

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:**