

Spiritual Assistance

Local parishes do not generally have counselors on staff.



While parishes do not offer psychological counseling, parishes can pray for those struggling with mental health issues.

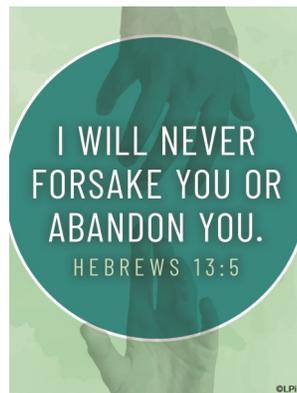
For Catholics, St. Dymphna is a patron saint of those dealing with mental health issues.

Prayer for Intercession from St. Dymphna

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need. (Mention it.) Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request.

(Pray one Our Father, one Hail Mary and one Glory Be.)

Saint Dymphna, Virgin and Martyr, pray for us.



St. Mary's of the Lake St. Benedict's

Do you feel depressed?

Do you feel anxiety?

Do you feel that you face suffering that is too much to bear?



Help is Available!

This brochure is a list of resources of where you can find help.



God is ready to help you!

Often the way God provides the help is by giving other people the gifts they need to help you.

For instance, this booklet includes places where you can seek counseling. God has blessed these people with the gifts to offer counseling, a person who will listen.

Some mental health issues involve biological causes. Here God blesses certain people with the gifts they need to help provide proper medical treatment for the physical causes.

Disclaimer:

St. Mary's of the Lake and St. Benedict's do not offer any endorsement or referral for any resource listed in this booklet. We seek only to help lead to local resources are available.

Are You the Victim of a Crime?

Catholic Charities' First Step Victim Services Program offers 1:1 Counseling to any victim of crime, free of charge.



105 Ninth St, Unit 20
Watkins Glen, NY 14891
(607) 535-2050

<https://www.catholiccharitiescs.org/our-programs/victim-services/>

Justice Center of the Southern Tier

The Justice Center of the Southern Tier (JCST) is a multidisciplinary team dedicated to aiding victims in their pursuit of justice. JCST offers a host of services including trauma therapy, support groups, resource referral, victim compensation claims, and criminal justice advocacy.

Any victims of crimes can utilize the services, including those who are still struggling with trauma from past crimes. All services provided by The Justice Center are free.



320 West Main Street, Suite A
Montour Falls, NY 14865
info@justicecentersoutherntier.org
607-545-1100
justicecentersoutherntier.org

Assistance May Be Available From Your Work Place

Employee Assistance Programs (EAP)

Some companies have programs that provide free short-term counseling for all employees and their immediate family members.

Grief, Loss, Terminal Illness, and Caregiver Support

CareFirst NY also provides a variety of services, especially focused on grief, loss, terminal illness, and caregiver support. <https://carefirstny.org/>.



If you are a caregiver for someone else, please remember to take care of yourself so you can be there for them.

Medically Based Help

In Immediate Distress

988 Lifeline
Call 988

<https://988lifeline.org/>

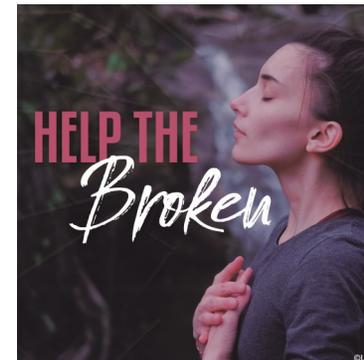
This is a suicide and crisis lifeline. It is FREE, confidential and available 24/7.

When to call 911

If you feel you are at immediate risk of harming yourself/others that someone else is at risk of doing immediate harm to themselves or others, please call 911 and clearly identify the situation as a mental health situation.

In-Patient Care

Most mental health issues are dealt with through out-patient services. In-patient care is for serious cases. Cayuga Medical Center in Ithaca does offer in-patient care when needed. You can find out more about the services they offer by visiting their website at <https://cayugahealth.org/services/behavioral-services/>.



Medically Based Help

General Medical Help

If you are dealing with depression or anxiety and have a Primary Care Physician, you should tell them so they can determine if you have physiological causes to your mental health challenges.

