

KeepSafe Resources

National Suicide Prevention Life Line.....1.800.273.TALK (8255)

*Press 1 for Veterans
.....Law Enforcement

Tioga County Sherriff's Office.....607.687.1010
 State Police (Apalachin).....607.565.8581
 Owego Police Department.....607.687.2233
 Waverly Police Department.....607.565.2836

Mental Health Resources

MHA of the Southern Tier.....607.771.8888
 Tompkins/Tioga Suicide Prevention and Crisis Line.....607.272.1616
 Tioga County Mental Hygiene.....607.687.0200
 Broome CC Counseling Svcs.....607.778.5210
 Tompkins Cortland CC Counseling Svcs.....607.844.8222(EXT. 4261)
 Binghamton University Counseling Center.....607.777.2772
 Adolescent Crisis Residences (Broome).....607.773.4609

Domestic Violence/Child Abuse Resources

Tioga County Crisis Center (A New Hope).....607.687.6887
 Tioga County (New Hope) Crisis Hotline.....800.696.7600
 Broome & Tioga Child Abuse Hotline.....1.800.901.2180
 SOS Shelter (Domestic Violence).....607.754.4340
 Domestic Violence Hotline.....1.800.942.6906
 NYS Child Abuse Hotline.....1.800.342.3720
 Crimes Victims Assistance Center (Broome & Tioga).....607.722.4256
 BU High Hopes Crisis line (Violence).....607.777.4357
 The Advocacy Center DV Hotline (Ithaca).....607.277.5000
 Pattern Changing for Women (DV Support Group).....607.778.3826
 The Advocacy Center (Ithaca).....607.277.3203

LGBTQ-2S Resources

The Trevor Project (LGBTQ).....866.488.7386
 PRIDE Owego (Lockheed Martin).....607.751.3799
 PFLAG (LGBTQ)607.748.3984

Alcohol, Substance Abuse, and Addictions Resources

National Drug and Alcohol Treatment hotline.....800.662-HELP (4357)
 Narcotics Anonymous.....818.773.9999
 Children of Alcoholics Foundation.....800.359.2623
 Compulsive Gambling Hotline.....1.800.567.8238
 Broome County/ Binghamton AA.....607.722.0889

Tioga County AA.....800.307.4285
 Gamblers Anonymous Support Group.....607.754.0746
 Narcotics Anonymous.....607.774.4907

Hospitals, Health, and Emergency Services

Binghamton General Hospital.....607.762.2231
 St. Joseph's Hospital (Elmira).....607.733.6541
 United Health Services/CPEP Hotline.....607.762.2302
 Lourdes Hospital.....607.798.5231
 Wilson Memorial Regional MC (Johnson City).....607.763.6611

Suicide Survivor Support

Those Left Behind: Suicide Survivor Support Group.....607.762.2887

Family Services

Tioga Family & Children Society.....607.687.3540
 Catholic Charities of Tompkins & Tioga.....607.272.5062
 Jewish Family Services (Broome).....607.724.2332
 Families First (Broome).....607.778.3080

General Resources

United Way of Tioga County.....(2-1-1) or 607.687.4028
 Southern Tier Aids Support (Johnson City).....607.798.1706
 Southern Tier Aids Support (Elmira Hotline).....888.564.5693

Who or what might be a list of your own personal resources?

Additional Resources: