211CNY | Hotline | 211 or 1-844-245-1922 | 24 Hours | Community Information | |
| COVID-19 Resource Directory | Website | https://www.ocgov.net/mentalhealth/COVIDResources | | COVID-19 | |
| Crisis Connects | Hotline | 315-251-0800 | 24 Hours | For Mobile Crisis, Crisis Respite Services, Peer/Warm Line, Informational Resources | |
| Family Child Advocacy Network | Hotline | Tuesdays/Wednesdays 716-560-0259 Thursday's/Fridays 716-864-3942 | Tuesday-Friday 5 pm to 8 pm | Youth | |
| NYS Department of Health | COVID-19 Hotline | 1-888-364-3065 | 24 hours | General Questions Regarding COVID-19 | |
| OMH Emotional Support Line for COVID-19 | Support Line | 1-844-863-9314 | 24 Hours | COVID-19 | |
| Oneida County Department of Family and Community Services' Helpline | Helpline | 315-798-5439 | | General Questions & COVID-19 | |
| Oneida County Department of Mental Health | Phone Number | (315) 768-3660 | | Mental Health | |
| Oneida County Department of Social Services Directory | Website | https://ocgov.net/oneida/socialservices/telephone | | Resource Directory | |
| Oneida County Health Department COVID-19 Hotline | Hotline | 315-798-5431 | | COVID-19 | |
| Oneida County Mental Health Hotline | Hotline | 1-800-678-0888 | 24 Hours | General Questions & COVID-19 | |
| Upstate University Hospital | 24-hour Triage Hotline | 315-464-3979 | 24 hours | COVID-19 Health Related Questions | |

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Oneida

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPATED: |
|--|----------|---|--|--|--------------|
| Oneida County Mobile Crisis Assessment Team (MCAT) | Hotline | 315-732-MCAT (6228) 1-844-732-MCAT | Crisis Line/Crisis Counselors: 24 Hours Peer Advocacy & Crisis Case Management: Monday-Friday 8:30 am to 4:30 am | Peer Advocacy, Crisis Case Management (Oneida county only) and Crisis Counselors | 4/15/2020 |
| InstaCart | Website | https://www.instacart.com/ | | Local Grocery Delivery | 4/17/2020 |

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Onondaga

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | |
|--|------------------|---|---|---|--|
| 211CNY | Hotline | 211 or 1-844-245-1922 | 24 Hours | Community Information | |
| Child Care Services | Phone Number | 315-446-1220 | | Child Care | |
| Contact Community Services-Syracuse | Hotline | 315-251-0600 | 24 Hours | Crisis Counseling | |
| COVID-19 County Updates Listserv | Website | https://covid19.ongov.net/what-you-need-to-know/ | Scroll to bottom of page | COVID-19 | |
| Crisis Connects | Hotline | 315-251-0800 | 24 Hours | For Mobile Crisis, Crisis Respite Services, Peer/Warm Line, Informational Resources | |
| Family Child Advocacy Network | Hotline | Tuesdays/Wednesdays 716-560-0259 Thursday's/Fridays 716-864-3942 | Tuesday-Friday 5 pm to 8 pm | Youth | |
| Family Planning Services | Phone Number | 315-325-2010 | Due to COVID-19, the clinic at 113 East Taft Road in North Syracuse is closed. Patients will be seen at the Slocum Avenue clinic by appointment only, no walk-ins | Family Planning | |
| Huntington Family Centers http://www.huntingtonfamilycenters.org/ | Phone Number | Food Pantry 315-744-5951 Diaper Bank at Syracuse Comm. Connections 315-484-0732 Diaper Bank at Syracuse Northeast Comm. Center 315-472-6343 | Hours Vary | Community Resources & COVID-19 | |
| NYS Department of Health | COVID-19 Hotline | 1-888-364-3065 | 24 hours | General Questions Regarding COVID-19 | |
| OMH Emotional Support Line for COVID-19 | Support Line | 1-844-863-9314 | 24 Hours | COVID-19 | |
| Onondaga County Children and Families Directory | PDF | http://www.ongov.net/cfs/documents/YouthDirectory.pdf | | Resource Directory | |
| Onondaga County Mental Health Resource Directory | PDF | http://www.ongov.net/ocdmh/documents/MentalHealthResourceDirectory2018.pdf | | Resource Directory | |
| Onondaga County Mental Health Services | Phone Number | 315-435-3355 | Monday-Friday 8 am to 4 pm | Mental Health | |
| Senior Nutritional Hotline | Hotline | 315-218-1987 | | Emergency Meals for Those 55+ Years Old | |

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Onondaga

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | |
|--|-------------------------|---|---|---|-----------|
| Senior Shopping Hours | Hours | | Price Chopper 6am to 7am Daily Tops Tuesdays/ Thursdays 6am to 7:30am Target Wednesdays 7am to 8am Dollar General 8am to 9am Daily | Seniors/Nutrition | |
| Syracuse Intergroup Inc. | Phone Number | 315-463-5011 | | Support Groups/AA | |
| Upstate University Hospital | 24-hour Triage Hotline | 315-464-3979 | 24 hours | COVID-19 Health Related Questions | |
| Women, Infant's, Children (WIC) Clinic | Phone Number | 315- 435-3304 | Monday-Friday 8 am to 5 pm | New Clients/Appointments Appointments Done Over the Phone | |
| Food Bank of Central NY | Phone Number Website | (315) 437-1899 https://foodbankcny.org/news/important-covid-19-information-and-resources/ | Closes at 4:30 pm | Nutrition | 4/15/2020 |
| Syracuse Recovery Services | Phone Number | 315-475-1771 | | Outpatient substance abuse services and medication assisted therapy | 4/15/2020 |
| Bills Brigade | Phone Number Website | 315-710-5750 http://www.billsbrigade.org/ | Monday-Friday 9 am to 4 pm | Grocery Delivery/Meal Delivery | 4/17/2020 |
| Meals on Wheels-Syracuse | Phone Number Website | 315-478-5948 http://www.meals.org/ | Monday-Friday 8:30 am to 4 pm | Meal Delivery | 4/17/2020 |
| InstaCart | Website | https://www.instacart.com/ | | Local Grocery Delivery | 4/17/2020 |