Psychiatric Help

A psychiatrist is trained in both medical treatment (M.D.) and psychological work. They can be expensive and difficult to access.

Tompkins County Psychiatry is typically out of pocket and is usually quite expensive and difficult to access.

Assistance At School

Students in Public Schools

Public schools have staff who provide short-term individual and group counseling to help with social, emotional, and academic issues as well as crisis intervention.

They are well versed in mental health warning signs, and can advocate for students who may need additional mental health supports. They are not licensed therapists and do not provide long term counseling services to treat serious psychological disorders,

However, they partner with local agencies and are often responsible for making referrals for more in-depth services. Many times, if a family is unsure of available resources or what may be beneficial, contacting a school counselor may be the first step in navigating necessary mental health support.

The public schools also have social workers, and a school psychologist.

College Students

Colleges often have services available or can make referrals. Please check your college's website.



Services for Children

Child Advocacy Center

Any parent/guardian/service provider can refer a child between the ages of 4 to 17 years old who has experienced some form of abuse/trauma for mental health services.

They will conduct an assessment to ensure this center can help the child. If they feel they cannot, they will provide assistance in finding an alternative provider.

320 W. Main St., Suite B
Montour Falls, NY 14865
Phone: 607-210-0955

Youth sometimes don't know how or are afraid to talk about what happened. The Child Advocacy Center offers the following Signs and Symptoms of Trauma:

- Bedwetting or Defecating oneself
- Nightmares, Trouble Sleeping
 - Drastic Mood Swings
- Profound Anger or Aggression
 - Use of Drugs or Alcohol
 - Engaging in Risky Behaviors
- Making Major Appearance Changes
 - Academic Problems
 - Violent 'Play'
 - Hygiene Differences
 - Fear of Going Home
 - Sexually Acting Out
- Self Injurious Threats or Action
 - Causing Injuries to Animals

Counseling Services

Payment may be required from any of the below services. Some do accept insurance (noted where known)

In Schuyler County

Schuyler County Mental Health
(Accepts Medicaid and Medicare as well as private insurances.

Some services available for those without insurance)
106 S. Perry Street, Suite 4
Watkins Glen, NY 14891
607-535-8282

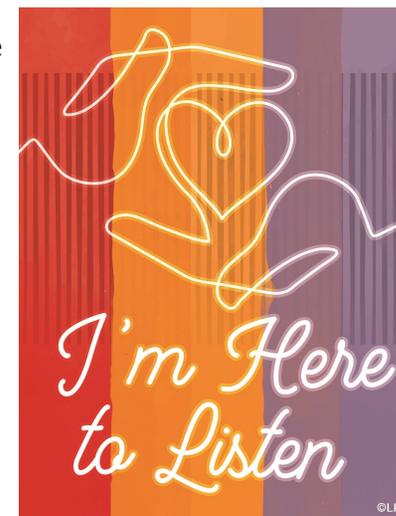
<https://www.schuylercounty.us/149/Mental-Health-Services>

Local Individual Assistance

Kevin Field, Ph.D.,
Clinical Psychologist
3827 Main St. Burdett
(607) 220-8728

Molly Schamel,
PsyD.
(some insurances accepted)
3827 Main St. Burdett
607-288-3496

<https://www.anchoredrootstherapy.com/>



Counseling Services cont'd

Outside Schuyler County

Clinical Associates of the Southern Tier
(please ask about insurances)

They have several office locations,
including Corning, Ithaca, Elmira and Horseheads.

607-936-1771

<https://www.clinicalassociates.org/>

Southern Tier Counseling Center
(their website says they accept some insurances)

550 East Church Street, Suite F2

Elmira, NY 14901

607-734-0980

<https://southerntiercounselingcenter.com/>

Family & Children's Services of Ithaca
(their website says they accept some insurances)

127 West State St.

Ithaca, NY 14850

607-273-7494

<https://www.fcsith.org/>



Internet Based Assistance

988 Lifeline—<https://988lifeline.org/>

This is suicide and crisis lifeline It is FREE, confidential and available 24/7 .

211 Helpline—<https://211helpline.org/>

Provides information about a wide range of local resources.

Psychology Today has a website that can find either a local therapist or a virtual one, including who has availability.

