



The Sophie Fund



MENTAL HEALTH SUPPORT AND CRISIS SERVICES 2024 TOMPKINS COUNTY, NY

Suicide Prevention

SSE Suicide & Crisis Liaison: Call or text 988 (Toll 811 if internet danger)
Free and confidential support for people in distress

Suicide Prevention & Crisis Services: (907) 272-1818

These search local resources and resources for community education
Warm Line: (907) 252-6038
LOBBT+ Peer Support Line: (907) 276-1771

Veterans Crisis Line: Dial 988 then press 1 or text 988-256
Confidential crisis support for veterans and their loved ones

The Trevor Project: (866) 486-7888 or text START to 678-6789
Counseling for LGBTQ youth who are struggling or searching for answers and information

Carson Medical Center: (907) 274-4031
Emergency Department and inpatient Behavioral Services

Guthrie Corland Medical Center: (907) 756-3600
Emergency Department and inpatient Behavioral Services

Psychotherapy

Tompkins County Mental Health Services: (907) 274-6200
Therapy for individuals, families, youth, and children; integrated care for mental health and substance use disorders

Family & Children's Service of Ithaca: (907) 273-7444
In-person mental health and life-mental health counseling and related social services

Midwest Center: (907) 260-3189
Outpatient mental health care for children, youth, families, and adults

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

On Campus for Students:
Cornell University
Cornell and Psychological Services: (907) 256-5158

When College:
Center for Counseling and Psychological Services: (907) 274-9138

Tompkins Corland Community College
Mental Health Counseling: (907) 844-6677

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

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

Addiction Recovery

Carson Addiction Recovery Services: (907) 273-5680
Outpatient, residential, and tele-health treatment and rehabilitation services

The Reach Project: (907) 273-7000
Harm reduction medical practice with addiction and other services

Support Services

Mental Health Association in Tompkins County: (907) 277-7327
Family support, justice support, peer counselling and recovery services, social drops in program, community education

National Alliance on Mental Illness-Finger Lakes: (907) 280-2400
Family and parent/teacher support group, community education
Helpline: (607) 273-2462

Health and Social Services

Carson Health Find a Medical Provider: (907) 274-4815
Directory of physicians

Guthrie Find a Medical Provider: (800) 488-4743
Directory of physicians

Reafer: (907) 272-8895
Wide range of community programs including family and behavior support services

"211 Tompkins Connects": 211 or (907) 211-8667
Active providing information and connectors to health and social services



Sexual Assault and Domestic Violence

Advocacy Center of Tompkins County: (907) 277-3033
Support for survivors, friends, and families of domestic violence and sexual assault
Hotline: (907) 277-9000

PEOPLE I CAN ASK FOR HELP IN A CRISIS

Name/Phone



Scan to download

Tompkins County Mental Health Resources

Scan to download





FEELING OVERWHELMED?

5 Simple Steps

KEEP YOURSELF SAFE, RIGHT NOW

Modified from Stanley-Brown Safety Plan

1

BE
AWARE

Becoming very sad? Quick to anger?
Recognize personal warning signs that
your mood may be deteriorating.



2

DISTRACT
YOURSELF

Think about anything else.
Go somewhere you like.
Find a friend. Talk to someone.
Do something you enjoy.



3

REACH
OUT

Who can you call when you're feeling
really down? Contact them.



4

CALL OR TEXT
988

Talk to a counselor about anything,
anytime. They want to listen and provide
help.



5

STAY
SAFE

Get away from things or places
that could be used to harm
yourself. YOU matter.



Scan Me!