

New York

Albany County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-549-6500
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: ACDMH Integrated Clinic
260 South Pearl St, Albany, NY 12202
- Website: <https://www.albanycountyny.gov/departments/mental-health>
- Other resources:

Allegany County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (888) 448-3367
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: The Counseling Center, 4220 State Route 417W
Wellsville, NY 14895-9332
- Website: <http://www.ardentnetwork.org/mental-wellness.html>
- Other resources:

Bronx County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 988
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788

- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.mosaicmh.org/for-adults.html>
- Website: <https://athenapsych.com/en/resources/>
- Other resources:

Broome County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 607-771-8888
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.svsabers.org/Downloads/BC%20MH%20Resources.pdf>
- Website: <https://mhast.org/programs-and-services/mobile-crisis-services/>
- Other resources:

Cattaraugus County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (800) 339-5209
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.cattco.org/community-services/clinic-services>
- Website: <https://www.cattco.org/community-services>
- Other resources:

Cayuga County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454

- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (315) 253-0341
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.cayugacounty.us/1275/Clinic>
- Website: <https://www.cayugacounty.us/1271/Crisis>
- Other resources:

Chautauqua County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 800-724-0461
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://chqgov.com/mental-hygiene/Mental-Health-and-Chemical-Dependency-CI>
- Website: <https://chqgov.com/mental-hygiene/chautauqua-county-crisis-hotline>
- Other resources:

Chemung County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (607) 442-6900
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.familyservicesofchemung.com/adult-counseling-services>
- Website: <https://www.familyservicesofchemung.com/copy-of-personalized-recovery-service>
- Other resources:

Chenango County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 887-369-6699 or 844-732-6228
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.chenangocountyny.gov/188/Behavioral-Health-Services>
- Website: <https://www.chenangocountyny.gov/290/Mobile-Crisis-Assessment-Team-MCAT>
- Other resources:

Clinton County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 866-577-3836 TTY: 877-829-1278
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.clintoncountyny.gov/mental-health-addiction-services>
- Website: <https://www.clintoncountyny.gov/mental-health-addiction-services>
- Other resources:

Columbia County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (518) 828-9446
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564

- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: Columbia County Mental Health Center
325 Columbia St. Hudson, NY 12534
- Website: <https://www.columbiacountymhc.com/crisis.html>
- Other resources:

Cortland County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 607-756-3771
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.cortlandunitedway.org/mental-health-resources>
- Website: <https://www.cortlandunitedway.org/mental-health-resources>
- Other resources:

Delaware County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 315-732-6228 or 844-732-6228
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.delcony.us/departments/mhc/mhc.htm>
- Website:
https://www.co.delaware.ny.us/departments/mhc/mhc_services_crisis.htm
- Other resources:

Dutchess County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs

- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: CALL OR TEXT 845-485-9700, CALL TOLL FREE 877-485-9700
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.dutchessny.gov/Departments/DBCH/behavioral-health-services.htm>
- Website: <https://www.dutchessny.gov/Departments/DBCH/24-7-Services.htm>
- Other resources:

Erie County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (716) 834-3131 or (716) 882-4357
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www3.erie.gov/mentalhealth/programs-services>
- Website: <https://www3.erie.gov/mentalhealth/i-need-help-now>
- Other resources:

Essex County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 888-854-3773
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://essexcountyny.gov/MentalHealth/programs-services/>
- Website: <https://essexcountyny.gov/MentalHealth/crisis-services/>

- Other resources:

Franklin County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-483-3261 or 518-891-5535
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Behavioral Health Urgent Care Center: 125 Finney Boulevard, Malone, NY 12953
- Local mental health services: <https://citizenadvocates.net/mental-health/>
- Website: <https://citizenadvocates.net/help/>
- Other resources:

Fulton County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (518) 842-9111
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.hfmboces.org/hfmcounselingresources/>
- Website: <https://www.hfmboces.org/hfmcounselingresources/>
- Other resources:

Genesee County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 800-345-4400
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564

- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.geneseeny.gov/departments/mentalhealth/index.php>
- Website:
https://www.geneseeny.gov/departments/office_for_the_aging/mental_health_services.php
- Other resources:

Greene County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (518) 943-5555 or (518) 622-3344
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services:
<https://www.greenegovernment.com/departments/mental-health>
- Website: <https://www.greenegovernment.com/departments/mental-health>
- Other resources:

Hamilton County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 800-533-8443
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.hamiltoncounty.com/health-human-services/mental-health>
- Website: <https://www.hamiltoncounty.com/health-human-services/mental-health>
- Other resources:

Herkimer County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 844-863-9314 or 315-732-6228
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.herkimercountyny.gov/departments/mental-health/>
- Website: <https://www.herkimercountyny.gov/departments/mental-health/>
- Other resources:

Jefferson County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-483-3261 or 518-891-5535
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Behavioral Health Urgent Care Center: 650 State Street, Watertown, NY 13601
- Local mental health services: <https://citizenadvocates.net/mental-health/>
- Website: <https://citizenadvocates.net/help/>
- Other resources:

Kings County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 718-245-2310 or 718-616-5373
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860

- Local mental health services: <https://www.nychealthandhospitals.org/kings-county/services/behavioral-health/>
- Website: <https://www.bhbehavioralassociates.com/suicidecrisis-services>
- Other resources:

Lewis County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 315-376-5450 (M-F 8-4:30pm), 315-405-0696 (evening hours and weekends)
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://lewiscountyny.gov/departments/community-services-mental-health/>
- Website: <https://lewiscountyny.gov/departments/community-services-mental-health/hotlines/>
- Other resources:

Livingston County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 585-275-5151 or 800-310-1160
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.livingstoncountyny.gov/1361/Mental-Health-Resources>
- Website: <https://www.livingstoncountyny.gov/1168/Suicide-Prevention>
- Other resources:

Madison County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741

- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 315-366-2327 or 315-251-0800
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.madisoncounty.ny.gov/390/Mental-Health>
- Website: <https://www.madisoncounty.ny.gov/2575/Helplines-Hotlines>
- Other resources:

Monroe County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 877-356-9211 or 585-368-3950 or 585-275-8686
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.monroecounty.gov/mh>
- Website: <https://www.monroecounty.gov/files/mh/MC-CrisisServices.pdf>
- Other resources:

Montgomery County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (518) 842-9111
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.co.montgomery.ny.us/web/sites/departments/mentalhealth/>
- Website: <https://www.co.montgomery.ny.us/web/sites/departments/mentalhealth/>
- Other resources:

Nassau County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 516-227-8255 or 516-572-4775
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.nassaucountyny.gov/1711/Mental-Health>
- Website: <https://www.nassaucountyny.gov/1700/Crisis-Hotline-Services>
- Other resources:

New York County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 888-NYC-WELL or text "WELL" to 65173
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.nyc.gov/site/doh/health/health-topics/mental-health.page>
- Website: <https://www.nyc.gov/site/doh/health/health-topics/nyc-well.page>
- Other resources:

Niagara County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 716-285-3515
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860

- Local mental health services: https://www.niagaracounty.gov/departments/m-r/mental_health_substance_abuse/counseling_wellness_services.php
- Website: https://www.niagaracounty.gov/departments/m-r/mental_health_substance_abuse/crisis_services.php
- Other resources:

Oneida County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (315) 732-6228
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://ocgov.net/departments/mental-health/adult-mental-health/>
- Website: <https://ocgov.net/departments/mental-health/crisis-services/>
- Other resources:

Onondaga County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 315-251-0800
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <http://www.ongov.net/mentalhealth/>
- Website: <http://www.ongov.net/mentalhealth/CrisisServices.html>
- Other resources:

Ontario County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (315) 462-1080 or (315) 462-7070

- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.ontariocountyny.gov/1384/Mental-Health>
- Website: <https://www.ontariocountyny.gov/1378/Emergency-Services>
- Other resources:

Orange County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 800-832-1200
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.orangecountygov.com/1291/Mental-Health-Services>
- Website: <https://www.orangecountygov.com/1796/Crisis-Call-Center>
- Other resources:

Orleans County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (585) 589-5527 or (585) 283-5200
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
https://www.orleanscountyny.gov/departments/mental_health/outpatient_clinic_treatment.php
- Website:
https://www.orleanscountyny.gov/departments/mental_health/orleans_county_sui_cide_prevention_coalition.php
- Other resources:

Oswego County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 315-251-0800 or 315-434-5333
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
https://www.oswegocounty.com/departments/human_services/mental_hygiene/mental_health_treatment_providers.php
- Website:
https://www.oswegocounty.com/departments/human_services/mental_hygiene/crisis_intervention.php
- Other resources:

Otsego County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (607) 433-2343 or (844) 732-6228
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
https://www.otsegocountyny.gov/departments/mental_health/index.php
- Website:
https://www.otsegocountyny.gov/departments/mental_health/crisis_services.php
- Other resources:

Putnam County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (845) 225-1222

- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://mhaputnam.org/programs/>
- Website: <https://mhaputnam.org/resources/>
- Other resources:

Queens County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 888-692-9355
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://jamaicahospital.org/clinical-services/psychiatry/advanced-center-of-psychotherapy/>
- Website: <https://namiqn.org/crisis-info/>
- Other resources:

Rensselaer County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-292-5499
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: <https://www.rensco.com/239/Mental-Health>
- Website: <https://www.rensco.com/239/Mental-Health>
- Other resources:

Richmond County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 718-818-6300 or 718-818-6900
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Comprehensive Psychiatric Emergency Program (CPEP): 355 Bard Avenue, Staten Island, NY 10310 (inside the main hospital)
- Local mental health services: <https://www.rumcsi.org/services/behavioral-health/>
- Website: <https://www.rumcsi.org/services/emergency-services/cpep/>
- Other resources:

Rockland County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 845-517-0400 or 844-255-2478
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://www.rocklandcountyny.gov/departments/mental-health/mental-health-provider-agencies-resources>
- Website: <https://www.rocklandcountyny.gov/departments/mental-health>
- Other resources:

Saint Lawrence County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-483-3261 or 518-891-5535
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860

- Behavioral Health Urgent Care Center: 1003 Park Street, Ogdensburg, NY 13669
- Local mental health services: <https://citizenadvocates.net/mental-health/>
- Website: <https://citizenadvocates.net/help/>
- Other resources:

Saratoga County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 988
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: <https://www.saratogacountyny.gov/wp/wp-content/uploads/2024/04/DoH-SUD-ResourceGuide-2024Apr23.pdf>
- Website: <https://www.saratogacountyny.gov/departments/mental-health-center/>
- Other resources:

Schenectady County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-292-5499
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: <https://schenectadycountyny.gov/community-services/resources>
- Website: <https://schenectadycountyny.gov/community-services/resources>
- Other resources:

Schoharie County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs

- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (844) 732-6228 or (518) 295-8336
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: COMMUNITY MENTAL HEALTH CLINIC, 113 Park Pl, Schoharie, NY 12157
- Website: <https://www4.schohariecounty-ny.gov/departments/community-services/>
- Other resources:

Schuyler County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 988
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.schuylercounty.us/149/Mental-Health-Services>
- Website: <https://www.schuylercounty.us/619/Get-Help>
- Other resources:

Seneca County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 800-310-1160 or 315-462-1080
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860

- Comprehensive Psychiatric Emergency Program (CPEP at Clifton Springs Hosp): 2 Coulter Rd, Clifton Springs, NY 14432
- Local mental health services: <https://www.co.seneca.ny.us/gov/community/mental/mental-health/>
- Website: <https://www.co.seneca.ny.us/gov/community/mental/mental-health/>
- Other resources:

