



Compiled by  
**The Sophie Fund**  
www.thesophiefund.org

# MENTAL HEALTH SUPPORT AND CRISIS SERVICES 2026 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*

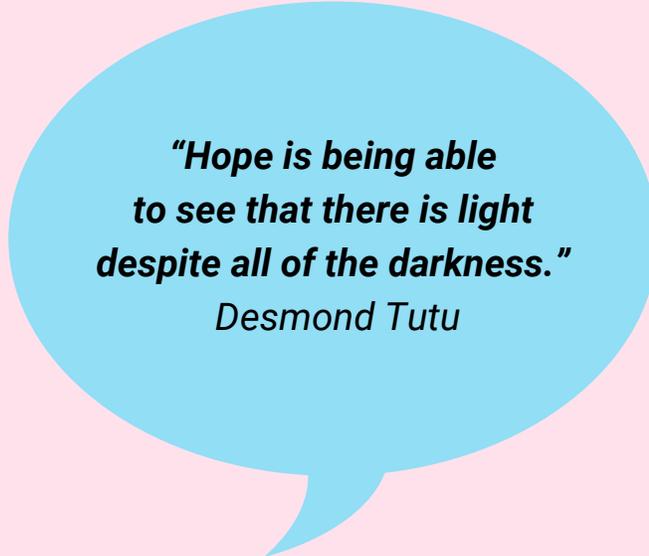
Suicide Prevention & Crisis Service (607) 272-1616  
*Ithaca area's local crisisline and resource for community education*  
Warm Line (607) 210-8328  
LGBTQ+ Peer Support Line (607) 276-1771

Veterans Crisis Line Dial 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*

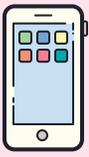
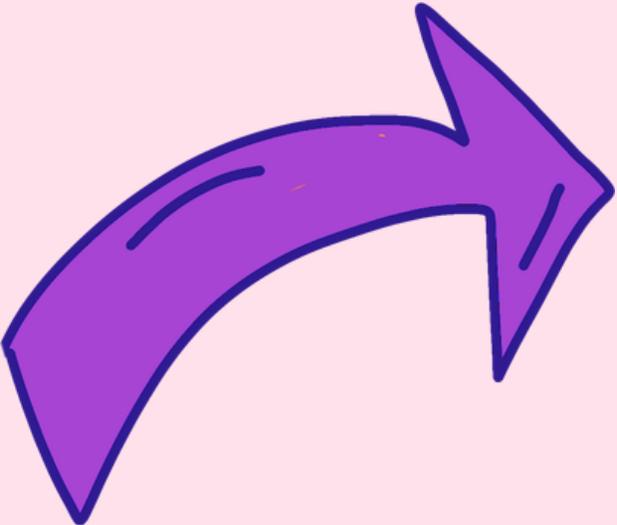
MindWell Center (607) 260-3100  
*Outpatient mental health care for children, youth, families, and adults*

Ithaca Region Therapist Group  
*"Find a Therapist" directory with information about openings and waitlists*

On Campus for Students   
Cornell University  
Counseling and Psychological Services (607) 255-5155

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

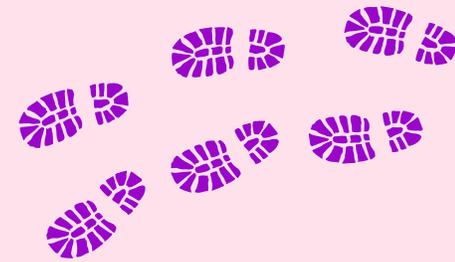
Tompkins Cortland Community College  
Mental Health Counseling (607) 844-6577



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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) 277-7337  
*Family support, justice support, peer counseling and recovery services,  
social drop-in program; community education*

National Alliance on Mental Illness–Finger Lakes (607) 288-2460  
*Family and partner/spouse support groups; community education  
Helpline (607) 273-2462*

### Addiction Recovery



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

### 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

