

Newark Valley Central School District Area Mental Health agencies and providers

Tioga County Mental Hygiene

1062 State Route 38, Owego, NY 13827

Phone: (607) 687-4000

After 5 p.m. Crisis Line: (607) 687-1010

Services include Open Access walk-in for mental health and alcohol & drug crises (no appointments required), counseling, Southern Tier Mobile Integration Team support.

A New Hope Center

20 Church Street, Owego, NY 13827

Phone: (607) 687-6887

24 Hour Crisis Line: (607) 687-6866 or (800) 696-7600

Text Line: (607) 972-1996

Services are **free** and include counseling, support services, legal system advocacy, and community education programs.

Family & Children's Services

127 West State Street, Ithaca, NY 14850

Phone: (607) 273-7494

Services include mental health care, social services and kinship care.

Family & Children's Society

Binghamton Office: 257 Main Street

Phone: (607) 729-6206

Owego Office (Must be referred by DSS/Probation):

153 Main Street

Phone: (607) 687-3540

Services include mental health counseling, sexual abuse treatment, case management and home care services.

Lourdes Center for Mental Health (LCMH)

184 Court Street, Binghamton, NY 13901

Phone: (607) 584-4465

Services include counseling, medication management, ADHD and ASD diagnosis (no formal psychological assessment).

Mindwell Center Services

950 Danby Rd., Ste. 202

Ithaca, NY 14850

Phone: (607) 260-3100

Services include therapy, psychiatry, and psychological assessment.

Center for Psychological Services

3 Tioga Boulevard, Ste. 5, Apalachin, NY 13732

Phone: (607) 785-4156 or 625-4355

Services include psychotherapy.

Katie Paddick, LCSW

35 Riverside Drive, Binghamton, NY 13905

Phone: (607) 398-0289

Services include therapy for youth, adults and families. Offers virtual & in-person sessions. Private practice (sliding scale and Medicaid reimbursement).

Jessica Truman, LMHC

Evolution Mental Health Counseling

15 Riverside Drive, Johnson City, NY 13790

Direct Dial: (607) 341-4063

Office Phone: (607) 217-4170

Services include child therapy, individual and couples counseling. Other providers at this location. Sliding scale and Medicaid reimbursement.

Southern Tier Counseling Solutions

14 George Street #1, Owego, NY 13827

Phone: (607) 218-2010

Services include grief therapy and mental health counseling.

Cayuga Medical Behavioral Health Services

Cayuga Medical Center

101 Dates Drive

Ithaca, NY 14850

Phone: (607) 274-4011

Services include comprehensive psychiatric services.

Comprehensive Psychiatric Emergency Program (CPEP)

Binghamton General Hospital

10-42 Mitchell Avenue, Binghamton, NY 13903

Phone: (607) 762-2302

24 Hour Crisis Line: (800) 451-0560

Services include comprehensive psychiatric services.

Other Crisis/Hotline Numbers:

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or #988

NYS Child Abuse Hotline

1-800-342-3720

Project Hope's Emotional Support Hotline

(Hours: 8 a.m. to 10 p.m.)

1-844-863-9314

Transgender Suicide Lifeline

1-877-565-8860

Newark Valley Central School District Area Mental Health agencies and providers

Binghamton University Psychological Clinic

4400 Vestal Parkway, Clearview Hall, Rm 88, Vestal, NY
Phone: (607) 777-2103

Services include therapy and assessment services.

Binghamton University Anxiety Clinic (BAC)

4400 Vestal Parkway, Clearview Hall, Vestal, NY 13850
Phone: (607) 777-5006

Services include evaluation and treatment of anxiety disorders.

Four Corners Assessment & Counseling, LLC

231 Main Street, Vestal, NY 13850
Phone: (607) 205-1394

Services include psychotherapy, diagnostic evaluations, and specialized services for autism and other developmental disabilities. *Often has lengthy waitlist.

Oakdale Psychology Associates, PLLC

423 E. Main Street, Endicott, NY 13760
Phone: (607) 754-1101

Services include counseling.

The Vestal Center, LLC

300 Main Street, Ste. 5, Vestal, NY 13850
Phone: (607) 323-4110

Services include counseling. Must be 17 years old or older.

Samaritan Counseling Center

3001 E. Main Street
Endwell, NY 13760
Phone: (607) 754-2660

Services include counseling and anger management.

46 Riverside Drive Associates

46 Riverside Drive, Binghamton, NY 13905
Phone: (607) 772-1766

Services include psychotherapy.

Associates of Psychotherapy

217 Jefferson Avenue, Endicott, NY 13760
Phone: (607) 768-8879

Services include counseling and behavior and anger management.

Licensed Psychiatrist (can prescribe):

Ejiro V. Agboro Idahosa, MD

Waverly Medical Associates

348 Broad Street, Waverly, NY 14892
Phone: (607) 821-2444

The Mental Health Association of Tompkins County

301 South Geneva Street, Ste. 109, Ithaca, NY 14850
Phone: (607) 273-9250

Services include advocacy, education and support services, Youth Services Program for young people with emotional, developmental, or behavioral challenges.

Upstate NY Eating Disorder Service

The Nutrition Clinic and Sol Stone Center

Offices located in Vestal, Ithaca and Elmira, NY
Phone: (607) 732-5646
Toll Free: (877) 765-7866

Services include treatment plans for various eating disorders. Various levels of care (outpatient, inpatient and residential).

Gender Wellness Center

5432 State Highway 7
Oneonta, NY 13820
Phone: (607) 431-5757

Services include transgender health, mental health services and support groups.

Identity LGBTQ Youth Center

206 State Street, Binghamton, NY 13901
Phone: (607) 651-9120

Services include Drop-In Hours, education, and leadership council.

Ithaca Transgender Group

www.ithacatransgendergroup.com

Services include a confidential peer-led support group.

LGBT Youth Group - Planned Parenthood Ithaca

620 W. Seneca Street, Ithaca, NY 14850
Phone: (607) 273-1513 option "schedule an appointment"

Services include peer education and sexuality information.

Clinical Psychologists:

Gina Torto, PsyD

Mindful Health & Wellness

515 E. Main Street, Endicott, NY 13760
Phone: (607) 444-3318

Sarah Bridgman, PhD

35 Front St., Ste. 3, Binghamton, NY 13905
Phone: (607) 723-2941

Tony Pane, PhD

200 E. Buffalo Street, Ste. 203, Ithaca, NY 14850
Phone: (607) 272-5797