

Community Resources

Broome & Tioga Counties

In life-threatening emergencies, dial 9-1-1.

If you have questions or don't know where to start,

dial: **2-1-1 First Call For Help**

or

1-800-901-2180

To help you find what you're looking for, here are some not-for-profit community resources that may provide helpful services which may meet your need.

ABUSE See: "Protective Services"

AIDS/HIV

Health Dept - Broome 778-2839
Health Dept - Tioga 1-800-282-4884
HIV/AIDS Warm Line 1-800-333-0892
Southern Tier AIDS Program 798-1706
STD Hotline 1-800-227-8922

AGING See "Senior Services"

ALCOHOL/DRUG ABUSE

AA 722-5983
Al-Anon/Alateen 722-0889
Addiction Ctr 723-7308
Addictions Crisis Ctr @ Fairview 723-3321
Alcohol & Drug Abuse Svcs - Tioga 687-4000
Alcohol Abuse Information 1-800-ALCOHOL
Alcohol/Drug Crisis Line UHS 762-2257
Alcohol/Substance Abuse Info 1-800-784-6776
Candlehouse Teen Challenge 687-3669
Chemical Dependency Unit (BCMHS) 778-1251
Clear Brook Inc 1-800-582-6241
Drug Abuse Treatment Southern Tier 762-2800
Drug Awareness Ctr (See *Chemical Dependency Unit*)
Fairview Recovery Svcs 723-3321
Mental Health Assn Chemical Dependency 771-8888
Narcotics Anon 774-4907
New Horizons (UHS) 762-3232
Salvation Army Adult Rehab Ctr 723-5381
Tioga County Open Door Mission 687-1121

ASSESSMENT

Broome County Office for Aging 778-2411
CASA (Long Term Care) 778-2420
Children's Home of Wyoming Conf 772-6904
Early Childhood Direction Ctr 724-2111
Greater Binghamton Health Ctr (Child) 773-4424
Greater Binghamton Health Ctr (Adult) 773-4061
Handicapped Children's Assn 798-7117
Tioga County Social Services 687-8550
UHS Crisis Ctr Psychiatric Emergency
. 762-2302 or 1-800-451-0560

BUDGET COUNSELING

Consumer Credit Counseling Svcs 723-2671

CHILD CARE INFORMATION & REFERRAL

Family Enrichment Network - Broome 723-8313
- Tioga 687-6721

See also "Parenting"

CIVIL RIGHTS/HUMAN RIGHTS

NYS Advocate for Disabled 1-800-522-4369
NYS Attorney General 721-8771
NYS Human Rights Division 721-8467

CONSUMER PROTECTION

Better Business Bureau www.upstateny.bbb.org
Consumer Product Safety - U.S. 1-800-638-2772
Food & Drug Administration 773-2752
NYPIRG (Public Interest Research Group) 777-4971
NYS Attorney General 721-8771
NYS Public Service Commission 1-800-342-3377
Small Claims Court 772-7006

COUNSELING

Binghamton Univ. Psychological Clinic 777-2103
Catholic Charities 729-9166
Crisis Center - Psychiatric Emergency
. 762-2302 or 1-800-451-0560
Family & Children's Society 729-6206
Mental Health Assn (Information/Referral) 771-8888
Mental Health Dept - Broome 778-1152
Mental Health Dept - Tioga 687-0200
Psychological Clinic (B.U.) 777-2103
Samaritan Counseling Ctr-Broome 754-2660
UHS Mental Health Clinic 762-2340

CRISIS & SUICIDE PREVENTION COUNSELING

A New Hope Center - Tioga 1-800-696-7600
Boys Town (Youth/Families) 1-800-448-3000
Crime Victims Assistance Ctr 722-4256
Crisis Center Psychiatric Emergency - Mental Health Hotline
. 762-2302 or 1-800-451-0560
Nat'l Runaway Switchboard 1-800-RUNAWAY
Nineline 1-800-999-9999
SOS Shelter (Domestic Violence) 754-4340
UHS Child/Youth Mobile Crisis Team 762-3387
Youth Crisis Hotline 1-800-448-4663
See also: "Youth Counseling"

