

Crisis Resources

Grief Helpline – 1-800-445-4808

Will provide links to resources in this community

UHS CPEP – 1-800-451-0567

crisis line, can provide support and a listening ear

National Crisis TEXT line – 741741

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.

Tioga County Mental Health

1062 NY-38, Owego, NY 13827

M-F 9a-5p 607-687-4000

After hours 607-687-1010

Family Services of Chemung

Mental Hygiene Crisis Services

1019 E. Water St.

Elmira, NY 14901

607-737-5369

National Suicide Prevention Line

1-800-273-8255

Chemung County Crisis Intervention 607-442-6900