



## **Resource List – Mental Health Services**

Auburn Police Chief Shawn Butler and Cayuga County Sheriff Brian Schenck would like to remind everyone in our community that there are services available now to help improve mental well-being and assist those struggling with mental illness. If you or someone you know needs help, please reach out and find support from the providers below.

**Anxiety, Depression and Panic Attack (ADAPA) Support Group:** Meetings take place from 7 to 8:30 p.m. the second and fourth Tuesday of every month on the second floor of Auburn Community Hospital. To participate in a Zoom meeting, contact Kristen Wilmot at (315) 252-5861.

**Auburn Enlarged City School District:** Student services webpage, providing access to a range of mental health resources for parents and children:  
[aecsd.education/districtpage.cfm?pageid=1449](http://aecsd.education/districtpage.cfm?pageid=1449)

**Community Action Programs (CAP) Cayuga/Seneca domestic violence hotline:** Call (315) 255-6221 or visit [caphelps.org/programs](http://caphelps.org/programs). Trained program advocates are on call 24/7 to provide free, confidential support and services to victims of domestic violence and their loved ones.

**Cayuga Counseling Services:** 17 E. Genesee St., Auburn, (315) 253-9795 or [cayugacounseling.org/mental-health-services](http://cayugacounseling.org/mental-health-services). Provides a variety of mental health services, from prevention and education to individual, group, couples and family therapies, treatment and crisis intervention.

**Cayuga County Mental Health:** 146 North St., Auburn, (315) 253-0341 or [cayugacounty.us/589/mental-health](http://cayugacounty.us/589/mental-health). Offers mental health treatment for Cayuga County residents through outpatient clinic, 24/7 crisis hotline, care management and coordinated services for families with youth who have significant behavioral health needs. Individuals interested in services may call (315) 253-0341 or walk in between the hours of 8:30 a.m. and 3:30 p.m. Mondays through Fridays.

**Confidential Help for Alcohol and Drugs (CHAD):** 315-253-9786 or [chadcounseling.org](http://chadcounseling.org). Supports physical, mental and spiritual rehabilitation chemical dependency programs through substance use disorder treatment and prevention services.

**Contact Community Services:** (877) 400-8740. Provides 24/7 telephone counseling, suicide prevention, crisis counseling, information and a referral call center.

**East Hill Medical Center:** 144 Genesee St., Auburn, (315) 253-8477 or [easthillmedical.com](http://easthillmedical.com). Provides counseling and behavioral health assistance.

**Helio Health:** Mental Health Outpatient Services. In Cayuga County: 315-401-4288.  
<https://www.helio.health/about/locations/meadows-integrated-outpatient-clinic/>

**Liberty Resources Mobile Crisis Team:** (855) 778-1900 or [liberty-resources.org/behavioral-health](http://liberty-resources.org/behavioral-health). Provides 24/7 peer support to help individuals experiencing a mental health or emotional crisis. Liberty's team of trained crisis counselors provide mental health engagement, intervention and follow-up support.

**National Alliance on Mental Illness (NAMI) of Cayuga County:** (315) 255-7443 or [naminys.org](http://naminys.org). Provides a family support group at Auburn Community Hospital, 17 Lansing St. To participate via Zoom, contact Terri Wasilenko at (315) 255-7443.

**Nick's Ride 4 Friends:** 12 South St., Auburn, (315) 246-6485 or [nicksride4friends.org](http://nicksride4friends.org). Provides programs that meet the needs of those struggling with addiction including peer support.

**Sexual Assault Victims Advocate Resource (SAVAR) hotline:** (315) 252-2112. Trained, certified rape crisis counselors/advocates are on call 24/7 to provide free, confidential support, referral and accompaniment through the process of reporting a sexual assault and seeking appropriate treatment.

**Syracuse Recovery Services:** 180 Genesee St., Auburn, (315) 282-5351 or [srsrecovery.org](http://srsrecovery.org). Provides personalized treatment for substance use disorders, including individual and group counseling.

**Unity House of Cayuga County:** 217 Genesee St., Suite 14, Auburn, (315) 253-6227 or [unityhouse.com](http://unityhouse.com). Provides a variety of housing options, employment, rehabilitation and support programs for individuals with mental illness.

Additional resources:

**Centers for Disease Control and Prevention:** "Stress and Coping," [cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html), a variety of resources provided.

**National Alliance on Mental Illness (NAMI) crisis text line:** Text NAMA to 741-741 to connect with a trained crisis counselor and receive free, 24/7 crisis support via text message.

**NAMI crisis guide "Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency":** Provides important, potentially life-saving information for people experiencing mental health crises and their loved ones. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help

deescalate a crisis, available resources and more. Download the guide at [nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis](https://nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis).

**National Domestic Violence Hotline:** 800-799-SAFE (7233). Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

**National Sexual Assault Hotline:** 800-656-HOPE (4673). Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services 24/7.

**New York State Emotional Support Hotline:** 844-863-9314 or [nyprojecthope.org](https://nyprojecthope.org). Provides free, confidential anonymous helpline in response to COVID-19.

**Substance Abuse and Mental Health Services Administration (SAMHSA) national helpline:** 800-662-HELP (4357), TTY 800-487-4889 or [samhsa.gov/find-treatment](https://samhsa.gov/find-treatment). Provides confidential, free, 24/7 information in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups and community-based organizations. Callers can also order free publications and other information.

**Suicide Prevention Lifeline:** 800-273-TALK (8255), TTY 1-800-799-4889 or [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org). Provides free, 24-hour confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the nearest crisis center in the national network of more than 150 crisis centers.

**Veteran's Crisis Line:** Call 800-273-8255, text 838255, TTY 800-799-4889 or visit [veteranscrisisline.net](https://veteranscrisisline.net). Connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat or text.