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Oswego

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|--|------------------------|---|---|---|---------------|
| 211CNY | Hotline | 211 or 1-844-245-1922 | 24 Hours | Community Information | |
| Crisis Connects | Hotline | 315-251-0800 | 24 Hours | For Mobile Crisis, Crisis Respite Services, Peer/Warm Line, Informational Resources | |
| Family Child Advocacy Network | Hotline | Tuesdays/Wednesdays 716-560-0259 Thursday's/Fridays 716-864-3942 | Tuesday-Friday 5 pm to 8 pm | Youth | |
| NYS Department of Health | COVID-19 Hotline | 1-888-364-3065 | 24 hours | General Questions Regarding COVID-19 | |
| OMH Emotional Support Line for COVID-19 | Support Line | 1-844-863-9314 | 24 Hours | COVID-19 | |
| Oswego County Catholic Charities | Warmline | 315-598-3980 Press 0 Ask for "Warmline" | Monday-Friday 9 am to 2 pm | Emotional Support | |
| Oswego County Catholic Charities | Phone Number | 315-598-3980 | Monday-Friday 9 am to 2 pm | Food Delivery/Pantry | |
| Oswego County COVID-19 Hotline | Hotline | 315-349-3330 | | COVID-19 | |
| Oswego County Health Department | Phone Number | 315-349-3545 | Monday-Friday 8:30 am to 4:00 pm | General Information & COVID-19 | 4/15/2020 |
| Oswego County Opportunities Crisis Hotline | Hotline | 315-342-1600 | 24 Hours | Crisis Situations | |
| Oswego County Resource Directory | PDF | https://www.oswegocounty.com/Residents/2020%20Directory.pdf | | Resource Directory | |
| Oswego County Social Services | Phone Number | 315-963-5000 | | Social Services | |
| Upstate University Hospital | 24-hour Triage Hotline | 315-464-3979 | 24 hours | COVID-19 Health Related Questions | |
| Meals on Wheels-Oswego/Oswego County Opportunities | Phone Number | 315-598-4712 | Monday-Friday 8:30 AM - 4:30 PM Meals delivered: 11 AM and 1 PM | Meal Delivery | 4/17/2020 |
| Walmart-Oswego | Phone Number | 315-342-6210 | Monday-Sunday: 11 am to 7 pm | Grocery Pick Up | 4/17/2020 |

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Oswego

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: | DATE UPDATED: |
|-----------|----------|---|--------------|-------------------------|---------------|
| InstaCart | Website | https://www.instacart.com/ | | Local Grocery Delivery | 4/17/2020 |

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National&State

| PROVIDER | RESOURCE | CONTACT | AVAILABILITY | INFORMATION RELATED TO: |
|---|----------|---|-------------------------------|--------------------------------------|
| 24/7 Helpline for First Responders | Hotline | 1-888-731-3473 | 24 Hours | First Responders |
| Assurance Wireless Program Information | PDF | https://oasas.ny.gov/system/files/documents/2020/03/assurance-wireless-program.pdf | | Valid until May 20th 2020 |
| Crisis Text Line | Hotline | NAMI to 741-741 | 24 Hours | Crisis Situation |
| NAMI Helpline | Hotline | 800-950-NAMI (6264) | 24 Hours | Mental Health |
| National Domestic Violence Hotline | Hotline | 800-799-SAFE (7233) | 24 Hours | Domestic Violence |
| National Sexual Assault Hotline | Hotline | 800-656-HOPE (4673) | 24 Hours | Sexual Assault |
| National Suicide Prevention Lifeline | Hotline | 800-273-TALK (8255) | 24 Hours | Suicide |
| National Veterans Crisis Line | Hotline | 1-800-273-8255; Press 1 | 24 Hours | Veterans |
| NYS Children and Families Crisis Hotline Directory | Website | https://ocfs.ny.gov/main/youth/rhy/hotline-numbers.asp | 24 Hours | Children and Families |
| NYS COVID-19 Updates | Website | https://now.ny.gov/page/s/coronavirus-updates | | COVID-19 |
| NYS Office of Aging Helpline | Hotline | 1-800-342-9871 | Monday-Friday 8 am to 4 pm | Aging Services |
| OASAS Hotline | Hotline | 1-877-8HOPENY | 24 Hours | Alcohol and Substance Use Assistance |
| SAMHSA Disaster Distress Helpline | Hotline | 800-985-5990 | 24 Hours | Disaster Distress |
| SAMHSA Hotline | Hotline | 1800-662-4357 | 24 Hours | Alcohol and Substance Use Assistance |
| The Trevor Project - (National 24-hour, toll free confidential suicide hotline for LGBTQ youth) | Hotline | 866-488-7386 or text START to 678678 | 24 Hours | LGBTQ |

FINGER LAKES REGIONAL PLANNING CONSORTIUM

HELP & SUPPORT RESOURCES

GENERAL RESOURCES – 211 LIFE LINE

| | | | | | |
|----------|-----------------|---------------|------------------------|--------|-----------|
| Food | Housing | Mental Health | Substance Abuse | Health | Utilities |
| Finances | Household Items | Legal | Employment & Education | Family | Military |
| Disaster | Volunteer | | | | |

For the following counties: Monroe, Livingston, Ontario, Seneca, Wayne, Cayuga

211 Life Line: Call 211 on the phone or go to: <https://211lifeline.org/>

For the following counties: Chemung, Schuyler, Steuben, Yates, Allegany

211 Life Line: Call 211 on the phone or go to: <https://www.ihsnet.org/ihs-services/2-1-1-helpline/>

MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline is available 24 hours a day at 1-800-273-8255. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

National Disaster Distress Helpline 1-800-985-5990 or text “TalkWithUs” to 66746. Offers 24/7 emotional support and if you have any medical concerns, you can speak to a trusted healthcare provider.

