

NAMI Finger Lakes Crisis/Support Information

Ithaca and Tompkins County Area Code 607

Mental Health Crisis/Medical/Fire/Emergency: 911- tell dispatcher about mental health issues. 911 if risk is imminent. For other emergency outreach services call 247-6200. Available 24/7. Will be patched to Emergency Outreach Services.

Police: Ithaca Police emergency: 911
Dispatch center: 272-3245
Police Dept Options: 272-9973
Mike Gray (helpful police officer with knowledge and experience): 327-0988

Cayuga Heights Police: Office: 257-1011
Crisis situations: 911

Tompkins County Sheriff 779 Warren Road, Lansing
Office: 272-2444
Crisis situations: 911

NY State Police: 1850 Dryden Road, Freeville
Dispatch: 347-4440
Crisis: 911

Cornell University Public Safety
Emergency Dispatch - 255-1111

Ithaca College Campus Safety
Emergency Dispatch - 274-3333

Hospital: Cayuga Medical Center: 274-4011 (<http://www.cayugamed.org>)
Director of Behavioral Services: Eric Jansen 274-4304
Behavioral Services Unit Desk 274-4304
Behavioral Services Unit Patient phone 274-4336 (answered only during visiting hours)

Greater Binghamton Health Center 274-1391 (<https://www.omh.ny.gov/omhweb/facilities/bipc/>)

Tompkins County Mental Health Clinic (201 E. Green St.):
See note at top of page for mental health emergencies
Commissioner of Mental Health: Frank Kruppa: 274-6230
Deputy Commissioner of Mental Health: Sharon MacDougall: 274-6230
Medical Director: Gerard Lippert M.D. 274-6200
Dual Recovery Coordinator: Richard Shaw 274-6215
SPOE – Single point of entry: Richard Shaw 274-6215
Clinic Director: Ashleigh Wedding 274-6200
Nursing Supervisor: Susan Spicer 274-6230
Forensics & Emergency Outreach Service: Christy Bianconi 274-6230
General Intake: Melissa Kilanowski 274-6200
Care Management: Scott McCown: 274-6200
Personalized Recovery Oriented Services: Heather Sanford 2746200

NAMI-Finger Lakes: 273-2462 (namifl@hotmail.com) (<http://www.namifingerlakes.org>)

NAMI NY State: 1-518-462-2000 or 1-800-950-3228: (<http://www.naminys.org>)

NY State Office of Mental Health: (212) 831-7007 (<http://www.omh.state.ny.us>)

Family & Children's Service of Ithaca 127 West State Street 273-7494 (<http://www.fcsith.org>)

Suicide Prevention & Crisis Service of Tompkins County: 272-1616 800-273-8255

Mental Health Association in Tompkins County 273-9250 (<http://www.mhaedu.org>)

301 South Geneva Street, Suite 109, Ithaca, NY 14850

Director: Josephine Cohen

Adult services coordinator: David Bulkley

Emergency Housing

St John's Community Service Shelter 354-8990

Tompkins County Department of Social Services: 274-5356

Special Services Department for Emergency Housing from 8-4:30 call 274-5644

Note: Police will respond to requests for wellness checks for homeless people.

Lakeview Mental Health Services: (Housing) 114 S Geneva Street, Ithaca 277-4768

Director of Residential Services: Tracy Decker 277-4768 ext. 3030

(<http://www.lakeviewcommunitiesgroup.org>)

Unity House (Housing and Respite) 315-253-6227

(<https://www.unityhouse.com/mental-health-services.html>)

Mid Lakes Assertive Community Treatment Team: Ithaca 216-6833 (after hours 259-9962)

OnTrackNY (for first break young adults) 763-2729 (<http://www.ontrackny.org/>)

Alcohol and Drug Council of Tompkins County: 274-6288

Cayuga Addiction and Recovery Services: 273-5500

Advocacy Center: 277-5000

Tompkins Work Force New York: 171 East State Street (Center Ithaca), Suite 241, Ithaca

(<http://www.tompkinsworkforceny.org>) 272-7570

New York State Mental Hygiene Legal Services: Kevin Moshier, attorney: 271-9262

Bipolar Support Group meets at Lifelong 7:00 to 8:30 p.m. every second and fourth Tuesday of the month

Information on how to help when someone is arrested:

<http://www.namifingerlakes.org/helpful-links/#criminaljustice>

For information about area services call **211**

Updated November 2018