

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

For a Mental Health Crisis in Tompkins County-

Mobile Crisis may be reached during office hours by calling Tompkins County Mental Health at **607-274-6200** and asking for Mobile Crisis.

All other times- Contact the **Crisis Line through Suicide Prevention and Crisis Services of Ithaca** at **607-272-1616** or **800-273-8255**. Explain the concern for yourself or your loved one and ask for Mobile Crisis to respond. CIT prepares First Responders for responding to mental health and other crisis calls safely.

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 one.

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

Police: Ithaca Police: Dial 911 for Emergency/Non-Emergency 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.):

Same-day Intakes are available on a first come-first served basis Monday through Thursday beginning at 8:15 AM. Call 607-274-6200 for more information.

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

Clinic Director: Susan Spicer- 274-6230

Nursing Supervisor- Eric Kunze- 274-6200

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

Executive Director: Beth McGee- 607-288-2460

<http://www.namifingerlakes.org>

NAMI-Finger Lakes Support Groups: namiflsupport@namifingerlakes.org

No fee for services.

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

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 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.

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

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 on loved ones and/or homeless people.

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>