



Agency	Services	Information
211 in Tompkins County Call 211 or 877-211-8667, available 24/7 Text your zip code to 898-211 www.211tompkins.org	Information & Referral	211 is an easy to remember phone number that helps you find help in your community, things like housing, food, mental health & substance use services, and more.
Suicide Prevention & Crisis Services of Tompkins County 988 or 607-272-1616 Warmline: 607-210-8328	Mental Health Services	24-hour, free, anonymous crisis line with telephone counseling and information and referral for individuals experiencing emotional distress, problems of living and crisis situations
Tompkins County Department of Social Services 320 W. Martin Luther King/State St., Ithaca, NY 14850 607-274-5680 www.tompkinscountyny.gov/dss	Emergency Shelter, Financial Assistance, Public Benefits	Provides programs and services to County residents, including emergency shelter, Temporary Assistance, SNAP, HEAP, Child Care subsidy, Child Support Enforcement, Medicaid for long term care, and Adult Protective services.
Tompkins County Whole Health (Mental Health Services) 201 E. Green St., Ithaca, NY 14850 607-274-6200	Mental Health Services	Offers therapy for mental health issues for individuals, couples, families, and groups. Open Access: Mon, Tue, Thu, 8:30am-2pm; Wed, 10:30a-3p Also offers forensic services, psychiatric services and medication management, long acting injectables. PROS Personalized Recovery Oriented Services for adults with severe and persistent mental illness. SPOE - reviews community referrals for care management, mental health residential housing services, and health home care management for individuals 18+ with severe mental illness.
Tompkins County Reentry Program 201 E. Green St., Ithaca NY 14850 607-274-6320	Reentry Services	60 to 90-day case management following release from jail: Participants receive individual support based on their mental health, recovery, and social needs.



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Tompkins County Veterans Services 111 N. Albany St., Ithaca, NY 14850 607-274-5920 www.tompkinscountyny.gov/veteran	Veterans' Services	Helps veterans and their family members with filing claims for county, state and federal veterans' benefits; registering for Veterans Administration health services.
Catholic Charities Tompkins/Tioga Counties 324 W. Buffalo St., Ithaca, NY 14850 607-272-5062 www.catholiccharitiesst.org	Clothing, Family Supports, Financial Assistance Housing, Personal Care Items, Transportation	Supportive living women's guest house. Fatherhood program. Immigrant services program. Samaritan Center helps with SNAP applications, clothing, personal care items, bedding, once a year financial help, security deposit, utility assistance, moving assistance, transportation assistance, medication payment assistance.
Cayuga Addiction Recovery Services CARS 334 W. State St., Ithaca, NY 14850 607-273-5500 www.carsny.org	Substance Use Services	Offers inpatient and outpatient treatment. Open-access for assessments, group programming, individual and family counseling, medication assistance treatment.
Cayuga Medical Center at Ithaca 101 Dates Dr., Ithaca, NY 14850 607-274-4011	Health Care, Hospital	Hospital with emergency department.
Family & Children's Services 127 W. State St., Ithaca, NY 14850 607-273-7494 www.fcsith.org	Mental Health Services	Provides mental health services for children, families, adults, older adults, and caregivers.
Ithaca Free Clinic 521 W. Seneca St., Ithaca, NY 14851 607-330-1254 www.ithacahealth.org	Health Care	Free primary health care, medical testing, women's health services, and employment physicals. Health insurance navigation. Optometry Clinic and occupational therapy.
Ithaca Housing Authority 800 S. Plain St., Ithaca, NY 14850 607-273-8629 www.ithacaha.com	Housing	Offers Section 8 Housing Choice Voucher Program, public housing, low income housing.
Loaves and Fishes St. John's Episcopal Church, 210 N. Cayuga St., Ithaca, NY 14850 607-272-5457 www.loaves.org	Food	Free hot meal. Lunch: Mon. Wed, Fri, 1130a-1p. Evening Meal: Tue, Thu, 5:30pm-6:30pm Laundry – drop off on Tue noon-1p, pick up Fri, 10am-11am



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Mary Durham Boutique 110 W. Court St., Ithaca, NY 14850 607-256-9957	Clothing	New and secondhand women’s clothing
Mental Health Association in Tompkins County 171 E. State St., Ste. 275, Ithaca, NY 14850 607-273-9250 www.mhaedu.org	Mental Health Services, Peer Support	Peer support services. Justice support services. Social drop-in. Walk-in peer counseling program.
Multicultural Resource Center MRC - Ultimate Re-Entry Opportunity URO 502 W. State St., Ste. 7, Ithaca, NY 14850 607-339-0073 www.uro-tc.org	Reentry Services	Re-Entry Welcoming Group meets Thu, 5:30pm-7:00pm, dinner, transportation and child care are provided. Re-Entry Mentoring Program provides support and guidance to Returning Citizens with navigating available community resources.
Opportunities, Alternatives and Resources 910 W. State St., Ithaca, NY 14850 607-272-7885 www.oartompkins.org	Employment, Housing, Identification, Reentry Services	Serves people who have been involved in the criminal justice system. Help meeting basic needs, ID, housing, employment, financial assistance, provides transitional housing.
Rescue Mission – Court St. Place 717 W. Court St., Ithaca, NY 14850 607-342-0372	Housing	Housing for formerly homeless men, with support to work toward independence. Stay is usually six to 24 months.
Rescue Mission – Thrifty Shopper 376 Elmira Rd., Ithaca, NY 14850 607-220-1992	Clothing	Sells donated clothing, furniture, and household goods.
St. John’s Community Services 618 W. State St., Ithaca, NY 14850 607-354-8990	Emergency Shelter	Shelter
Salvation Army 150 N. Albany St., Ithaca, NY 14850 607-273-2400	Food	Emergency food delivery once a month. Free meals on weekends.
Salvation Army Family Store 381 Elmira Rd., Ithaca, NY 14850	Clothing	Sells donated clothing, furniture, and household goods.
Tompkins Community Action 701 Spencer Rd., Ithaca, NY 14850 607-273-8816 www.tcation.org	Food, Housing	Food pantry, call ahead. Permanent supportive housing program for those who have experienced homelessness. Section 8 Housing Choice Voucher program – wait list 24-36 months.



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Tompkins Workforce New York Career Center 171 E. State St., Ste. 241, Ithaca, NY 14850 607-272-7570 www.tompkinscountyny.gov/wfny	Employment, Disability Services, Veterans' Services	Services for job seekers. Priority service to veterans and their eligible spouses. Disability Resource Coordinator to assist individuals with disabilities find jobs and understand how employment may affect their benefits.
Veterans Affairs Outpatient Clinic 2309 N. Triphammer Rd., Ithaca, NY 14850 607-257-2045	Veterans' Services	Primary health care services, behavioral health care, prescriptions. Mobile Outreach and Transition Team offers short term case management.
Women's Opportunity Center 315 N. Tioga St., Ithaca, NY 14850 607-272-1520 www.womensopportunity.org	Employment	Employment services for people who are displaced homemakers or SNAP recipients not receiving TANF.



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