

As we prepare for the end of the Fall Semester, it often comes with stress around finals, grades, time management, and the upcoming holiday season in general. We understand and respect that some of you may be struggling during this time of the year and semester. Below is a list of resources within our community, as well as some national resources to help support you on and off campus with your well-being.

If you have any questions about any of the resources, please reach out to Counseling Services at +1(607)778-5210 Monday through Friday 8AM-4:30PM and someone will be happy to assist you. We wish you all the best as you finish Fall 2023!

Resources

On Campus Mental Health Resources:

SUNY Broome Counseling Services +1(607) 778-5210 counselingservices@sunybroome.edu

Off Campus Mental Health Resources:

UHS Outpatient Mental Health Clinic

33 Mitchell Avenue
Summit Building Suite G80
Binghamton, NY 13903
Main: 607-762-2340
Fax: 607-762-3298

Family and Children's Society

Counseling Services:
Binghamton Offices:
257 Main Street
Binghamton, NY 13905
Phone: 607-729-6206
Fax: 607-729-1858

Lourdes Center for Mental Health

185 Court St
Binghamton, NY 13901
Phone: 607-584-4465
Mon-Fri: 8 a.m.-4:30 p.m.

Family and Children's Owego Offices:

153 Main Street
Owego, NY 13827
Phone: 607-687-3540
Fax: 607-687-3911

For Mental Health Emergencies:

- If on campus, call Public Safety at 607-778-5083 or 911.
- If in the Binghamton area call the Crisis Center at 607-762-2302.
- Call the National Suicide Prevention Hotline: 800-273-8255
- Contact the Crisis Text Line (<https://www.crisistextline.org/>) by texting HOME to 741741.
- Call 911, or go to the nearest emergency room.

National Mental Health/Support Resources:

1. The National Suicide Prevention Line. This hotline provides free, confidential support 24/7 to people in distress across the United States. Call 1-800-273-TALK (8255) for support.
2. The SAMHSA Helpline. SAMHSA's National Helpline is a free, confidential information service that provides treatment and support referrals 24/7 to people facing mental illness and addictions. Call 1-800-662-HELP (4357) for support.
3. Crisis Text Line. Crisis Text Line provides free, confidential support via text message 24/7 to those in crisis situations. Text HOME to 741741 for support.
4. The Trevor Project. The Trevor Project provides free, confidential support 24/7 to LGBTQ youth via a helpline, text and online instant messaging system. Call 1-866-488-7386 for support.
5. The Veterans Crisis Line. The Veterans Crisis line provides free, confidential support 24/7 to veterans, all service members and their family and friends in times of need. Call 1-800-273-8255 and press 1 or text 838255 for support.

Domestic Violence/Sexual Victimization Resources:

Local to Binghamton and Owego NY:

RISE

PO BOX 393

Endicott, NY 13761

ADVOCACY / COUNSELING: 607-748-5174 - ADMINISTRATION: 607-748-7453.

Hotline: 1-877-754-4340

<http://rise-ny.org/>

A New Hope Center

20 Church St.

Owego, NY 13827

607-687-6866

<https://www.anewhopecenter.org/>

National Domestic Violence Hotline Support:

<https://www.thehotline.org/help/>

Substance Use Services:

Addictions Center of Broome County- 30 W. State St. Binghamton

Provides medically-supervised outpatient counseling and treatment to chemically-dependent or abusing persons and their families.

(607) 723-7308

(607) 724-4626 (fax)

Broome County Chemical Dependency Services

c/o Broome County Community Mental Health Services-36-42 Main St. Binghamton

Provides substance abuse assessments upon referral from Broome County Department of Social Services.

(607) 778-1251

(607) 778-1254 (fax)

Hours: 8:30 a.m. - 4:30 p.m. Mon-Fri.; Summer Hours: 8 a.m. - 4 p.m. Mon-Fri.

Southern Tier Drug Abuse Treatment Center-10 Mitchell Ave Binghamton

Provides outpatient medical maintenance for drug addiction or abuse, including methadone therapy.

(607) 762-2800

(607) 763-6518 (fax)

Hours: 7:15 a.m. - noon, Mon. - Fri.

Fairview Addictions Crisis Center-247 Court St. Binghamton

Provides chemical dependency services in Broome County. Short-term non-medical detoxification programs.

(607) 722-4080

(607) 723-2241

Email: fairview@frsinc.org

Web: <http://www.frsinc.org>

Hours: 24 hours a day.

New Horizons Detoxification Unit c/o United Health Services (UHS)- 10-42 Mitchell Ave.

Provides acute medical care and counseling for persons suffering from withdrawal and medical complications related to alcohol or other drug dependency.

(607) 762-2255

(607) 762-3232

Web: <http://www.uhs.net/medical/newhorizons.asp>

Other Services:

Catholic Charities of Broome County- 232 Main Street Binghamton
607-729-9166

Mental Health Association of the Southern Tier- 153 Court Street Binghamton
607-771-8888

United Way-211