



The National Alliance on Mental Illness envisions a world where all people affected by mental illness lead healthy and fulfilling lives supported by communities that care. NAMI offers information and support groups, and advocates for access to vital services that helps those in distress.

For more information:
www.NAMINYS.org
Helpline: 518-245-9160



24/7 CALL, TEXT, CHAT

Rotary



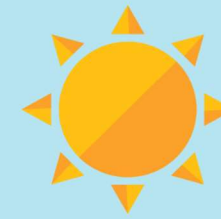
Rotary is an international service organization of 1.4 million neighbors, friends, leaders, and problem solvers who see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves.

For more information:
www.rotarydistrict7170.org

"Reaching out for help is courageous – and continuing on a path toward wellness is even more so."
Gordon McInally, RI President



CREATE HOPE
in the WORLD



It's okay to ask for help



Resource Guide for Services in Tioga County



Counseling/Support

Warm Line (peer support)	607-687-1314
LGBTQ support	888-843-4564
Trevor Project	866-488-7386
Suicide Survivors Support	607-832-5888
Friends of Recovery	607-267-4435
Crime Victim Assistance	607-722-4256
CASA Trinity (for alcohol and substance abuse)	607-223-4066
Tioga County Mental Hygiene	607-687-4000

Useful Websites

The Bully Project: www.thebullyproject.com

Narcotics Anonymous: www.na.org

Alcohol Anonymous: www.aa.org

Smart Recovery: www.smartrecovery.org

Legal Services of Central NY: www.lscny.org

Rape, Abuse & Incest Network: www.rainn.org

Project HEAL (eating disorders):
www.theprojectheal.org

Emergency Services

Child Abuse Hotline	800-342-3720
Domestic Violence	800-799-7233
Suicide and Crisis Hotline	988
Law Enforcement	911
Medical Crisis	911
Human Trafficking Hotline	888-373-7888
National Center for Missing and Exploited Children	800-843-5678
Poison Control	800-222-1222

You're not alone



Printed in 2023

Urgent Services

Child Help Line	800-422-4453
Mobile Crisis Assessment	844-732-6228
Self-harm	800-366-8288
Sexual Assault	800-656-4673
Safe Against Violence	607-746-6278
Suicide Prevention	800-273-TALK
Veterans Crisis Line	800-273-8255
Adult Protective Services	844-697-3505
AA	888-227-6237

Local Resources

New Hope Center	607-687-6866
Tioga Rural Ministry	607-687-3021
Catholic Charities	607-414-1023
Tioga Opportunities, Inc.	607-687-4222
Open Door Mission	607-687-1121
Family Enrichment Network	607-687-6721
Tioga United Way	607-687-4028