

**BASIC NEEDS/EMERGENCY ASSISTANCE**

American Red Cross Albany 518-458-8111  
 Delaware Opportunities, Inc.: 607-746-1665  
 Delaware County DSS: 607-832-5300  
 Salvation Army Oneonta: 607-432-5960

**CARE MANAGEMENT SERVICES**

ARC of Delaware County: 607-865-7126  
 Catholic Charities Oneonta: 607-432-0061  
 Adult Protective Services: 607-832-5300  
 Delaware County Office for the Aging: 607-832-5750  
 Rehabilitation Support Services (RSS): 607-865-3158  
 Salvation Army Adult Rehab Center: 607-432-5960  
 Southern Tier Care Coordination: 607-798-1721  
 Southern Tier Mobile Integration Team (MIT): 1-844-435-7648  
 In Home Stabilization Oneonta: 607-434-8692

**CHILDCARE**

Delaware Opportunities, Inc.: 607-746-1620  
 NYS Office of Children and Family Services: 518-474-9454

**FAMILY SUPPORT/ADVOCACY**

NYS Parent Helpline: 518-244-5373  
 Early Intervention (Birth-3yr): 607-832-5200  
 Families Together: 1-888-326-8644

**MENTAL HEALTH COUNSELING/SERVICES**

Delaware County Mental Health Clinic:  
 Adults - 607-832-5888  
 Children's - 607-832-5889  
 Family Planning of South Central NY: 607-432-2250

## Pocket Guide to Services and Emergency Contacts in Delaware County NY

Developed by: The Suicide Prevention  
 Network of Delaware County

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**SUICIDE PREVENTION/SUPPORT**

Mobile Crisis Assessment Team: 1-844-732-6228  
 (MCAT) 24 hr. crisis hotline

National Suicide Prevention Lifeline: 1-800-273-8255

CPEP (Mental Health) 24 hr. 607-762-2302  
 Crisis Center Binghamton: 1-800-451-0560

UHS Outpatient Medical  
 Mental Health Clinic: 607-762-2340

Warm Line Non-Crisis Hotline: 1-800-377-3281  
 or 607-865-3156

Survivors of Suicide Support Groups: 607-832-5888

The Trevor Project (LGBTQ  
 suicide prevention hotline): 1-866-488-7386

**SHELTERS**

Delaware County DSS: 607-832-5300  
 Safe Against Violence: 607-746-6278  
 or 1-866-457-7233

**EMERGENCY SERVICES**

Emergency: 911  
 Poison Control: 1-800-222-1222  
 Sheriff Department: 607-832-5555  
 Dept. of Emergency Services: 607-832-5600  
 First Call for Help: 2-1-1 or 1-800-901-2180  
 NYS Child Abuse & Maltreatment  
 Reporting Hotline: 1-800-342-3720  
 National Domestic Abuse Hotline: 1-800-799-7233  
 National Runaway Hotline: 1-800-621-4000

**MEDICAL SERVICES**

AO Fox Memorial Hospital: 607-432-2000  
 Bassett Healthcare Network: 1-800-227-7388  
 Lourdes Hospital: 607-798-5111  
 O' Connor Hospital: 607-746-0300  
 Tri-Town Regional Hospital: 607-563-7080  
 UHS Nurse Direct Line: 607-763-5555  
 UHS Delaware Valley Hospital: 607-865-2100  
 Margaretville Hospital: 845-586-2631  
 HIV Hotline: NY State: 1-800-541-2437  
 Syracuse: 1-800-562-9423

**MENTAL HEALTH COUNSELING/SERVICES**

Bassett Healthcare Network (mental  
 health crisis support): 1-877-369-6699  
 Mental Health Assoc. in Ulster County : 845-336-4747  
 Eating Disorders Awareness/  
 Prevention Hotline: 1-800-931-2237

**TRANSPORTATION**

Medicaid Transportation: 1-866-753-4434  
 Delaware County Office for the Aging: 607-832-5750

**SUBSTANCE ABUSE SELF-HELP/SUPPORT SERVICES**

Alcoholics Anonymous Hotline: 1-888-227-6237  
 Narcotics Anonymous: 607-762-9116  
 Substance Abuse Hotline: 1-800-662-4357  
 New York State Hope-Line: 1-877-846-7369  
 Al Anon/Alateen Hotline: 1-800-344-2666  
 National Institute on Drug Abuse: 1-800-662-4357  
 Alcohol and Drug Abuse Council  
 of Delaware County (ADAC): 607-746-8300  
 Friends of Recovery of  
 Delaware and Otsego: 607-267-4435

**SUBSTANCE ABUSE CLINICAL SERVICES**

Delaware County Alcohol  
 and Drug Abuse Services: 607-832-5890  
 Addiction Treatment Services -  
 UHS Walton: 607-865-2115  
 Fairview Recovery Services: 607-722-8987  
 Southern Tier Drug Abuse  
 Treatment Center: 607-762-2800  
 New Horizon - UHS Binghamton: 607-762-3232

**DENTAL**

Rural Health Network of  
 South Central NY: 607-692-7669

**DISASTER RELIEF**

American Red Cross Albany: 518-458-8111  
 Salvation Army Oneonta: 607-432-5960

**YOUTH SUPPORT**

Delaware Opportunities (Big Buddy): 607-746-1746  
 Youth Bureau: 607-832-5310

**DOMESTIC VIOLENCE/SEXUAL ABUSE**

Coalition Against Domestic Violence Hotline: 1-800-942-6906  
 Delaware Opportunities Safe Against Violence (SAV): 24/7 Hotline 607-746-6278  
 or 1-866-457-7233  
 Delaware County DSS: 607-832-5300  
 Child Protective (CPS) Hotline: 1-800-342-3720  
 NY State Domestic Violence 24 Hour Hotline: 1-800-942-6906  
 National Domestic Violence Hotline: 1-800-799-7233  
 NYS Coalition Against Sexual Assault: 518-482-4222  
 RAINN (Rape, Abuse & Incest National Network): 1-800-656-4673

**EMPLOYMENT AND TRAINING**

CDO Workforce Career Center: Delhi: 607-832-5777  
 Sidney: 607-832-5776  
 DCMO BOCES: Sidney: 607-865-2500  
 ONC BOCES: Milford: 607-286-7715

**HOUSING ASSISTANCE**

Delaware County DSS: 607-832-5300  
 Delaware Opportunities Inc.: 607-746-1650

**HEALTH INSURANCE**

Child Health Plus: 1-800-698-4543  
 EPIC (65 and older): 1-800-332-3742  
 Growing Up Healthy: 1-800-522-5006  
 Healthy New York: 1-855-355-5777  
 Mother's & Babies: 607-772-0517

**FINANCIAL ASSISTANCE**

MEDICAID: 607-832-5300

**FINANCIAL ASSISTANCE CONTINUED**

MEDICARE: 1-800-633-4227  
 Social Security Administration & Supplemental Security Income (SSI): 1-800-772-1213  
 Unemployment Benefits: 1-888-209-8124

**FOOD ASSISTANCE REFERRAL**

Delaware County DSS/Food Stamps: 607-832-5300  
 Delaware Opportunities, Inc.: 607-746-1600  
 Women, Infants, & Children (WIC): 607-746-1700

**Veterans Services**

Delaware County Veteran's Services: 607-832-5345  
 Department of Veteran's Affairs Medical Center, Albany: 518-626-5000  
 NYS Division of Veteran's Affairs: 1-888-838-7697  
 Veteran's Outpatient Clinics Bainbridge: 607-967-8590  
 Veterans Healthcare Network  
 Information VA TELCARE: 1-888-838-7890  
 Veteran's Crisis Line: 1-800-273-8255

**DISABILITY SERVICES**

The Arc of Delaware County: 607-865-7126  
 Catskill Center for Independence: 607-432-8000  
 Carousel Children's Services (Birth-5yr): 607-746-4240  
 Delaware Opportunities, Inc.: 607-746-1689  
 Early Intervention Delaware  
 County Public Health Office: 607-832-5200  
 Family Resource Network, Inc.: 607-432-0001  
 NYS Office for people with Developmental Disabilities: 1-866-946-9733  
 Project Independence: 607- 538-9874  
 Springbrook: 607-286-7171  
 Social Security Administration: 1-800-772-1213

**SUPPORT AGENCIES**

Catholic Charities of Delaware & Otsego Counties: 607-432-0061  
 Delaware County DSS: 607-832-5300  
 Delaware County Public Health: 607 832-5200  
 Family Planning of South Central NY: 607-432-2250  
 The Legal Aid Society of Mid-NY Inc.: 607-433-2220  
 New York Connects: 1-800-342-9871  
 Office for the Aging: 607-832-5750  
 Salvation Army: 607-432-5960  
 United Way of Delaware & Otsego: 607-432-8006  
 National Alliance on Mental Illness(NAMI) 518-462-2000

**COUNSELING - PRIVATE PRACTITIONERS**

Sally George, PHD 607-746-8899  
 Delhi, NY 13753 Psychotherapy, Adults Only  
 Elizabeth Bergfjord, LCSW-R: 607-433-0161  
 Oneonta, NY 13820 cell 607-434-5482  
 Counseling for Teens, Adults, Couples, Families  
 Charlotte M.Black, LCSWR: 607 432- 0475  
 Oneonta NY 13820 Treatment for all Mental Health Problems, Adults, Children 8yrs-Teens  
 Kathleen Bolger, NPP: 607-433-2343  
 Oneonta, NY 13820 Adult Medication Management  
 William Carentz, LCSW-R, ACSW, BCD: 607-432-1180  
 Oneonta, NY 13820 Children, Teens, Adults  
 Jennifer Dane, LCSW-R: 607 434-3419  
 Stamford, NY 12167 Individuals, Youth, Group, Families  
 Sallie Dunham-Davis, LCSW: 607 433-0209  
 Oneonta NY 13820 Counseling for Individuals 14+

**COUNSELING - PRIVATE PRACTITIONERS**

Timothy Donovan, LCSW, ACSW, DCSW: 607-432-1607  
 Oneonta, NY 13820  
 Psychotherapy, Adults, Late Teens  
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 Lisa A. Flachs, LCSWR, EMDR Certified: 607-433-0774  
 Oneonta, NY 13820  
 Outpatient Mental Health Services for Teens-Adults  
 -----  
 Nicole Gerace, LCSW, CASAC-G: 607-432-9039  
 Oneonta NY 13820 Serenity Counseling  
 -----  
 Marie Hegeman, LCSW: 607 432-9039  
 Oneonta NY 13820 Counseling for ages 16+ Anxiety, Depression, Stress, Grief, Phobias  
 -----  
 Blanche Hill, LCSWR: 607 434-6299  
 Oneonta NY 13820 Counseling for Individuals, Marital, Relationship Issues, Co-Dependency, Depression, Anxiety, Self –Esteem, Grief Counseling,  
 -----  
 Carol Little, LMFT: 607-745-2005  
 Delhi, NY 13753 No insurance accepted  
 sliding scale fee, Counseling and Psychotherapy for Adults, Couples (No Children )  
 -----  
 Ann Marie Mills, LCSWR, MSW: 607-436-9033  
 Oneonta NY 13820 All Ages  
 -----  
 Ellen Greene Stewart: 607-326-4340  
 Roxbury, NY 12474 Counseling/Art Therapy, All Ages  
 -----  
 Suzanne Zeien, MSW, LCSWR, ACSW: 607-434-3032  
 Oneonta NY 13820  
 Outpatient counseling, Psychotherapy, All Ages