

## NAMI Finger Lakes Crisis/Support Information Ithaca and Tompkins County Area Code is 607

**Mental Health Crisis/Medical/Fire/Emergency- DIAL 911**- Tell dispatcher about mental health concerns. **911 if risk is imminent.** For other emergency outreach services, call 247-6200 24/7

**Tompkins County Community Services Database-**  
**Dial 211** or search the database at <https://hsctc.org/211tompkins/>

**Police:** Ithaca Police: Non-Emergency Police Number: 272-3245

**Critical Incidents Team:** 272-9973 Press 2 for Dispatch: Describe the situation. Dispatch will decide if Critical Incidents Team is needed.

**Cayuga Heights Police:** 257-1011 Will get voice mail if office is not open. \*If you need help, do not leave a message\* **Press 1. Call will go to dispatch.**

**Tompkins County Sheriff** (779 Warren Road)-  
Administration: 257-1345 - **Sheriff's office: 272-2444- Crisis situations: 911**

**NY State Police:** (1850 Dryden Road, Freeville, NY 13068) 273-4671 or 347-4440  
For emergencies ask for the Sergeant on Duty

**Cornell University Public Safety-**  
Emergency Dispatch – 255-1111 - Administration – 255-7302

**Ithaca College Campus Safety** Emergency Dispatch – 274-3353

**Tompkins County Mental Health Clinic** (201 E. Green St.):

**Call 911 for mental health emergency**

**COVID RESOURCES:** [https://tompkinscountyny.gov/files2/health/chs/covid19/Mental-Health-Resources-During-COVID19-Tompkins\\_04.06.pdf](https://tompkinscountyny.gov/files2/health/chs/covid19/Mental-Health-Resources-During-COVID19-Tompkins_04.06.pdf)

**Commissioner of Mental Health:** Frank Kruppa- 274-6230

**Interim Deputy Commissioner of Mental Health:**

**Acting Medical Director:** Gerard Lippert M.D.- 274-6200

**Dual Recovery Coordinator:** Richard Shaw- 274-6215

**SPOE – Single point of entry:** Richard Shaw- 274-6215

**3<sup>rd</sup> Floor Outpatient Clinic Supervisor:** Susan Spicer- 274-6230

**Nursing Supervisor-** Susan Spicer- 274-6230

**Intake and 4<sup>th</sup> Floor outpatient Clinic Supervisor-** Beth Midura: 274-6200

**Forensics &Emergency Outreach Service-** Christy Bianconi- 274-6230

**General Intake:** Melissa Kilanowski- 274-6200

**Care Management:** Maria Peña- 274-6200

**Personalized Recovery Oriented Services (PROS):** Heather Sanford- 274-6200

**NY State Office of Mental Health:**

(212) 831-7007 <https://www.omh.ny.gov>

**COVID-19 Emotional Support Hotline- 844-863-9314**

**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-**

607-724-1391 <https://omh.ny.gov/omhweb/facilities/bipc>

**NAMI-Finger Lakes:**

**Help Line-** 607-273-2462 or email [help@namifingerlakes.org](mailto:help@namifingerlakes.org)

**Executive Director:** Beth McGee- 607-288-2460

<http://www.namifingerlakes.org>

**NAMI-Finger Lakes Support Groups:** [namiflsupport@namifingerlakes.org](mailto:namiflsupport@namifingerlakes.org)

**NAMI NY State:**

1-518-462-2000 or 1-800-950-3228: <http://www.naminys.org>

**NAMI National- HelpLine:** 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org) nami.org

**Family & Children's Service of Ithaca** - 273-7494

127 West State Street, Ithaca

<http://www.fcsith.org> Intakes and new clients by phone Mon.-Thurs.

**Suicide Prevention & Crisis Service of Tompkins County:**

607-272-1616 or 800-273-8255

**Mental Health Association in Tompkins County**

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

273-9250 <http://www.mhaedu.org>

**Director:** Josephine Cohen

**No fee for services.**

**Emergency Housing**

**Rescue Mission Emergency Shelter-** 273-9177

**Tomkins County Department of Social Services-** 274-5356

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

**Food Assistance-** 274-5201 or 274-5341

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

**Mid Lakes Assertive Community Treatment Team (ACT):** 607-535-6424

**Lakeview Mental Health Service (Housing):**

114 S Geneva Street, Ithaca 277-4768 <http://www.lakeviewmhs.org>

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

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

<https://www.unityhouse.com/mhservices.html>

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

**Alcohol and Drug Council of Tompkins County:** 274-6288

Staff is available daily by phone and video.

**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

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

**New York State Mental Hygiene Legal Services:**

Legal advocacy for hospitalized patients/clients, OPWDD issues, SRO housing evictions, 17A Guardianships, Article 81 Guardianships,

**Contact-** Kristin Snyder 607-240-5360

44 Hawley St., Binghamton, NY 13901

**How to Help When a Person with Mental Illness is Arrested -**

[How To Help When A Person With Mental Illness is Arrested](http://www.namifingerlakes.org/wp-content/uploads/2018/01/How_to_Help_when_a_person_with_mental_illness_is_arrested.pdf) (pdf)

[http://www.namifingerlakes.org/wp-](http://www.namifingerlakes.org/wp-content/uploads/2018/01/How_to_Help_when_a_person_with_mental_illness_is_arrested.pdf)

[content/uploads/2018/01/How\\_to\\_Help\\_when\\_a\\_person\\_with\\_mental\\_illness\\_is\\_arrested.pdf](http://www.namifingerlakes.org/wp-content/uploads/2018/01/How_to_Help_when_a_person_with_mental_illness_is_arrested.pdf)