

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

Commissioner of Mental Health: Frank Kruppa- 274-6230

Interim Deputy Commissioner of Mental Health: Susan Spicer- 274-6230

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

3rd Floor Outpatient Clinic Supervisor: Susan Spicer- 274-6230

Nursing Supervisor- Susan Spicer- 274-6230

Intake and 4th 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

Executive Director: Beth McGee- 607-288-2460

<http://www.namifingerlakes.org>

NAMI-Finger Lakes Support Groups: 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 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:

Attorney- Kevin Moshier - 271-9262

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

[How To Help When A Person With Mental Illness is Arrested](#) (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)