



My Mental Health Resources

(Tompkins County)

Get Help Now

National Suicide Prevention Lifeline 988 or (800) 273-8255
Crisis Text Line text HOME to 741-741
Veterans Crisis Line (800) 273-8255 and press 1 or text 838-255
The Trevor Project (866) 488-7386 or text START to 678-678
(LGBTQ Youth)
Tompkins County Mobile Crisis Team (607) 272-1616 or 911



Psychotherapy

Tompkins County Mental Health Services (607) 274-6200
Family & Children's Service of Ithaca (607) 273-7494
Mindwell Center (607) 260-3100
Talkspace (online) www.talkspace.com

For College Students

Cornell University
Counseling and Psychological Services (607) 255-5155
Ithaca College
Center for Counseling and Psychiatric Services (607) 274-3136
Tompkins Cortland Community College
Health and Wellness Services (607) 844-8222 x4487



Support

Mental Health Association in Tompkins County (607) 273-9250
In-person and online support groups
Peer Warm Line (non-crisis support) (607) 277-7337
National Alliance on Mental Illness—Finger Lakes (607) 288-2460



Addiction Recovery

Alcohol & Drug Council of Tompkins County (607) 274-6288
Cayuga Addiction Recovery Services (607) 273-5500

Sexual Assault and Domestic Violence

Advocacy Center of Tompkins County (607) 277-3203
Hotline (607) 277-5000
National Sexual Assault Telephone Hotline (800) 656-4673



The Sophie Fund

www.thesophiefund.org



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