

Mental Health Supports and Community Resources for Tompkins County Youth and Families

LOCAL RESOURCES:

<p>Advocacy Center <i>Free advocacy and support services for survivors of domestic violence, dating violence, sexual assault, and child sexual abuse</i> 24-hour crisis line:</p>	<p>www.actompkins.org 607-277-3203 607-277-5000</p>
<p>Alcohol and Drug Council of Tompkins County <i>Substance abuse prevention and treatment services</i></p>	<p>Alcoholdrugcouncil.org 607-274-6288</p>
<p>Catholic Charities Tompkins/Tioga <i>Family empowerment, immigrant services, housing counseling, etc</i></p>	<p>Catholiccharitiesst.org 607-272-5062</p>
<p>Cayuga Addiction and Recovery Services (CARS) <i>Substance abuse treatment services</i></p>	<p>Carsny.org 607-273-5500</p>
<p>Challenge Workforce Solutions <i>Employment services for youth with disabilities</i></p>	<p>Challengeworkforcesolutions.org 607-272-8990</p>
<p>Child Development Council <i>Childcare resources, family support, teen pregnancy/parenting education</i></p>	<p>Childdevelopmentcouncil.org 607-273-0259</p>
<p>Cornell Cooperative Extension <i>Enrichment and education for youth, rural outreach, family programs</i></p>	<p>Ccetompkins.org 607-272-2292</p>
<p>Family and Children's Services of Ithaca <i>Mental health care and related social services</i></p>	<p>Fcsith.org 607-273-7494</p>
<p>Ithaca Community Recovery <i>Alcoholics Anonymous, Al-Anon, Ala-teen other 12-step programs</i></p>	<p>Ithacacommunityrecovery.org 607-256-3499</p>
<p>Ithaca Youth Bureau <i>Youth development, recreation, "Big Brothers/Big Sisters" program</i></p>	<p>Ithacayouthbureau.org 607-273-8364</p>
<p>The Learning Web <i>Career exploration, employment support, housing supports for homeless youth</i></p>	<p>Learning-web.org 607-275-0122</p>
<p>Loaves and Fishes (<i>Free community meals</i>)</p>	<p>607-272-5457</p>
<p>The Mental Health Association in Tompkins County (MHATC) <i>Peer support groups for adolescents, family advocacy and support, education</i></p>	<p>mhaedu.org 607-273-9250</p>
<p>National Alliance for the Mentally Ill (NAMI) Finger Lakes <i>Caregiver and family support, education</i></p>	<p>namifingerlakes.org 607-273-2462</p>
<p>Upstate New York Eating Disorder Service <i>Nutrition Clinic, outpatient and partial hospitalization programs</i></p>	<p>http://unyed.com/ 607-732-5646</p>
<p>Planned Parenthood Ithaca Health Center <i>Reproductive healthcare and LGBTQ+ supports, education</i></p>	<p>Plannedparenthood.org/ planned-parenthood-southern-finger-lakes 607-273-1513</p>
<p>Racker (<i>Formerly Franziska Racker Center</i>) <i>Clinical services and community support for people with disabilities, family support</i></p>	<p>Racker.org 607-272-5891</p>

Suicide Prevention and Crisis Services <i>Crisisline, suicide prevention education, after-trauma counseling and groups</i> 24-hour crisis line: Mobile Crisis Team available after hours Monday-Friday, 4:30pm-8:30am	Ithacacrisis.org 607-272-1505 607-272-1616
Tompkins Community Action <i>Services for families, early childhood, housing</i>	Tcaction.org 607-273-8816
Tompkins County Mental Health Services <i>Mental health outpatient clinic</i> Emergency Outreach Services available Monday-Friday, 8:30am-4:30pm	Tompkinscountyny.gov/mh 607-274-6200
Tompkins Workforce NY Career Center <i>Youth Employment Supports</i>	http://tompkinscountyny.gov/wfny/youth 607-272-7570 ext. 129
Village at Ithaca <i>Tutoring, academic enrichment, family advocacy</i>	Villageatithaca.org 607-256-0780

Additional Help-Lines and Crisis-Lines:

National Eating Disorders Association Helpline (<i>M-Th 9am-9pm, Fri 9am-5pm</i>)	800-931-2237
Trevor Lifeline (<i>24/7 crisis support and suicide prevention for LGBTQ individuals</i>)	866-488-7386
Substance Abuse & Mental Health Admin. Helpline (<i>24-hour information and referral line</i>)	800-662-4357
Disaster Distress Helpline (<i>24/7 support for emotional distress related to disasters</i>)	800-985-5990
Crisis Text-Line (<i>Text "START" to connect to a crisis counselor, available 24/7</i>)	TEXT: 741-741
National Runaway Safeline (<i>National runaway and youth crisis hotline</i>)	800-RUNAWAY (800-786-2929) TEXT: 66008
2-1-1 Tompkins/Cortland Community Services Helpline (<i>M-F 8:30am-5:00pm</i>)	607-273-8686

Online Resources:

Psychology Today <i>Search for local therapists, psychiatrists, general information</i>	www.psychologytoday.com
MHATC Local Support Groups List	mhaedu.org/find-help/local-support-groups
Mental Health America <i>Online mental health screenings, information, policy</i>	www.mentalhealthamerica.net
National Institute of Mental Health <i>Research and expert-reviewed information on mental health disorders and topics</i>	www.nimh.nih.gov