

Wellness and Support Resources

- **COVID Resources**

- Talking to your children about COVID article: [Talking to children and teens about COVID-19 \(Coronavirus\)](#)
- OMH Emotional Support Helpline: 1-844-863-9314
- Cortland Support Line: 607-756-3415
- Cortland County Resources: [COVID-19 Resources](#)
- Chenango County Resources: [Chenango County Resource Guide 2016](#)
- Madison County Resources: [COVID-19 Resources: Mental Health](#)
- Onondaga County Resources: [Information – Onondaga County – Coronavirus \(COVID-19\) Information](#)
- NYS Department of Health Coronavirus Hotline: 1-888-364-3065
- NYS DOH Resource Webpage - [Covid-19 Resources](#)

- **Mental Health Counseling Support**

- Counseling Services of Cortland: 607-662-0209
- Cortland County [Mental Health Department](#): 607-758-6100
- Chenango County Mental Health Dept. [Community Mental Hygiene Services - Behavioral Health Services](#) (607) 337-1600
- Madison County [Mental Health | Madison County, NY](#) 315-366-2327
- Onondaga County [Department of Mental Health](#) (315) 435-3355

- **Mental Health Crisis Support**

- In an emergency, dial 911
- **Mobile Crisis Team information:** Responds to individuals in crisis, over the phone or in person, in order to reduce emergency room visits. The program provides mental health engagement, intervention, and follow-up support.
 - Cortland County: [Mobile Crisis Team.docx](#)
 - Chenango County: [Community Mental Hygiene Services - Crisis Services](#)
 - 211 Liberty Resources Crisis Unit (Cortland, Madison and Onondaga): [Liberty Resources Mobile Crisis Team](#)
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Crisis Chat Line:** Text “connect” to 741741

- **St. Joseph's Hospital - C-PEP Program**
Emergency Room Evaluation and Treatment, Extended Observation Beds (EOB)
Mobile Crisis Outreach (MCO) [Comprehensive Psychiatric Emergency Program \(CPEP\) Syracuse, New York \(NY\)](#)
- **Guthrie/Cortland Medical information:** (607) 756- 3500 / [Guthrie Cortland Medical Center](#)
- **Upstate University Hospital Regional Triage Line (7am-11pm):** 315-464-3979

Additional Community Resources

- * **2-1-1** is a free, confidential, multilingual service providing an easy way to get connected with services in the community that best meet your needs. To access resources please dial 211 or visit the link

Cortland County: <https://www.211cortland.org/>

Chenango County: <http://www.helpme211.org/>

Madison County: <https://211midyork.org/?mobi=0>

Onondaga County: <https://211cny.com/>

- * **Cortland County SPOA (Single Point of Access) for services:**

What services are available through the Children's Single Point of Access (SPOA)?

Non-Medicaid Care Management, Health Home Care Management, Home and Community Based Waiver Services (HCBS), Residential Treatment Facility (RTF)

[SPOA \(Single Point of Access\)](#)

- * **Madison County SPOA (Single Point of Access) for services:**

Children's Single Point of Access. When a child in our community is in need of assistance, we are always grateful to find out so that we can make sure that s/he is connected to the care and support that they and their family need. The Children's Single Point of Access (C-SPOA) is operated by Madison County government to enable families easy, streamlined access to the mental health service system regardless of their financial resources or insurance status. While C-SPOA does not provide any direct services, it can help a family to access the complete continuum of mental health services for a child. If you are in doubt as to whether the child about whom you are concerned should be referred to the C-SPOA, please make the referral.

[Children's SPOA Referrals](#)

- * **Onondaga County SPOA- Select Point of Access** for individuals who have serious psychiatric disabilities and need specific mental health services. The SPOA Team determines eligibility and priority status according to NYS Office of Mental Health (OMH) Criteria. Services Accessed Through SPOA:
 1. OMH Congregate Residential and Supported Housing Programs
 2. Assertive Community Treatment (ACT)
 3. Non-Medicaid Case Management (NMCM) for Individuals With Serious Mental Illness Who Are Not Medicaid Eligible. [Department of Mental Health
http://www.ongov.net/mentalhealth/spoa.html](http://www.ongov.net/mentalhealth/spoa.html)

- * **Cortland LTBTQ Resource Center:** [LGBT Resource Center : LGBT Home](#)
The Mission of the Cortland LGBTQ Center is to create a visible and empowered community through education, advocacy, resource enhancement, and linkages to essential services for all lesbian, gay, bisexual, transgender, and queer-identified people,
as well as their families and other supportive community members.