



Hotlines, Counseling & Stress Management - Broome County

24/7 Crisis Telephone Counseling

<p>Mental Health Crisis Line</p> <p>UHS Hotline</p>	<p>24/7 service to persons with psychiatric emergency or emotional crisis. Immediate professional help provided along with referral assistance or hospital admission. Hotline available to persons needing assistance of professional staff for counseling, information or referral.</p>	<p>762-2302</p> <p>1-800-451-0560</p>
<p>Binghamton University High Hopes</p>	<p>Crisis Intervention Telephone crisis line ONLY during university school year</p>	<p><i>Only University academic year</i></p> <p>777-HELP(4357)</p>
<p>Boy's Town National Hotline</p>	<p>24/7 phone counseling to help anyone with any problem.</p>	<p>1-800-448-3000</p>
<p>Crime Victims Assistance Center</p>	<p>24/7 certified crisis counselors provide victims of a crime, with emergency crisis intervention, supportive counseling, information/referrals to appropriate agencies.</p>	<p>722-4256</p>
<p>Life Choices Center</p>	<p>Offers information on pregnancy concerns and offers hotline after office hours.</p>	<p>723-3342</p> <p>205-8506 call/text</p>
<p>Lifeline Suicide Prevention Hotline</p>	<p>24/7 hotline to anyone in a suicide crisis. Veterans can be connected immediately to mental health professionals prepared to reach out and help them. Free and confidential.</p>	<p>1-800-273-8255</p> <p>1-800-273-TALK</p>
<p>National Runaway Safeline</p>	<p>24/7 hotline to facilitate relationships that ensure youth and families have access to resources in their communities.</p>	<p>1-800-RUNAWAY</p> <p>1-800-786-2929</p>
<p>Rise NY</p>	<p>24/7 one-on-one counseling to domestic violence victims on a limited basis at no cost.</p>	<p>754-4340</p>
<p>Veteran Hotline</p>	<p>Hotline to ensure veterans in emotional crisis have free 24/7 access to trained counselors.</p>	<p>1-800-273-TALK (8255)</p>
<p>Susquehanna River Region ★</p>  <p>Get Connected. Get Answers.</p>	<p>www.helpme211.org</p> <p>Dial: 2-1-1 or 1-800-901-2180</p>	<p>United Way of Broome County</p> 

Counseling and Stress Management

Binghamton University Psychological Clinic	Provides psychological services to local community. Offers therapy for adults, children, couples, families and groups. Also offers assessment, neuropsychological evaluations, and consultation services to individuals, professionals and outside agencies. Self-pay, private insurance, sliding scale. ONLY during university school year	777-2103 <i>University academic year only.</i>
Catholic Charities Counseling	Counseling for individuals and families.	729-9166
Catholic Charities Gateway Counseling Center for Youth (8 yrs to 21 yrs)	Provides assessment, short-term counseling, referral, and coordination of services to youth and their families. Enables youth to discuss, improve, or stabilize home, school, and employment. Groups for anger management, "active parenting," and other topics. No fee. Eligibility: Youth (8-21 yrs) and their parents. <i>Parental permission or notification NOT required</i>	584-7800 ext 450
Christian Counseling Ctr	Individual, group, marital, family biblically-based counseling. Offer counseling to address depression, addictions, anxiety, trauma, abuse, and relationship issues from a Christian perspective. Private pay; no third-party insurance. Sliding scale may be available.	607-422-3020 Church 729-7777
Community Treatment & Recovery Ctr	Outpatient clinic offers comprehensive mental health services to adult individuals with qualifying DSM-IV diagnosis.	797-0680
Employee Assistance Program (EAP)	Contact your employer. Short-term counseling may be available to employees facing problems or difficult decisions. No fee.	
Family & Children's Society	Works to help individuals resolve problems, overcome trauma, develop positive relationships and enhance self-esteem. Issues include: anxiety, adolescent/children's issues, anger management, depression, divorce, domestic violence, EMDR, family and marital problems, gay/lesbian issues, parenting, relationships, grief, and post-traumatic stress disorder. Private insurance and sliding fee.	729-6206
Child & Adolescent Behavioral Health Center - Greater Binghamton Health Center	Comprehensive outpatient service for children and adolescents (5 yrs -18th birthday). Designed to meet the needs of children who have severe emotional and/or psychiatric illness. Services include mental health assessment; treatment which includes psychopharmacology; and individual, group and family therapy.	773-4520
Lourdes Center for Mental Health	Offers group counseling around issues such as anger management, drug/alcohol use, weight control, smoking cessation, and others. Psychopharmacological medication management.	584-4465
Peer Support Warmline (Mental Health Association)	Offers peer support and telephone reassurance to anyone who feels alone and wants to talk. Mon-Thu 9am-4:30pm. Fri 9am-4pm. Sat/Sun Noon-8pm.	607-240-7291
Rise NY	Offers one-on-one counseling to domestic violence victims on a limited basis at no cost. Offers group counseling for victims.	748-5174 Advocacy
Samaritan Counseling Center	Provides individual and family counseling. Fee. Some fee consideration may be possible.	754-2660 1-877-825-0678
Support Groups	Call for up-to-date information on all types of support and self-help groups.	Dial 2-1-1 1-800-901-2180
UHS Outpatient Clinic	Aftercare for patients previously hospitalized at UHS hospital.	762-2340