



County Resources: Tioga

County mental health services:

Office of Mental Hygiene

http://www.tiogacountyny.com/departments/mental-hyg_iene-administration.html;

1062 State Route 38

Owego, NY 13827

607-687-0200

Crisis Numbers: (607) 687-4000

After Hours, Weekends & Holidays (607) 687-1010

Support for families of individuals with mental illness:

Finger Lakes Parent Network, www.flpn.org, 1-800-934-4244

FLPN, Inc. is a parent-governed not-for-profit organization established in 1990 focused on the needs of children and youth with emotional, behavioral, mental and/or developmental disabilities and their families. The mission of FLPN, Inc. is to support and empower families so that they can improve the quality of their lives and help their children to achieve full potential within the community.

All services are provided free of charge to any family raising a child or teen with an emotional, behavioral, mental, and/or developmental disability residing in our nine county area. It is not necessary for the youth to have a medical diagnosis or educational classification. All services are voluntary. There is no income eligibility. Completion of minimal paperwork is required. All services are designed and implemented with family input.

Services include: Family Support Groups, Intensive Support Services, Respite Care, Parent and Caregiver Education, Advocacy, Information, Referral & Peer Support, Teen Support Groups and Services, and Waiver Contract Services

Family Resource Network

<http://www.familyrn.org/>

46 Oneida Street, Oneonta, NY 13820

(607) 432-0001

The Family Resource Network, Inc. (FRN) is a parent run, parent driven, 501(c)3 organization serving families of children with special needs in Chenango, Delaware, Otsego, Broome, Tioga, and Tompkins counties. Founded in 1994, FRN has provided information, support, and advocacy services to families who have children with development, special health care and mental health needs.

Services include parent education, information and referrals, trainings, support groups, and advocacy.