Hotlines, Counseling & Stress Management-Broome County

HelpMe211.org — Dial 211 or 800-201-9180

24/7 CRISIS TELEPHONE COUNSELING

Substance Abuse and Mental Health Services Administration (SAMHSA)	24/7/365 crisis counseling hotline for those experiencing emotional distress related to any natural or human-caused disaster.	800-662-4357
CPEP - UHS	Provides 24/7 service for psychiatric emergency or emotional crisis. Immediate professional help along with referral assistance or hospital admission.	607-762-2302 800-451-0560
Boy's Town National Hotline	Provides short-term telephone crisis counseling, referral to local resources, and emergency intervention as needed. Spanish available. 24/7 Hotline. Text line is available daily from 1:00 pm to 1:00 am EST.	800-448-3000
Crime Victims Assistance Center	24/7 certified crisis counselors provide victims of a crime, with emergency crisis intervention, supportive counseling, information/referrals to appropriate agencies.	607-722-4256
Life Choices Center	Offers free services for unplanned pregnancy.	607-357-8030
Lifeline Suicide Prevention Hotline	National suicide prevention hotline 24/7.	988 988 x 1 Veterans 988 x 2 Spanish
Rise NY	24-hour domestic violence hotline which provides information and referrals, assistance with safety planning, and possible shelter admission.	607-754-4340
Peer Support Warmline - MHAST	Offers peer support and telephone reassurance to anyone who feels alone and wants to talk.	607-240-7291
National Call Canter for Veterans - US Dept. of Veteran Affairs	24/7 confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.	877-927-8387
Trevor Project Lifeline	24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people.	866-488-7386

COUNSELING & STRESS MANAGEMENT

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.	607-777-2103
Family Connection Center - Catholic Charities	Therapy for individuals/families/groups. Also sexual abuse treatment program.	607-729-9166

Catholic Charities Gateway Center for Youth (8-21 yrs)	Free and confidential counseling for Broome County youth (8-21 yrs). Parental permission not required, but family involvement is encouraged. Provides assessment, short-term counseling, referral, psycho- educational group counseling (anger management, self- esteem, social skills, and parenting) and coordination of services to youth and their families.	607-729-9166
Christian Counseling Center	Provides biblical counseling services by trained counselors in a responsive and affordable manner to address depression, addictions, anxiety, trauma, abuse, and relationship issues from a Christian perspective. Sliding scale may be available.	607-422-3020
Community Treatment & Recovery Center - GBHC	Adult outpatient clinic which offers comprehensive mental health services to individuals with qualifying DSM-IV diagnosis. Self-referrals accepted.	607-797-0680
Family & Children's Counseling Services	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.	607-729-6206
Child & Adolescent Behavioral Health Center - GBHC	Offers comprehensive outpatient service for children and adolescents (6yrs-18th birthday). Designed to meet the needs of children who have severe emotional and/or psychiatric illness.	607-773-4520
Inpatient Psychiatric Care/Child & Adolescent - GBHC	Provides comprehensive diagnostic evaluation, treatment and stabilization to children and adolescents (5-17 yrs) who require inpatient psychiatric care and who present a danger to self, family or others in the community.	607-773-4044
Binghamton Mental Health - Guthrie Lourdes Hospital	Provides outpatient mental health care	607-584-4465
Rise NY	Offers one-on-one counseling to domestic violence victims on short-term basis at no cost.	607-754-4340 After hours: 877-754-4340
Samaritan Counseling Center	Professional counseling for individuals of all ages, couples, and families.	607-754-2660 877-825-0678
Support Groups & Self Help Groups	Call 2-1-1 Susquehanna River Region for up-to-date information on all types of self-help support groups including bereavement/loss resources.	2-1-1 800-901-2180
UHS Outpatient Clinic	Aftercare for patients previously hospitalized at UHS hospital.	607-762-2340

UNITED WAY Broome County

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