NY State OMH (Office of Mental Health) Emotional Support Line 1-844-863-9314

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

AFFINITY PLACE WARM LINE SERVICE is 585-563-7470

If you are feeling like you need to talk to someone who understands what you are going through, please call our warm line. We are here to help. The Affinity Place Warm Line service is staffed by Peer Support Specialists who understand that at times, it can be easier to talk to individuals who have had similar experiences. The warm line, which is operated 24 hours per day and 7 days per week, is 585-563-7470. Call us today.

CELL PHONE RESOURCES

[Assurance Wireless Program – How Medicaid Clients Can Get Cell Phones and More Minutes](#)

[FCC'S Lifeline - Affordable Communication Program](#)

FINGER LAKES REGION - COUNTY WEBSITE RESOURCES

Chemung County: <https://chemung.ny.networkofcare.org/mh/content.aspx?cid=9136>

(607) 737-5501

Chemung County Crisis Line 607-442-6900

Crisis Text Line: Text HOME to 74171

Livingston County: <https://www.livingstoncounty.us/152/Mental-Health-Community-Services>

585-243-7250

[Livingston County News Support Map](#)

Monroe County: <https://www2.monroecounty.gov/mh-index.php>

585-243-7250

[Monroe County Emergency-Crisis Services](#)

Ontario County: <https://www.co.ontario.ny.us/99/Mental-Health>

(585) 396-4363

Crisis Text Line: Text HOME to 741741

Schuyler County: <https://www.schuylercounty.us/149/Mental-Health-Services>

(607) 535-8282

Suicide Prevention Lifeline 1-800-279-TALK (8255)

Seneca County: <https://www.co.seneca.ny.us/gov/community/mental/>

(315) 539-1980

[Mental Health Toolkit – Being at Home During COVID-19](#)

Steuben County: <https://www.steubencony.org/pages.asp?PGID=30>

(607) 324-2483

[Wellness Matters Newsletter](#)

Wayne County: <https://web.co.wayne.ny.us/index.php/wbhn/>

(315) 946-5722

[Mental Health Resources During an Emergency](#)

Yates County: <https://www.yatescounty.org/156/Community-Services>

(315) 536-5135

[Yates County Resource List](#)

Mental Health Association (MHA) of Rochester Website Resource

<https://www.mharochester.org/covid-19-coronavirus-resources-for-our-community/>

For clients with smart phones or PC's, MHA recommends these apps:

Calm – Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts.

What's Up? – A free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds.

Calm Harm – Calm Harm provides tasks to help you resist or manage the urge to self-harm. Get started by setting your password so that it's completely private. You can personalize it if you wish, by choosing the background color theme and deciding on whether you would like some company using a variety of friendly characters. The app then provides you with four categories of tasks to help you surf the urge. 'Distract' helps in learning self-control; 'Comfort' helps you care rather than harm; 'Express yourself' gets those feelings out in a different way and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control. You can do the activities for either blocks of five minutes or fifteen minutes with a countdown for each minute. You will be able to track your progress and notice change.

Self-Help for Anxiety Management (SAM) – SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists, and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.

MindShift – Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Breathe – Slow down, take a deep breath...how are you feeling, what are you thinking? Check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel. This calming meditation app experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs. Mindfulness & meditation is the practice, Stop, Breathe & Think is the process.

Not OK – The notOK App™ takes the guesswork out of asking for help when you're feeling vulnerable. We'll notify your trusted contacts that they've been selected as your support group, so when the time comes and you need to reach out, you'll just have to open the app and press the large, red notOK App™ button.

MoodTools – If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate our negative moods, aiding you on your road to recovery.

LI.LIST.CRISIS-SUPPORT - Long Island
Nassau

| PROVIDER | RESOURCE | CONTACT |
|---|---------------------------------|--|
| Mobile Crisis | 24hr Hotline | (516) 227- TALK (8255) |
| Long Island Crisis Center | 24hr Crisis Hotline | (516) 679-1111 |
| NYS OMH Crisis Text Line | 24 hr Crisis Text Line | Text "GOT5" to 741741 |
| NYS OMH Crisis Hotline | 24hr Hotline | (800) 273-TALK (8255) |
| NYS Emotiinal Support HelpLine | Hotline (7 days/wk 8am - 10 pm) | (844) 863-9314 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| United Way | 24hr Resource Hotline | 211 |
| NYS HOPEline - Substance Abuse Hotline | 24hr Hotline | (877) 846-7369 |
| Sagamore Children's Crisis Respite House and Crisis Respite Bed Network | Crisis Bed Program - Children | (631) 370-1701 |
| Nassau County Crisis Respite Bed Program | Crisis Bed Program - Children | (516) 489-2322 |
| Adult Mental Health Crisis Respite Program - Melillo Center | Crisis Bed Program - Adult | (516) 676-2388 |
| Adult Mental Health Crisis Respite Program - Central Nassau Guidance | Crisis Bed Program - Adult | (516) 822-6111 |
| Adult Mental Health Crisis Respite Program - Turquoise House at MHA | Crisis Bed Program - Adult | (516) 489 0100 ext. 3 |
| Domestic Violence, Sexual Assault Hotline | 24hr Hotline | (516) 542-0404 |
| LICADD Substance Abuse Hotline | 24hr Hotline | (631) 979-1700 |
| Zucker Hillside Hospital Behavioral Health Crisis Center | Crisis Center | (718) 470-8100 |
| Cohen Children's Pediatric Behavioral Health Urgent Care | Walk-In Urgent Care | (917) 480-4495 |
| Immigrant Support Services - FCA | Hotline (Mon-Sat 8 am - 7 pm) | (516) 546-0357 |
| Veteran's Crisis Line | Crisis Hotline | (800) 273-8255, Press 1 or Text 838255 |
| THRIVE Nassau | Recovery and Outreach Center | (516)765-7600 |

LI.LIST.CRISIS-SUPPORT - Long Island
Suffolk

| PROVIDER | RESOURCE | CONTACT |
|---|---|--|
| Response Crisis Center | 24hr Crisis Hotline | (631) 751-7500 |
| Response Crisis Center - Spanish speaking families | 24hr Crisis Hotline | (631) 751-7423 |
| DASH Crisis Care Center - Family Service League | 24hr hotline/crisis center | (631) 952-3333 |
| Children's Mobile Crisis Team | 24hr Crisis Hotline - Children (under 18) | (631) 370-1701 |
| NYS OMH Crisis Text Line | 24hr Crisis Text Line | Text "GOT5" to 741741 |
| NYS OMH Crisis Hotline | 24hr Hotline | (800) 273-TALK (8255) |
| NYS Emotional Support HelpLine | Hotline (7 days/wk 8am - 10 pm) | (844) 863-9314 |
| Long Island Crisis Center | 24hr Crisis Hotline | (516) 679-1111 |
| LICADD Substance Abuse Hotline | 24hr Crisis Hotline | (631) 979-1700 |
| Domestic Violence, Sexual Assault Hotline | 24hr Hotline | (631) 360-3606 |
| Sagamore Children's Crisis Respite House and Crisis Respite Bed Network | Crisis Bed Program - Children | (631) 370-1701 |
| National Alliance on Mental Illness | 24hr Support Hotline | Text "NAMI" to 741741 or call 1-800-950-6264 |
| United Way | 24hr Resource Hotline | 211 |
| NYS HOPEline - Substance Abuse Hotline | 24hr Hotline | (877) 846-7369 |
| Immigrant Support Services - FCA | Hotline (Mon-Sat 8 am - 7 pm) | (516) 546-0357 |
| Talbot House 24 hr Residential Stabilization Center | Crisis Stabilization Center | (631) 589-4144 |
| Veteran's Crisis Line | Crisis Hotline | (800) 273-8255, Press 1 or Text 838255 |
| MHAW Mental Health Helpline | Helpline | (631) 471-7242 |
| THRIVE Suffolk | Recovery and Outreach Center | (631) 822-3396 |

LI.LIST.CRISIS-SUPPORT - Long Island
NATIONAL

| PROVIDER | RESOURCE | CONTACT |
|---|----------------------|----------------------------------|
| National Suicide Prevention Lifeline | 24/7 Hotline | 1-800-273-8255 |
| National Suicide Prevention Lifeline - Spanish | 24/7 Hotline | 1-888-628-9454 |
| Crisis Text Line | Text Line | Text "NAMI" or "HELLO" to 741741 |
| National Domestic Violence Hotline | 24/7 Hotline | 1-800-799-7233 |
| National Hopeline | 24/7 Hotline | 1-800-273-8255 |
| LGBT National Hotline | 24/7 Hotline | 1-888-843-4564 |
| Trevor Project Hotline | 24/7 Hotline - LGBTQ | 1-866-488-7386 |
| Self Injury Foundation Helpline | 24/7 Hotline | 1-800-334-4357 |
| Rape, Abuse and Incest National Network (RAINN) | 24/7 Hotline | 1-800-656-4673 |
| SAMHSA Disaster Distress Helpline | 24/7 Hotline | 1-800-985-5990 |



Mid Hudson RPC COVID 19 Resources

OASAS: FAQs

https://www.fcc.gov/covid-19-telehealth-program?mkt_tok=eyJpIjoiTm9kbE56VTVPR1UyT0dRMClInQioiJBRVRFdjg4SEFPRHhZTm1kSnVvVUFWU3BPVnltY1lpRVc2UFBzbn8xRTVXQWtvTzhnQ0Z1TGpYV2FYSGFNRkt4Z3hoUDRuQmtsS0E1STNKamFXZmxxQkxlaFdWWGhiWVNqRzZJNHB5U0o5NEVNcm4zN2JkSVMxSnhvUFhldEhtUyJ9

OMH: FAQs

<https://omh.ny.gov/omhweb/guidance/>

NATIONAL HOTLINES & Resources:

Natl. Domestic Violence Hotline – (800) 799-7233
Natl. Suicide Prevention Hotline – (800) 273-8255
Natl. Veterans Crisis Line - (800) 273-8255 (#1)
Alcohol & Substance Use Assistance- (800) 846-7369
AA Online - <https://www.aa-intergroup.org/>
NAMI – MH Hotline - 800-950-6264

NYS:

Emotional Support Hotline - (844) 863-9314 (8am-10pm)

Regional Resources:

Four Winds - Adolescent ½ day partial – (914) 763-8151 x2009
MHA Putnam – Support Groups for Youth – www.mhaputnam.org
MHA Putnam – First Responders peer-peer support (845) 745-0088
Peer Support Groups – People USA - people-usa.org
Putnam Hospital Center -845-279-5711 (24 Hour Walk-in Crisis Intervention at E.R.)

County Hotlines:

Dutchess County – (845) 485-9700.

Orange County – 311 **OR** From out of County 1-800-832-1200

Putnam County - 845 225-1222 OR 211

Rockland County – (845) 517-0400

Sullivan County – (845) 807-0925

Ulster County - (844)-277-4820

Westchester County – (914) 995-1900

MV CRISIS AND SUPPORT 4.20

Fulton

| <u>Provider</u> | <u>Resource</u> | <u>Contact</u> |
|---|----------------------------------|------------------------|
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| The Family Counseling Center | Non Crisis Warm Line | (518) 725-4310 ext 333 |
| St Mary's Hospital | Hotline | 518-842-9111 |
| HFM Prevention Council | 24 Peer Support | 518-705-4627 |
| Fulmont Community Action Agency | Community Services Assistance | 518-853-3011 |
| Catholic Charities of Fulton Montgomery | Domestic Violence Hotline | 518-842-3384 |
| Catholic Charities of Fulton Montgomery | Food pantry/Emergency Assistance | 518-842-4202 |
| Rob Constantine Recovery | 24 hour peer support hotline | (518) 705-4627 |

MV CRISIS AND SUPPORT 4.20

Herkimer

| <u>Provider</u> | <u>Resource</u> | <u>Contact</u> |
|--|---------------------------|-----------------------|
| Domestic Violence Program of Herkimer County | 24 Hour Hotline | (315)-866-0458 |
| CCHC Compassionate Connections Project | warm line | (315)894-9917 ext 237 |
| Dolegevill Food Pantry | Food Pantry | 315-429-3310 |
| Frankfort/Ilion Food Pantry | Food Pantry | 315-894-9917 |
| Kuyahoorra Valley Food Pantry | Food Pantry | 315-845-3663 |
| Little Falls Food Pantry | Food Pantry | 315-823-1793 |
| Richfield Springs Food Pantry | Food Pantry | 315-858-1553 |
| Salvation Army | Food Pantry | 315-866-1240 |
| St. Bartholomew's Food Pantry | Food Pantry | 315-369-3554 |
| West Winfield Food Pantry | Food Pantry | 315-822-6321 |
| Van Hornesville Food Pantry | Food Pantry | 315-219-3942 |
| RISE Herkimer | Virtual Recovery Meetings | 315-219-5393 |
| 315-574-7653 | 315-574-7654 | 315-574-7655 |
| MCAT Crisis Line | 24 hour hotline | 1-844-732-MCAT (6228) |
| Herkimer County Mental Health | Crisis calls M-F 8am-4pm | 315-867-1465 |
| Beacon Centers | Addiction Services | 315-366-4100 |

MV CRISIS AND SUPPORT 4.20
Montgomery

| <u>Provider</u> | <u>Resource</u> | <u>Contact</u> |
|---------------------------------|----------------------------------|------------------------|
| CDPHP | 24hr Assistance/Crisis Hotline | 1-888-320-9584 |
| St Mary's Hospital | Hotline | 518-842-9111 |
| Family Counseling Center | Non-Crisis Warm Line | (518) 725-4310 ext 333 |
| Fulmont Community Action Agency | Community Services Assistance | 518-853-3011 |
| CCFM | Domestic Violence Hotline | 518-842-3384 |
| CCFM | Food pantry/Emergency Assistance | 518-842-4202 |

MV CRISIS AND SUPPORT 4.20

Otsego

| <u>Provider</u> | <u>Resource</u> | <u>Contact</u> |
|--|------------------------|----------------------|
| Regional Warm Line | Warm Line- 4:30pm-10pm | (607) 433-0661 |
| Regional Warm Line | Warm Line- 4:30pm-10pm | 1-800-377-3281 |
| MCAT Crisis Line | 24 crisis hotline | 1-844-732-MCAT(6228) |
| Friends of Recovery Delaware & Otsego Counties | Telecoaching | (607) 267- 4435 |

MV CRISIS AND SUPPORT 4.20

Schoharie

| <u>Provider</u> | <u>Resource</u> | <u>Contact</u> |
|-------------------------|------------------------|-----------------------|
| Regional Warm Line | Warm Line- 4:30pm-10pm | (607) 433-0661 |
| Regional Warm Line | Warm Line- 4:30pm-10pm | 1-800-377-3281 |
| MCAT Crisis | 24 hours hotline | 1-844-732-MCAT(6228) |
| Family Resource Network | FPA/YPA | (607) 432- 0001 |

MV CRISIS AND SUPPORT 4.20
National & Statewide

| <u>Provider</u> | <u>Resource</u> | <u>Contact</u> |
|------------------------|------------------------|--|
| SAMSHA | Text Support | Text TalkWithUs to 66746 |
| Headspace | Online Support | www.headspace.com/ny |
| NYS OMH | COVID HELPLINE | 1-844-863-9314 |
| NYS Domestic Violence | HOTLINE | 1-800-942-6906 |
| NYS Child Abuse | HOTLINE | 1-800-342-3720 |
| Emergency Ass for SNAP | Online Support | otda.ny.gov/SNAP-COVID-19 |
| CHAMP-OASAS | Ombudsman office | 1-888-614-5400 |
| General Resource | Life Line | 211 |

North Country REGIONAL PLANNING CONSORTIUM

HELP & SUPPORT RESOURCES

General Resources – 2-1-1 Life Line

| | | | | | |
|-----------|---------|-----------------|-----------------|----------|-----------|
| Food | Housing | Mental Health | Substance Abuse | Health | Utilities |
| Finances | Legal | Family | Military | Disaster | |
| Volunteer | | Household Items | | | |

For the following counties: Hamilton, Warren, Washington

United Way 2-1-1 Northeast Region: Call 2-1-1 on the phone or go to: <https://211neny.org>

For the following counties: Clinton, Essex, Franklin

2-1-1 Life Line Adirondack Region: Call 2-1-1 on the phone or go to: <https://211ADK.org>

ADK Wellness Connections <https://adkwellnessconnections.org>

A FREE referral network sponsored by Adirondack Health Institute that helps connect you to a wide range of resources in your area to improve your health and well-being. If you or someone you provide care for needs resources and you're unsure where to go, let ADK Wellness Connections help connect you to local community, social and health care resources. There is no cost for this service. A request can be submitted to your local Coordination Center and then staff will work to connect you to a service provider near you.

MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline is available 24 hours a day at 1-800-273-8255. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

National Disaster Distress Helpline is 1-800-985-5990 or text "TalkWithUs" to 66746. Offers 24/7 emotional support and if you have any medical concerns, you can speak to a trusted healthcare provider.

NY State OMH (Office of Mental Health) Emotional Support Line 1-844-863-9314

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

North Country Region - COUNTY WEBSITE RESOURCES

Clinton County: <https://www.clintoncountygov.com/>

BHSN 24hr Mobile Crisis Hotline 866-PREVENT / 866-577-3836

Essex County: <https://www.co.essex.ny.us/wp/>

Mental Health Association in Essex County 1-800-440-8074

Essex County Crisis/Distress Line 24/7 1-888-854-3773

Mental Health Association of Essex – Self-care Tools <http://www.mhainessex.com/self-care-tools/>

Franklin County: <https://countyfranklin.digitaltowpath.org:10078/content>

Franklin County - North 24hr Crisis 518-483-3261

Franklin County - South 24hr Crisis 518-891-5535

Behavioral Health Services are available 518-521-5818

Office for the Aging is delivering meals to any Franklin County resident 60 years of age or older. Please contact OFA at 518-481-1526

Department of Social Services and is able to assist with temporary assistance, financial aid or other unmet needs. To speak with a case worker please call 518-481-1894 or 518-481-1806

Hamilton County:

Hamilton County Mental Health 24hr Crisis 1-800-533-8443

Hamilton County Non-crisis "Warm Line"
7 days a week from 7pm to 10pm 1-888-853-9995

Warren/Washington County:

WWAMH COVID19 Emotional Support OMH 1-844-863-9314

WWAMH Crisis Text Line Text: Got5 to 741-741

GFH COVID19 Help Line 518-926-4357

Emergency Food Pantry Income Eligible; By appt only 518-409-5199

Emergency Services One time payments for utility
shut-offs or evictions 518-409-5199

Last updated: 4/20/2020

ST.LIST.CRISIS-SUPPORT

Broome

| PROVIDER | RESOURCE | CONTACT |
|---|--|---|
| United Health Services - Comprehensive Psychiatric Emergency Program (CPEP) | 24/7 Crisis Hotline | 607-762-2302 or 1-800-451-0560 |
| Mental Health Association of the Southern Tier | Crisis Intervention | 607-766-1369 |
| Mental Health Association of the Southern Tier | 24/7 Short-term Peer-run Crisis Respite House | 607-771-8888 ext 350 |
| Southern Tier Mobile Integration Team | Crisis Intervention | 1-844-435-7648 |
| United Health Services - New Horizons | 24/7 Alcohol and Drug Crisis Hotline | 607-762-2257 |
| Helio Health - Binghamton Evaluation Center | 24/7 Inpatient Withdrawal & Stabilization and Inpatient Rehabilitation | 607-296-3079 |
| Mental Health Association of the Southern Tier | 24/7 Peer-run Warmline | 607-240-7291 |
| Rehabilitation Support Services | Peer Warmline Sat. & Sun. 4p-9p | 607-687-1314 or 1-844-976-5463 |
| Binghamton Veteran's Center | Support Line M-F 9AM to 5:30PM | 607-722-2392 or 1-866-716-8213 |
| Clear Path for Vets | Support Line | 315-687-3300 |
| BC Safe Line | Drug and Alcohol Treatment Resources | 607-778-6119 |
| Office of Mental Health- Customer Relations | NYS Mental Health Services | 1-800-597-8481 |
| Office of Addiction Services and Supports | 24hr Support Line | 1-877-846-7369 or Text "HOPENY" to 467369 |
| United Way | 24hr Resource Hotline | 211 or 1-800-901-2180 |

ST.LIST.CRISIS-SUPPORT
Chenango

| PROVIDER | RESOURCE | CONTACT |
|--|--|---|
| The Neighborhood Center, Inc - Mobile Crisis Assesment Team (MCAT) | 24 hr Crisis Intervention | 1-877-369-6699 or 1-844-732-6228 |
| Southern Tier Mobile Integration Team | 24 hr Crisis Intervention | 1-844-435-7648 |
| Rehabilitation Support Services | Peer Warmline Sat. & Sun. 4p-9p | 607-687-1314 or 1-844-976-5463 |
| Helio Health - Binghamton Evaluation Center | 24/7 Inpatient Withdrawal & Stabilization and Inpatient Rehabilitation | 607-296-3079 |
| Help Restore Hope Hotline | 24hr Domestic Violence Crisis Line | 1-855-966-9723 |
| Chenango County Catholic Cahrities 24-Hour Crime Victims Hotline | 24hr Hotline for victims of crime | 607-336-1101 |
| Cortland Chenango Rural Services | Hotline for free food/clothing | 607-863-3828 |
| Department of Social Services | Emergency Homeless Services | 607-337-1500 |
| Opportunities for Chenango | Homlessnes | 607-334-7114 |
| Office of Mental Health- Customer Relations | NYS Mental Health Services | 1-800-597-8481 |
| Office of Addiction Services and Supports | 24hr Support Line | 1-877-846-7369 or Text "HOPENY" to 467369 |
| United Way | 24hr Resource Hotline | 211 or 1-800-901-2180 |

ST.LIST.CRISIS-SUPPORT
Delaware

| PROVIDER | RESOURCE | CONTACT |
|---|--|---|
| The Neighborhood Center, Inc - Mobile Crisis Assessment Team (MCAT) | 24 hr Crisis Intervention | 1-844-732-6228 |
| Southern Tier Mobile Integration Team | 24 hr Crisis Intervention | 1-844-435-7648 |
| Rehabilitation Support Services | Peer Warmline Sat. & Sun. 4p-9p | 607-687-1314 or 1-844-976-5463 |
| Helio Health - Binghamton Evaluation Center | 24/7 Inpatient Withdrawal & Stabilization and Inpatient Rehabilitation | 607-296-3079 |
| Office of Mental Health- Customer Relations | NYS Mental Health Services | 1-800-597-8481 |
| Office of Addiction Services and Supports | 24hr Support Line | 1-877-846-7369 or Text "HOPENY" to 467369 |
| United Way | 24hr Resource Hotline | 211 or 1-800-901-2180 |

