

**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. You may ask for a CIT trained officer. CIT is Crisis Intervention Team training that prepares law enforcement officers for responding to mental health and other crisis calls safely. **Dial 911 if risk is imminent.** For other emergency outreach services, call 247-6200 24/7.

**Suicide Prevention & Crisis Service of Tompkins County: 607-272-1616 or 800-273-8255**  
You do not have to be suicidal to access this crisis service. Often, families and friends of people in crisis call this number to help assess how to move forward to help their loved on.

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

**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

**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

**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)

**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**Deputy Commissioner of Mental Health-**Harmony Ayers-Friedlander- 274-6230**Community Services Coordinator-** Harmony Ayers-Friedlander- 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**Tompkins County SPOA Coordinator-Children’s Services:** Sally Manning- 607-592-0992**Assisted Outpatient Treatment:** Richard Shaw- 274-6215**Outpatient Clinic Supervisor:** Susan Spicer- 274-6230**Nursing Supervisor-** Susan Spicer- 274-6230**Forensics &Emergency Outreach Service-** Christy Bianconi- 274-6230**General Intake:** Melissa Kilanowski- 274-6200**Personalized Recovery Oriented Services (PROS):** Heather Sanford- 274-6200**Greater Binghamton Health Center-**Call: 607-724-1391 Online: <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](http://nami.org)

**The REACH Project Inc.** is a nonprofit organization with the belief that all individuals deserve respectful, equitable, access to compassionate healthcare in a setting where they will not be stigmatized or judged based on drug use, homelessness, or any other issue that may cause less than adequate care in today's healthcare environment. The REACH Project owns and operates the first low threshold, harm reduction medical practice in Ithaca, NY: REACH Medical.

Online: <https://www.reachprojectinc.org/>[Contact@reachmed.org](mailto:Contact@reachmed.org) 607-273-7000**Mental Health Association in Tompkins County**

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

273-9250 <http://www.mhaedu.org>**No fee for services.**

**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.**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](#) (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)**NAMI Guide for Navigating a Mental Health Crisis- pdf**<http://www.namifingerlakes.org/wp-content/uploads/2018/05/Navigating-A-Mental-Health-Crisis.pdf>