

# Counseling & Stress Management - Broome County

## 24/7 Crisis Phone Counseling

<b>Mental Health Crisis Line UHS Hotline</b>	24/7 service to persons with psychiatric emergency or emotional crisis. Immediate professional help provided along with referral assistance or hospital admission. Hotline available to persons needing assistance of professional staff for counseling, information or referral.	<b>762-2302 1-800-451-0560</b>
<b>Binghamton University High Hopes</b>	Telephone crisis lines <b>ONLY during university school year.</b>	<i>University academic year only</i> <b>777-HELP (4357)</b> Crisis Intervention
<b>Boy's Town National Hotline</b>	24/7 phone counseling to help anyone with any problem.	<b>1-800-448-3000</b>
<b>Crime Victims Assistance Center</b>	24/7 certified crisis counselors provide victims of a crime, with emergency crisis intervention, supportive counseling, information and referrals to appropriate agencies.	<b>722-4256</b>
<b>Life Choices Center</b> <i>(Previously All Women's Help Center)</i>	Offers information on pregnancy concerns and offers hotline after office hours.	<b>723-3342 205-8506 call/text</b>
<b>Lifeline Suicide Prevention Hotline</b>	24/7 hotline to anyone in a suicide crisis. Veterans can be connected immediately to mental health professionals prepared to reach out and help them. Free and confidential.	<b>1-800-273-8255 1-800-TALK</b>
<b>National Runaway Hotline</b>	24/7 hotline to facilitate relationships that ensure youth and families have access to resources in their communities.	<b>1-800-RUNAWAY 1-800-786-2929</b>
<b>NineLine</b>	24/7 hotline provides crisis intervention and referrals to runaways/potential runaways; however will help any caller, including adults.	<b>1-800-999-9999</b>
<b>Rise NY</b> <i>(Previously SOS Shelter) Domestic Violence</i>	24/7 one-on-one counseling to domestic violence victims on a limited basis at no cost.	<b>754-4340</b>

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<b>Binghamton University Psychological Clinic</b>	Provides psychological services to local community. Offers therapy for adults, children, couples, families and groups. Also offers assessment, neuropsychological evaluations, and consultation services to individuals, professionals and outside agencies. Self-pay, private insurance, sliding scale. <b>ONLY during university school year</b>	<b>777-2772</b> <i>University academic year only.</i>
<b>Broome County Mental Health Department</b>	Provides professional services to adult Broome County residents (18 + yrs) with a mental health diagnosis. Services include: comprehensive evaluation, psychiatric evaluation, individual therapy, medication management and psychological testing. Self-pay, private insurance and sliding scale.	<b>778-1152 778-1992</b>
<b>Catholic Charities Family/Individual Counseling Program</b>	Counseling for individuals and families.	<b>729-9166</b>

<b>Catholic Charities</b> <i>Gateway Counseling Center for Youth (8 yrs to 21 yrs)</i>	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 (8-21 yrs) and their parents. <i>Parental permission or notification <b>NOT</b> required</i>	<b>584-7800 ext 450</b>
<b>Christian Counseling Ctr</b>	Individual, group, marital, family biblically-based counseling. Offer counseling to address depression, addictions, anxiety, trauma, abuse, and relationship issues from a Christian perspective. Fee. Private insurance and sliding fee.	<b>729-7777</b>
<b>Employee Assistance Program</b>	<b>Contact your employer.</b> Short-term counseling may be available to employees facing problems and difficult decisions. No fee.	
<b>Family &amp; Children's Society</b>	Works to help individuals (adults, children, teens, and elders) and families resolve their problems, overcome trauma, develop positive relationships and enhance self-esteem. Therapists have considerable experience with anxiety, adolescent issues, anger management, depression, divorce, domestic violence, EMDR, family and marital problems, gay and lesbian issues, parenting, children's problems, troubled relationships, grief, loss, and post-traumatic stress disorder. Fee. Private insurance and sliding fee.	<b>729-6206</b>
<b>Lourdes Center for Mental Health</b> <i>(10 yrs to 21 yrs)</i>	Specializes in care of adolescents (10-21 yrs). Group counseling around issues such as anger management, drug/alcohol use, weight control, smoking cessation and others issues.	<b>584-4465</b>
<b>Rise NY</b> (Previously SOS Shelter)  <i>Domestic Violence Non-Residential Counseling</i>	Offers one-on-one counseling to domestic violence victims on a limited basis at no cost. Offers group counseling for victims.	<b>748-5174</b> <i>Advocacy</i>
<b>Samaritan Counseling Center</b>	Provides individual and family counseling. Fee. Some fee consideration may be possible.	<b>754-2660 1-877-825-0678</b>
<b>Support Groups Self-Help Groups</b>	Call for up-to-date information on all types of support and self-help groups.	<b>2-1-1 Susquehanna River Region</b>  <b>Dial 2-1-1</b> <b>1-800-901-2180</b>