DISABILITIES

ACCES (previously VESID) 1-800-888-5010
ACHIEVE (previously ARC) 723-8361
AVRE (Assn for Vision Rehab) 724-2428
BOCES (Broome/Tioga) 763-3300
Brain Injury Assn of NYS 1-800-228-8201
Broome Developmental Svcs 770-0211
Early Childhood Direction Ctr 724-2111

DISABILITIES cont'd

Emergency only Deaf Teletype TTY 1-800-342-4357
(for NYS Police, fire, ambulance)
Handicapped Children's Assn 798-7117
Learning Disabilities Assn 754-3335
Rehabilitation Support Svcs (Tioga) 687-7468
Social Security Administration 1-800-772-1213
. TTY 1-800-288-7185
Southern Tier Independence Ctr 724-2111
SWS (previously Sheltered Workshop) 722-2364
VESID (See ACCES) 1-800-888-5010

DISASTER SERVICES

American Red Cross - Southern Tier (fire/flood) 785-7207
2-1-1 First Call For Help Dial **2-1-1**
or 1-800-901-2180
Emergency Svcs - Broome 778-2170
Emergency Svcs - Tioga 687-8300
Salvation Army - Broome 722-2987
Tioga County Open Door Mission 687-1121

DOMESTIC VIOLENCE

A New Hope Center - Tioga 687-6866 or 1-800-696-7600
All Women's Help Center See: *Life Choices Center*
Crime Victims Assistance - Broome 722-4256
Domestic Violence - NYS 1-800-695-0390
Life Choices Center 723-3342
SOS Shelter 754-4340

ELDER SERVICES See "Senior Services"

EMPLOYMENT

BOCES 763-3300
Cornell Coop. Ext WORKplus 584-5008
Workforce NY - Broome 778-2136
Workforce NY - Tioga 687-8500 or 1-877-882-8313

FAMILY PLANNING SERVICES

Family Planning Svcs - Broome 778-2669
Family Planning Svcs - Tioga 687-5333
Genetic Counseling - Ferre Institute 724-4308
Planned Parenthood 723-9692

FOOD ASSISTANCE

Catholic Social Svc - Broome 723-4563
CHOW **Broome County only** - requires referral:
2-1-1 First Call For Help Dial **2-1-1** or 1-800-901-2180
Independent Pantry /Community Meal information, call:
2-1-1 First Call For Help Dial **2-1-1** or 1-800-901-2180

Food & Drug Administration 773-2752
Food Bank of Southern Tier - Mobile 796-6061
Food Stamps - Broome 778-3772
Food Stamps - Tioga 687-8300
Meals-on-Wheels - Binghamton 778-6206
Meals-on-Wheels - Western Broome 754-7856
Meals-on-Wheels - Owego 687-4120 x314

FOOD ASSISTANCE cont'd

Office for Aging - Broome Senior Meal Sites 778-2411
Office for Aging - Tioga Senior Meal Sites 687-4120
Tioga County Open Door Mission 687-1121
Tioga County Rural Ministry - Tioga 687-3021
Tioga Outreach Ctr - Waverly 565-7580 or 1-866-326-1373
Salvation Army - Broome 722-2987
WIC (Women/Infants/Children Nutrition Program)
Broome County 778-2881
Tioga County 687-3147 or 1-866-642-0243

HEAD START

Family Enrichment Network - Broome 723-8313
Opportunities for Broome 772-6810
Tioga Opportunities Inc 1-866-687-5888

HEALTH CARE - MEDICAL SERVICES - DENTAL CARE

Dental Care Services (UHS) 762-2005
Dental Care Services Lourdes 584-4545
Dental Clinic - Accepts Medicaid
Binghamton Dental 722-55555 Cortland Dental 753-3931
Oak Street Dental 778-1400 Wilson Dental 217-7123
Windsor Dental 655-2141

Dr. Garabed Fattal Community Free Clinic **772-3519** voice mail

Family Care Centers (Fee on sliding scale)
Lourdes Family Care 798-8058
UHS Health Care Clinics 763-5555
Health Dept - Broome 778-3930
Health Dept - Tioga 1-800-282-4884
Tioga County Health Dept Mobile Dental Clinic 1-800-282-4884

HEALTH/MEDICAL INSURANCE

CDCHP 1-800-454-3840
Child Health Plus (Excellus BC/BS) 1-800-282-0068
Child Health Plus (Fidelis Tender) 1-888-343-3547
Child Health Plus (Mother's & Babies Perinatal Network)
. 772-0517 or 1-800-231-0744
EPIC (Senior Prescription Insurance) 1-800-332-3742
Mothers & Babies (health insurance assistance) 1-800-231-0744
MEDICAID - Broome 778-2604
MEDICAID/MEDICARE - Tioga 687-8300
MEDICARE 1-800-633-4227
Partnership for Prescription Assistance (PPA) 1-888-477-2669

HOME HEALTH/LONG-TERM CARE

CASA (EISEP Program) 778-2420
Family & Children's Society 729-6209
Health Dept - Broome 778-3930
Health Dept - Tioga 1-800-282-4884
Hospice East - Broome 798-5692
Hospice West - Tioga 687-0682
Hospice - Guthrie 1-800-598-6155
Caregiver Resource Ctr
Office for Aging - Broome 778-2411
Office for Aging - Tioga 687-4120
Tioga Long Term Care Access 687-8550
Twin Tier Home Health Care 763-8946

HOMELESSNESS/EMERGENCY SHELTERS

Berkshire Farms (Youth) 772-3123
Catholic Charities TTLP (Youth) 584-7800
Dept of Social Svcs - Broome 778-2504
Dept of Social Svcs - Tioga 687-8300
Red Cross (fire/flood victims) 785-7207
Salvation Army Adult Rehab 723-5381
SOS Shelter (Domestic Violence) 754-4340
Tioga County Open Door Mission 687-1121
Volunteers of America 772-1156
The Y (YMCA) - men 772-0560
YWCA - women 772-0340

HOUSING /RENT/MORTGAGE

Binghamton Code Enforcement 772-7010
Binghamton Community Development (HUD) 772-7028
Binghamton Housing Authority 723-9491
First Ward Action Council 772-2850
Metro Interfaith Housing 772-6766
Opportunities for Broome 723-6493
SEPP Housing 723-8989
Tioga Opportunities 687-0707
Town of Union (HUD) 786-2985

INFORMATION & REFERRAL

2-1-1 First Call For Help Dial 2-1-1
or 1-800-901-2180

LEGAL SERVICES

ACCORD (Dispute Resolution)
Broome 724-5153
Tioga 687-8222
Bar Assn (Lawyer Referral)
Broome 723-6331
Tioga 1-800-342-3661
Legal Aid-Mid State NY 1-877-777-6152
Neighborhood Legal Svcs (Tioga) 273-3666 or 1-800-724-4170

MULTICULTURAL COMMUNICATIONS

American Civic Assn 723-9419
Broome County Urban League 723-7303
Jewish Federation 724-2332
Mental Health Assn 771-8888
NAACP (local) 1-877-622-2798

PARENTING

Binghamton School District - PACT 762-8197
Catholic Social Services - PPA Program 729-9166
Cornell Cooperative Ext - Broome 772-8953
Cornell Cooperative Ext - Tioga 687-4020
Family & Children's Society 729-6206
Family Enrichment Network 723-8313
Lourdes Hospital - PACT 584-4550
Mothers & Babies Perinatal Network
. 772-0517 or 1-800-231-0744
Tioga County - PACT 607-687-6145
See also: "Headstart"

PARENT RESOURCE CENTERS

PAL Family Resource Ctr 771-6334
Parent Resource Place - Endicott 785-4331
Parent Resource Ctr - Owego 687-1571
Parent Resource Ctr - Waverly 565-2374

PHYSICIAN REFERRAL

Medical Society 772-8493
Lourdes Hospital 798-5831 or 1-877-956-8733
United Health Svcs Nurse Direct. 763-5555 or 1-800-295-8088

PREGNANCY

Birthingright 798-7661
Broome County Social Svcs - PCAP 778-2669
Catholic Social Svcs (EPS) 729-9166
Family & Children's Society - Broome 729-6206
- Tioga 687-3540
Life Choices Center 723-3342
Lourdes Hospital - PCAP 798-8058
Mothers & Babies Perinatal Network 772-0517 or 1-800-231-0744
Planned Parenthood 723-9692
Tioga County Health Dept - PCAP 1-800-282-4884
United Health Svcs - PCAP 763-5142

PROTECTIVE SERVICES

A New Hope Center 1-800-696-7600
Abused/Neglected Children (NYS) 1-800-342-3720
Adult Protective - Broome 778-2635
Adult Protective - Tioga 687-8550
Child Protective - Broome 778-2647
Child Protective - Tioga 687-8355
Crime Victims Assistance - Broome 722-4256
SOS Shelter 754-4340

RAPE VICTIMS 24-HR HOTLINE

A New Hope Center - Tioga 687-6866 or 1-800-696-7600
Crime Victims Assistance - Broome 722-4256
Life Choices Center 723-3342

SELF-HELP SUPPORT GROUPS

2-1-1 First Call For Help Dial 2-1-1
or 1-800-901-2180

SENIOR SERVICES

Action for Older Persons.. . . . 722-1251
CASA 778-2420
Faith in Action 724-9130 x318
Family & Children's Society 729-6206
Office for Aging - Broome 778-2411
Office for Aging -Tioga Opportunities 687-4120
Senior Helpline - NYS 1-800-342-9871
Tioga County Rural Ministry 687-3021

SEXUALITY

Planned Parenthood 723-9692
Southern Tier AIDS Helpline 1-800-333-0892
See also: "AIDS/HIV"; "Family Planning"; "Pregnancy"

SUICIDE

See "CRISIS & SUICIDE COUNSELING"

UTILITIES

HEAP Home Energy Assistance Program
Dept of Social Svcs - Broome 778-2638
Office for Aging - Broome 778-2063
Dept of Social Svcs - Tioga 687-8300
Opportunities for Broome 723-6493
Tioga Opportunities 687-4222
NYSEG Consumer Advocate 762-5965
. 1-888-315-1755
NYSEG Emergency Assistance Program
. 1-888-315-1755
Project Share (NYSEG Customers only) 785-7207

VOLUNTEERISM

Faith in Action 724-9130 x318
RSVP 231-0726
Voluntary Action Center 729-9100

VOTER REGISTRATION

Board of Elections - Broome 778-2172
-Tioga 687-8261
League of Women Voters 724-6830
Voting Information 775-5041

YOUTH COUNSELING

Berkshire Farms.. . . . 772-3123
Boys Town (Phone counseling) 1-800-448-3000
Gateway Center for Youth 584-7800
Lourdes Center for Mental Health 584-4465
Nat'l Runaway Hotline 1-800-786-2929
Nineline 1-800-999-9999
Youth Crisis HOPELINE 1-800-SUICIDE
. 1-800-784-2433

See also: "Pregnancy"

**COMMUNITY
RESOURCES**
Broome & Tioga Counties

Susquehanna River Region ★
2-1-1
Get Connected. Get Answers.

**FIRST CALL
FOR HELP**
United Way
United Way
of Broome County

**Information & Referral
Telephone Service**
Bringing people and services together

Dial 2-1-1
or 1-800-901-2180

www.firstcallforhelp.info