ST.LIST.CRISIS-SUPPORT

Tioga

| PROVIDER | RESOURCE | CONTACT |
|---|---|---|
| Tioga County Department of Mental Hygiene | 24/7 Hotline | M-F 9am-5pm: 607-687-4000; All other times: 607-687-1010 |
| Southern Tier Mobile Integration Team | 24 hr Crisis Intervention | 1-844-435-7648 |
| Rehabilitation Support Services | Peer Warmline Sat. & Sun. 4p-9p | 607-687-1314 or 1-844-976-5463 |
| Helio Health - Binghamton Evaluation Center | 24/7 Inpatient Withdrawal & Stabilization and | 607-296-3079 |
| Office of Mental Health- Customer Relations | NYS Mental Health Services | 1-800-597-8481 |
| Office of Addiction Services and Supports | 24hr Support Line | 1-877-846-7369 or Text "HOPENY" to 467369 |
| United Way | 24hr Resource Hotline | 211 or 1-800-901-2180 |

ST.LIST.CRISIS-SUPPORT
Tompkins

| PROVIDER | RESOURCE | CONTACT |
|--|--|---|
| Suicide Prevention and Crisis Services of Ithaca | 24/7 Hotline | 607-272-1616 or 800-273-8255 |
| Southern Tier Mobile Integration Team | 24 hr Crisis Intervention | 1-844-435-7648 |
| Rehabilitation Support Services | Peer Warmlines Sat. & Sun. 4p-9p | 607-687-1314 or 1-844-976-5463 |
| Helio Health - Binghamton Evaluation Center | 24/7 Inpatient Withdrawal & Stabilization and Inpatient Rehabilitation | 607-296-3079 |
| Office of Mental Health- Customer Relations | NYS Mental Health Services | 1-800-597-8481 |
| Office of Addiction Services and Supports | 24hr Support Line | 1-877-846-7369 or Text "HOPENY" to 467369 |
| United Way | 24hr Resource Hotline | 211 or 1-800-901-2180 |

ST.LIST.CRISIS-SUPPORT
NATIONAL

| PROVIDER | RESOURCE | CONTACT |
|--------------------------------------|----------------------------|--|
| National Suicide Prevention Lifeline | 24/7 Hotline | 1-800-273-TALK (8255) |
| National Alliance on Mental Illness | 24/7 Textline | Text "NAMI" or "HELLO" or "GOT5" to 741741 |
| National Alliance on Mental Illness | Helpline - M-F 10am to 6pm | 1-800-950-NAMI (6264) |

TUG HILL RESOURCES

Jefferson County:

Jefferson County Public Health: [Click Here](#)

Samaritan Medical Center: [Click Here](#)

Carthage Area Hospital: [Click Here](#)

River Hospital: [Click Here](#)

North Country Family Health Center: [Click Here](#)

Jefferson County Social Services: [Click Here](#)

Community Clinic of Jefferson County: [Click Here](#)

Transitional Living Services of NNY: [Click Here](#)

CREDO Community Center: [Click Here](#)

Northern Regional Center for Independent Living: [Click Here](#)

ARC of Jefferson and St. Lawrence: [Click Here](#)

Mobile Integration Team: [Click Here](#)

Crisis Response: [Click Here](#)

Lewis County:

Lewis County Public Health: [Click Here](#)

Lewis County General Hospital: [Click Here](#)

Transitional Living Services of NNY: [Click Here](#)

Northern Regional Center for Independent Living: [Click Here](#)

Transitional Living Services of NNY: [Click Here](#)

CREDO Community Center: [Click Here](#)

Lewis County Social Services: [Click Here](#)

Mobile Integration Team: [Click Here](#)

St. Lawrence County:

St. Lawrence County Public Health: [Click Here](#)

Transitional Living Services of NNY: [Click Here](#)

ARC of Jefferson and St. Lawrence: [Click Here](#)

St. Lawrence Social Services: [Click Here](#)

S.T.E.P. by S.T.E.P. : [Click Here](#)

United Helpers: [Click Here](#)

St. Lawrence Health System: [Click Here](#)

Claxton-Hepburn Medical Center: [Click Here](#)

Community Health Center of the North Country: [Click Here](#)

Northern Regional Center for Independent Living: [Click Here](#)

St. Lawrence CRISIS Line: [Click Here](#)

Mobile Integration Team: [Click Here](#)

St. Lawrence Psychiatric Center: [Click Here](#)

WNY CRISIS SUPPORT LIST
ALLEGANY

| PROVIDER | RESOURCE | CONTACT |
|-----------------------------|---------------------------------------|--|
| Allegany County Crisis Line | 24 Hour Crisis Hotline | 888-448-3367 |
| Crisis Services Hotline | 24 hour Crisis Hotline (Teen Hotline) | Teen Hotline: 1-888-44-TEENS 1-888-448-3367 |
| OMH | Emotional Support Line | 1-844-863-9314 |
| Clarity Wellness Community | 24 Hour Hotline | (888) 448-3367 |

WNY CRISIS SUPPORT LIST
CATTARAUGUS

| PROVIDER | RESOURCE | CONTACT |
|---------------------------|---------------------------------------|--|
| Crisis Text Line | 24 Hour Service | Text HELLO to 741741 |
| Health Department | 24 Hour Crisis Service | 716-373-8050 1-800-251-2584 |
| OGH | 24 Hour Crisis Hotline | 1-800-339-5209 |
| Olean General Hospital | Crisis Hotline | 800-339-5209 |
| Eagles Nest Respite | 24 Hour Service | 844-421-1114 or 716-241-4605 |
| Housing Options Made Easy | 24 Hour Peer Support Warmline | 844-749-3848 or 716-749-3848 844-421-1114 or 716-241-4605 |
| Housing Options Made Easy | 24 Hour Peer Support Texting Line | 716-392-2221 or 716-392-0252 |
| Housing Options Made Easy | 24 Hour Virtual Peer Support Warmline | 833-361-6130 |
| Housing Options Made Easy | 24 Hour Virtual Warmline | 1-844-241-1114 |

WNY CRISIS SUPPORT LIST
CHAUTAUQUA

| PROVIDER | RESOURCE | CONTACT |
|---|---------------------------------------|--|
| Crisis Services | 24 hour Crisis Hotline | 716-834-3131 |
| Chautauqua County Suicide Prevention and Crisis Hotline | 24 hour Crisis Hotline | 1-800-724-0461 |
| Olean General Hospital | Crisis Hotline | 800-339-5209 |
| Eagles Nest Respite | 24 Hour Service | 844-421-1114 or 716-241-4605 |
| Housing Options Made Easy | 24 Hour Peer Support Warmline | 844-749-3848 or 716-749-3848 844-421-1114 or 716-241-4605 |
| Housing Options Made Easy | 24 Hour Peer Support Texting Line | 716-392-2221 or 716-392-0252 |
| Housing Options Made Easy | 24 Hour Virtual Peer Support Warmline | 833-361-6130 |

WNY CRISIS SUPPORT LIST

ERIE

| PROVIDER | RESOURCE | CONTACT |
|---|---|---|
| Spectrum Health Services | 24 Hour Crisis Line | 716-710-5172 |
| Spectrum Crisis and Re-Stabilization Emergency Services (CARES) | 24/7 telephone and mobile crisis support to youth and under 18 years old and families | 716-882-4357 |
| Housing Options Made Easy | 24 Hour Peer Support Warmline | 844-749-3848 or 716-749-3848 844-421-1114 or 716-241-4605 |
| Housing Options Made Easy | 24 Hour Peer Support Texting Line | 716-392-2221 or 716-392-0252 |
| Housing Options Made Easy | 24 Hour Virtual Peer Support Warmline | 833-361-6130 |
| Refreshing Waters Respite | 24 Hour Crisis Line | 844-588-8427 or 716-248-2886 |
| The Renewal Center | Open 7 Days/ Week | 716-245-4200 |
| BestSelf Behavioral Health | Recovery Community | Facebook: https://www.facebook.com/BestSelfRecoveryCommunity/ BestSelf page: https://www.bestselfwny.org/recovery-community-news/ |
| Horizon Health Services | 24 hour Addiction Hotline | (716) 831-7007 |
| Crisis Services Hotline | 24 hour Crisis Hotline | (716) 834-3131 |
| Restoration Society Inc. | ACE Employment | (716) 832-2141 |
| Kids' Helpline - Crisis Services | 24 hour Crisis Hotline (Kids Hotline: young people aged 5-25 years) | 716-834-1144 / 1-877-KIDS-400 |

WNY CRISIS SUPPORT LIST
NIAGARA

| PROVIDER | RESOURCE | CONTACT |
|---|--------------------------------|--|
| Niagara County Crisis Services | 24 hour Crisis Hotline | (716) 285-3515 |
| Niagara County Department of Mental Health & Substance Abuse Services | 24 hour Crisis Hotline | Niagara Falls Clinic (716) 278-1940 Lockport Clinic (716) 439-7400 |
| Horizon Health Services | 24 hour Crisis Hotline | (716) 285-3515 |
| Mental Health Association in Niagara County | 24 hour Warm Line/Peer Support | (716) 433-5432 |

WNY CRISIS SUPPORT LIST
GENESEE

| PROVIDER | RESOURCE | CONTACT |
|---|------------------------|---------------------------------------|
| Genesee County Care and Crisis Helpline | 24 Hour Crisis Hotline | 585-283-5200 |
| Horizon Health Services | 24 hour Crisis Hotline | (585) 283-5200 or text HOME to 741741 |
| Restoration Society Inc. | Bridge | 585-343-9162 |
| Restoration Society Inc. | OISES- Genesee | 585-343-9162 |
| Restoration Society Inc. | ACE Employment | 585-343-9162 |

WNY CRISIS SUPPORT LIST
ORLEANS

| PROVIDER | RESOURCE | CONTACT |
|--------------------------|------------------------|---------------------|
| Care and Crisis Helpline | 24 Hour Crisis Hotline | 585-283-5200 |
| Restoration Society Inc. | Bridge | 716-884- 5216 x 409 |
| Restoration Society Inc. | OISES- Genesee | 716-832- 2141 |
| Restoration Society Inc. | ACE Employment | 716-832- 2141 |
| Crisis Text Line | | "HELLO" to 741741 |

WNY CRISIS SUPPORT LIST
WYOMING

| PROVIDER | RESOURCE | CONTACT |
|--|--------------------------|----------------|
| Clarity Wellness Community | 24 Hour Hotline | (800) 724-8583 |
| Wyoming County Crisis Line | 24 Hour Hotline | 585- 283-5200 |
| Spectrum Health and Human Services Spectrum | Crisis Line | (585) 786-0220 |
| Spectrum Health and Human Services | Text Line 7pm-10pm daily | (585) 543 1015 |

WNY CRISIS SUPPORT LIST
NATIONAL

| PROVIDER | RESOURCE | CONTACT |
|--------------------------------------|-----------------|---------------------------------------|
| National Suicide Prevention Lifeline | 24 Hour Hotline | 1-800-273-8255 |
| Crisis Text Line | 24 Hour Hotline | Text "HOME" to 741741 |
| Veterans Crisis Line | 24 Hour Hotline | 1-800-273-8255 Press 1 or Text 838255 |
| NYS OASAS HOPELINE | 24 Hour Hotline | 877-846-7369 |
| NYS Crisis Text Line | 24 Hour Hotline | Text "GOT5" to 741741 |