



MENTAL HEALTH SUPPORT AND CRISIS SERVICES ²⁰²³ TOMPKINS COUNTY, NY

Suicide Prevention

988 Suicide & Crisis Lifeline Dial or text 988 (Dial 911 if imminent danger)

Free and confidential support for people in distress

Suicide Prevention & Crisis Service (607) 272-1616

Ithaca area's local crisisline and resource for community education

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

Cayuga Medical Center (607) 274-4011

Emergency Department and inpatient Behavioral Services

Guthrie Cortland Medical Center (607) 756-3500

Emergency Department and inpatient Behavioral Services

**"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; integrated care for mental health and substance use disorders

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

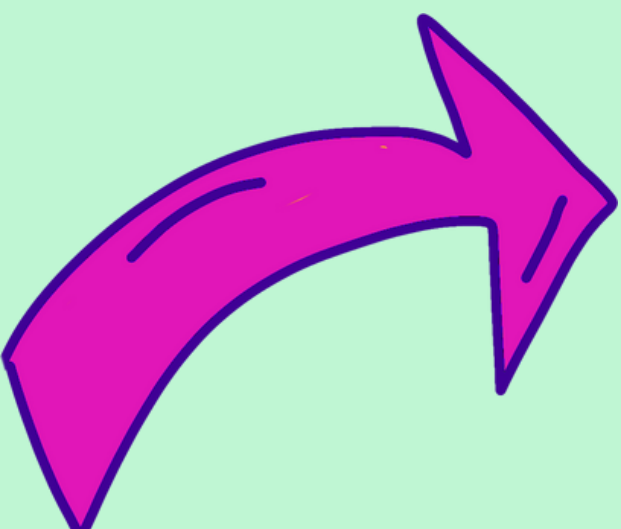
Counseling and Psychological Services (607) 255-5155

Ithaca College

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

Tompkins Cortland Community College

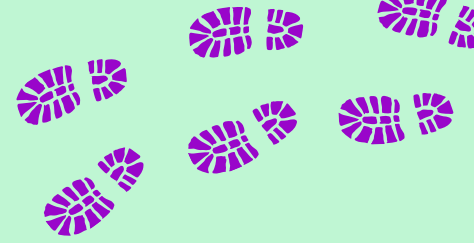
Health and Wellness Services (607) 844-8222 x4487



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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 tele-health treatment and rehabilitation services

The Reach Project (607) 273-7000
*Harm reduction medical practice with
addiction and other 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 Find a Medical Provider (607) 274-4615
Directory of physicians

Guthrie Find a Medical Provider (866) 488-4743
Directory of physicians

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