Steuben County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 607-937-7800
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://steubencountyny.gov/187/Community-Mental-Health-Center>
- Website: <https://steubencountyny.gov/187/Community-Mental-Health-Center>
- Other resources:

Suffolk County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 631-952-3333 or 631-751-7500
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Comprehensive Psychiatric Emergency Program (CPEP): Stony Brook Medicine, University Hospital Level 4, Stony Brook, NY 11794-7101
- Local mental health services: <https://suffolkstopaddiction.org/mental-health/treatment>
- Website: <https://suffolkstopaddiction.org/mental-health/crisis-and-emergency-services>
- Other resources:

Sullivan County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 845-790-0911 or 800-710-7083
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services:
<https://sullivanyny.us/Departments/CommunityServices>
- Website: <https://sullivanyny.us/Departments/CommunityServices>
- Other resources:

Tioga County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 607-687-4000 or 607-762-2458
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Comprehensive Psychiatric Emergency Program (CPEP): Binghamton General Hospital, 10-42 Mitchell Ave, Binghamton, NY 13903
- Local mental health services:
<https://www.tiogacountyny.com/departments/mental-hygiene/>
- Website: <https://tiogacountyny.com/programs-agencies/suicide-prevention-coalition/contacts/>
- Other resources:

Tompkins County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 607-272-1616
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)

- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://tompkinscountyny.gov/health/mh>
- Website: <https://www.ithacacrisis.org/>
- Other resources:

Ulster County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (844) 277-4820 (10am-10pm 7 days a week) or (888) 750-2266 Option 2
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Behavioral Health Urgent Care: 368 Broadway Suite 205, Kingston, NY 12401
10am-6pm Mon-Fri in person, 24-7 virtually.
- Local mental health services: <https://ulstercountyny.gov/mental-health>
- Website: <https://ulstercountyny.gov/mental-health>
- Other resources:

Warren County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-292-5499
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: <https://www.warrencountyny.gov/mhcs>
- Website: <https://www.warrencountyny.gov/mhcs>
- Other resources:

Washington County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454

- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 518-292-5499
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Capital District Psychiatric Center (24/7): 75 New Scotland Ave, Albany, NY 12208
- Local mental health services: <https://www.washingtoncountyny.gov/327/Mental-Health-Community-Services>
- Website: <https://www.washingtoncountyny.gov/327/Mental-Health-Community-Services>
- Other resources:

Wayne County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 988
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://web.co.wayne.ny.us/175/Behavioral-Health>
- Website: <https://web.co.wayne.ny.us/599/Suicide-Prevention-Coalition>
- Other resources:

Westchester County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (914) 925-5959
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://mentalhealth.westchestergov.com/>

- Website: <https://mentalhealth.westchestergov.com/mental-health/suicide-prevention>
- Other resources:

Wyoming County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: (585) 283-5200
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://www.wyomingco.net/593/Services>
- Website: <https://www.wyomingco.net/593/Services>
- Other resources:

Yates County, NY

- 988 (Hearing Impaired: dial 711 then 988), 911, local hospital EDs
- Crisis hotline (Spanish): 1-888-628-9454
- Crisis text line: Text GOT5 to 741741
- Gambling and chemical dependency hotline: 877-8-HOPENY or text HOPENY
- Crisis hotline: 315-462-1080 or 800-310-1160 or 844-435-7648
- National Domestic Violence Hotline: 800-799-7233 or Text START to 88788
- Veteran's Crisis Line: 1-800-273-8255, Press 1, or text to 838255
- LGBT National Hotline: 1-888-843-4564
- The Trevor Project Crisis Line: 1-866-488-7386 (LGBTQ youth ages 13-24)
- Trans Lifeline: 1-877-565-8860
- Local mental health services: <https://yatesinsyght.org/family-youth-resources/>
- Website: <https://www.yatescountyny.gov/DocumentCenter/View/5584/YC-Community-Resources?bidId=>
- Other resources: