



TIOGA COUNTY MENTAL HYGIENE

RESOURCE GUIDE

OCTOBER 2025

Mental Health Providers & Services

Tioga County Department of
Mental Hygiene
607-687-4000

1062 State Route 38,
Owego, NY 13827

32 Ithaca Street, Suite 200
Waverly, NY 14892

Provides outpatient therapy
for adults, children, families,
couples experiencing
difficulties with mental health
or substance use.

Assessments are provided
Monday through Friday, in the
Owego location.

Call for more information.
Telehealth Services are also
available for both Assessment
and Treatment.



Crisis Hotline

- ✦ 607-687-4000 MONDAY-
FRIDAY 9AM-5PM
- ✦ 607-687-1010
AFTERHOURS,
WEEKENDS & HOLIDAYS
- ✦ 988 SUICIDE & CRISIS
LIFELINE

Tioga County Resources

SPOA - SINGLE POINT OF ACCESS

ANGELICA DEYO-CRUZ, CHILDREN'S SPOA | 607-689-8161

DANIELLE FABREGAS, ADULT SPOA | 607-689-8145

SOUTHERN TIER ACT TEAM

SUBMIT REFERRALS TO ADULT SPOA | FAX 607-687-0248

TIOGA COUNTY REHABILITATIVE SUPPORT SERVICES

• **COMMUNITY RESIDENCES** CAN HOUSE ANYWHERE FROM 8-14 INDIVIDUALS AND IS STAFFED 24/7. OUR DEDICATED STAFF WORKS INTENSELY WITH RESIDENTS IN THIS MEDICAID FUNDED PROGRAM TO FORMULATE INDIVIDUALIZED GOALS IN AREAS OF MEDICATION MANAGEMENT / TRAINING, LIFE SKILLS TRAINING, AND SERVICES / INTERVENTIONS THAT PROMOTE HEALTH AND WELLNESS. GROUP LIVING PROGRAMS ARE INTENDED TO TRANSITION RESIDENTS TO MORE INDEPENDENT SETTINGS AS SOON AS POSSIBLE

• **TREATMENT APARTMENTS** ARE OMH-LICENSED RESIDENTIAL UNITS OF ONE, TWO, OR THREE BEDROOMS WITH VISITING STAFF WHO PROVIDE INDIVIDUALIZED MEDICAID-REIMBURSED SERVICES SIMILAR TO, BUT GENERALLY LESS INTENSIVE THAN, THOSE OFFERED IN A GROUP LIVING SETTING. RESIDENTS ARE EXPECTED TO TRANSITION TO MORE INDEPENDENT LIVING WHEN ABLE. ON-CALL IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK. [HTTPS://REHAB.ORG/HOUSING-OPTIONS/](https://rehab.org/housing-options/)

TIOGA COUNTY WARM LINE (RSS) (607) 687-1314 /// 1-844-976-5463

THE WARM LINE IS NOT A CRISIS HOTLINE.

WARM LINE OFFERS: PEER SELF-HELP, REFERRALS TO COMMUNITY RESOURCES, NONJUDGMENTAL LISTENERS, AND MORE.

HOURS OPERATION ARE 4:00PM-9:00PM SATURDAY AND SUNDAY.



Mental Health Providers

PRIVATE PRACTICE

Hope Center Counseling | 607.203.1593

The Family & Children's Society | 607.687-3940

Guthrie Medical Group | 570.882.3337

Samaritan Counseling | 607.754.2660

Aspect Mental Health | 607 341-4950

Attuned Counseling and Trauma Therapy | 570- 731-0497

Clinical Asso of the Southern Tier | 607-963-1771

Valley Behavioral Clinic | 607-426-0990

Med Psych Associates | 607-821-2444

Southern Tier Counseling | 607-734-0980

Center For Psychological Services (607) 785-4156

Michele Fletcher, LCSW-R, CASAC | 607.785.4156

Brian Hart | 607.625.5407

Edward Kamin, PhD | 607.785.4156

Mark Kovaleski, PhD | 607.785.4156

Stephanie Lockshin, PhD | 607.785.4156

Barbara Myers, PsyD | 607.785.4156

Laura Swanson, LCSW | 607-699-1134



Mental Health Providers

ONLINE COUNSELING OPTIONS

Better Help (online) <https://www.betterhelp.com/>

Zoc Doc (online) <https://www.zocdoc.com/therapist-counselors>

ONLINE PRESCRIBERS

<HTTPS://WWW.TALKSPACE.COM/PSYCHIATRY>

<HTTPS://WWW.FORHERS.COM/C/MH/INTRODUCTION>

<HTTPS://WWW.BRIGHTSIDE.COM>

<HTTPS://THRIVEWORKS.COM/PSYCHIATRY/>

<HTTPS://WWW.ZOCDOC.COM/>

BROOME COUNTY PROVIDERS

BONITA DONOVAN | 607.760.3358

CAROLE BELARDINELLI | 607.757.9389

DAVID RUSTIN | 607.727.6451

DEBRA SALTZMAN | 607.798.9463

HEIDI KAUFMAN | 607.771.2172

JEFFREY COLE PSYCHOLOGIST | 607.761.2934

JOANNE THOMAS | 607.648.9249

JODI LOWRY | 607.786.8717

JUDY VIEUX | 607.723.3167

KIMBERLY KEUTER | 607.206.8262

LAURA WARD | 607.341.0624

PATRICIA DAILEY | 607.237.5418

SUE RAPP | 607.743.4536

SUSAN HENDERSON | 800.537.0634

TINA FOLGER | 607.773.0034

VIRGINIA BRONSON | 607.427.9382



Mental Health Providers

BROOME COUNTY PROVIDERS

CATHOLIC SOCIAL SERVICES | 607.729.9166

OAKDALE PSYCHOLOGY | 607.754.1101

FAMILY & CHILDREN'S SOCIETY | 607.729.6206

LOURDES MENTAL HEALTH GROUP | 607.584.4465

THE HOPE CENTER | 607-246-4744

WHOLE WELLNESS COUNSELING CENTER | 607-600-8698

INTUITIVE STRENGTHS | 607-953-0294

SOUTHERN TIER MENTAL HEALTH COUNSELING | (607) 239-5766

GBHC COMMUNITY TREATMENT AND RECOVERY CENTER -

ADULTS ONLY (CTRC) | 607-797-0680

GBHC CHILD & ADOLESCENT SERVICES. 607-773-4187

SAMARITAN COUNSELING CENTER | 607.754.2660

JOURNEY THROUGH PSYCHOLOGICAL SERVICES | 607-600-9687

ENDWELL MENTAL HEALTH COUNSELING

[HTTPS://ENDWELLMENTALHEALTH.COM/](https://endwellmentalhealth.com/)

KAYLA WILSON AT MIND FLOW CARE

[WWW.MINDFLOWMINDCARE.COM/APPOINTMENTS](http://www.mindflowmindcare.com/appointments) |

(ACCEPTS MEDICAID AND SPECIALIZES IN MATERNAL CHILD)



Mental Health Providers

PSYCHIATRIC PRESCRIBERS - MEDICATION ONLY

SOUTHERN TIER PSYCHIATRY | 607.786.0435

ASPECT MENTAL HEALTH | 607.341.4950

DR. SHAH | 607.786.0435

DR. ARGIRO | 607.205.3237

DR. IDAHOSA | 607.821.2444

DR. EDWARD MAJOR | (607) 723-0597

DR. MICHAEL LAVIN | (607) 584-4465

DR. JILL KRILOV | 607-754-1101

KRISTINA SINGLEY, MSN | 570-731-0497

DR. TARA BELSARE | 607-723-7308

DR. SURESH UNDAVIA | 607-785-4277

DR. NINA PESANTE | 607-754-3646

DR. MARTIN KASS | 607-771-0765

ZOE ZERWEKH, NPP | 607-217-0071

COLLEEN CODDINGTON, PMHNP | 607-584-4465

DR. SUSAN WATROUS | 607-239-1183

DR. KANCHAN MAHON | 607-748-9900

DR. PAULINA BAJ SAROWICZ | 607-773-4061



Mental Health Providers

COUPLES COUNSELING

EVOLUTION MENTAL HEALTH COUNSELING | 607-217-4170
15 RIVERSIDE DR. JOHNSON CITY, NY

VESTAL THERAPY ASSOCIATES | (607) 768-8879

PROFESSIONAL PSYCHOTHERAPY | (607) 798-9463
16 LEROY ST. BINGHAMTON, NY

SAMARITAN COUNSELING CENTER | 607-754-2660
3001 E. MAIN ST. ENDWELL

SUSAN HENDERSON, R.P. LCSW | 1-800-537-0634
SAP- RIVERHOUSE 38-40 FRONT STREET BINGHAMTON

OAKDALE PSYCHOLOGY ASSOCIATES | 607-754-1101
116 CLAYTON AVENUE, VESTAL

ASSOCIATES OF PSYCHOTHERAPY | 607.768.8879

THE JOURNEY THROUGH PSYCHOLOGICAL SERVICES | 607-600-9687



suicide prevention

TIOGA COUNTY MENTAL HEALTH CRISIS

CALL 607-687-4000 OR WALK-IN BETWEEN 9AM AND 5PM

CALL 607-687-1010 ASK FOR THE ON CALL MENTAL HEALTH SOCIAL WORKER; (AFTER 5PM, WEEKENDS, AND HOLIDAYS)

SUICIDE AND CRISIS LIFELINE - 988

HOURS: AVAILABLE 24 HOURS. LANGUAGES: ENGLISH, SPANISH

SUICIDE PREVENTION HOTLINE 1-800-273-8255

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HOURS OPERATION ARE 4:00PM-9:00PM SATURDAY AND SUNDAY.

IF YOU ARE IN AN EMERGENCY SITUATION, DIAL 9-1-1

