

Community Resource Guide

Counseling and Mental Health Services

Psychology Today

<https://www.psychologytoday.com/us>

Enter your city or zip code to find a list of local therapists.

Otsego County Children's Mental Health Clinic

otsegocountyny.gov/departments/mental_health/index.php

607-433-4334

Bassett Medical Center, Behavioral Health

bassett.org/services

Click on behavior services to find mental health services or call
1-607-547-3500 or 1-800-BASSETT

Mobile Crisis Assessment Team (MCAT)

For Emergency Mental Health Services (24 hours a day/7 days a week)
1-844-732-6228

Family Support

Family Resource Network
[Family Resource Network: Home](#)
607-432-0001

Opportunities For Otsego
[Opportunities for Otsego: Home](#)
607-433-8000

Catholic Charities of Delaware, Otsego, and Schoharie Counties
[Catholic Charities of Delaware, Otsego, and Schoharie Counties ...](#)
607-432-0061 (Otsego County)

Family Services Association
[Family Service Association](#)
607-432-2870