

COUNSELING & STRESS MANAGEMENT - TIOGA COUNTY

24/7 Crisis Telephone Counseling

Crisis Line UHS	Provides 24/7 service for psychiatric emergency or emotional crisis. Immediate professional help along with referral assistance or hospital admission.	762-2302 1-800-451-0560
Lifeline Suicide Prevention	National suicide prevention hotline 24/7.	1-800-273-TALK 1-800-273-8255
Boys Town National Hotline	24/7 phone service to help anyone with any problem. Spanish available.	1-800-448-3000
Nineline Covenant House	Provides 24-hr hotline providing crisis intervention and referrals to runaways/potential runaways; however will help any caller, including adults.	1-800-999-9999

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Binghamton University Psychological Clinic (Academic Year Only)	Provides psychological services to local community, including therapy for adults, children, couples, families and groups. Also offers assessment, evaluations, and consultation services to individuals, professionals and outside agencies. Self-pay, private insurance, sliding scale.	777-2103
Catholic Charities Family/Individual Counseling	Therapy for individuals/families/groups. Also sexual abuse treatment program.	729-9166
Catholic Charities Gateway Center for Youth (11-21 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 (11-21 yrs) and their parents. Parental permission or notification <u>NOT</u> required.	584-7800 ext 450
Employee Assistance Program (EAP)	Short-term counseling may be available to employees facing problems and difficult decisions. No fee.	Contact your employer
Greater Binghamton Health Center Community Treatment & Recovery Center	Adult outpatient clinic offers comprehensive mental health services.	797-0680
Lourdes Center for Mental Health	Counseling on all issues for youth 10-21 yrs, including anger management.	584-4465
Samaritan Counseling Center	Provides individual, family and youth counseling. Fee. Some fee consideration may be possible.	754-2660 1-877-825-0678
Support Groups & Self Help Groups	Call Susquehanna River Region 2-1-1 (First Call For Help) for up-to-date information on all types of self-help support groups including bereavement/loss resources.	2-1-1 1-800-901-2180
Tioga Mental Hygiene Dept	Provides individual, family and group therapy (verbal support and pharmacotherapies)	687-4000 Owego 565-9594 Waverly