

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 and social services for Ithaca and surrounding areas.

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 psycho-social and psychiatric assessment and treatment, psychotherapy, and medication management.

Four Corners Assessment & Counseling, LLC

231 Main Street, Vestal, NY 13850

Phone: (607) 205-1394

Services include psychotherapy for children, adolescents and adults, diagnostic evaluations, and specialized services for autism and other developmental disabilities.

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 and psychological testing.

Binghamton University Psychological Clinic

4400 Vestal Parkway, Clearview Hall, Rm 88, Vestal, NY

Phone: (607) 777-2103

Services include psychotherapy and behavior therapy for a broad range of problems 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, particularly social phobia, and obsessive-compulsive disorder.

Southern Tier Counseling Solutions

14 George Street #1, Owego, NY 13827

Phone: (607) 218-2010

Services include grief therapy and mental health counseling.

Oakdale Psychology Associates, PLLC

423 E. Main Street, Endicott, NY 13760

Phone: (607) 754-1101

Services include a variety of behavioral and mental health services.

The Vestal Center, LLC

300 Main Street, Ste. 5, Vestal, NY 13850

Phone: (607) 323-4110

Services include diagnostic assessment, individual psychotherapy, couples counseling, and family therapy.

Samaritan Counseling Center

3001 E. Main Street

Endwell, NY 13760

Phone: (607) 754-2660

Services include a variety of counseling services and anger management.

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 as well as a Youth Services Program for young people with emotional, developmental, or behavioral challenges.

**Newark Valley Central School District
Area Mental Health agencies and providers**

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 a variety of counseling services such as behavior and anger management, peer pressure/bullying, self-esteem, and self-injury/cutting.

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 for anyone identifying somewhere under the transgender umbrella.

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.

Gender Wellness Center

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

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

Upstate NY Eating Disorder Service

The Nutrition Clinic and Sol Stone Center

400 Plaza Drive, Ste. C, Vestal, NY 13850
208 E. State Street, Ithaca, NY 14850
1003 Walnut Street, Elmira, NY 14901
Phone: (607) 732-5646
Toll Free: (877) 765-7866

Services include treatment plans for Anorexia Nervosa, Bulimia Nervosa, binge eating disorder, OSFED, compulsive eating, AFRID and compulsive exercise. Levels of care include outpatient, intensive inpatient, and partial day treatment with residential living available.

Cayuga Medical Behavioral Health Services

Cayuga Medical Center
101 Dates Drive
Ithaca, NY 14850
Phone: (607) 274-4011

Services include one unit for adults over the age of 18 years, and one for adolescents between 13 and 17.

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 professional and confidential psychiatric advice any time of day or night.

Other Crisis/Hotline Numbers:

National Suicide Prevention Lifeline
1-800-273-TALK (8255) or #988

Transgender Suicide Lifeline

1-877-565-8860

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

Clinical Psychologists:

Gina Torto, PsyD

Mindful Health & Wellness

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

Other services include therapy.

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

Licensed Psychiatrist (can prescribe):

Ejiro V. Agboro Idahosa, MD

Waverly Medical Associates

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