



Your County Government Local Resource Guide

Health & Wellness Resources - tcgov.co/health

Programs for families and children
Supporting healthy homes and neighborhoods
Responding to environmental hazards

Mental Health Resources - tcgov.co/mh

Find an appointment, call 607-274-6200
Help is available 24/7, dial 988

Vaccinations - tcgov.co/vaccines

Serving those with Medicaid, Child Health Plus, no insurance, or who are underinsured

Social Services - tcgov.co/dss

Access benefits and services to achieve independence
Food, housing, child care, insurance coverage, utilities
320 W. MLK Jr. / State St., Ithaca (8am-4:30pm)

Job Opportunities - tcgov.co/findajob

Local job openings, trainings, & youth employment
171 E. MLK Jr. / State St., Ithaca (8:30am-4:30pm)

Aging Services - tcgov.co/cofa

Info and programs for older adults, families, and caregivers

Veterans Services - tcgov.co/veterans

Info and programs for veterans and their families

911 & Emergency Response - tcgov.co/doer

Tompkins County dispatches fire, police, and EMS
Be prepared for emergencies, tompkinsready.org

Find and Share
Resources Online

tcgov.co/services



To do list:



Hand-drawn style to-do list with horizontal lines and a small box at the bottom right.

Libraries are Here to Help

Access friendly and reliable information from caring members of your community.

tcgov.co/libraries

Towns, Villages, City, State



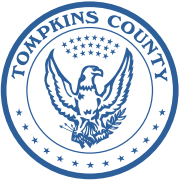
Municipalities offer additional information and resources.

tcgov.co/mytown

Not online?


Dial **2-1-1**

For quick connections to local services and information (or 1-877-211-8667)
Or text your Zip Code to TXT211 (898211)



Tompkins County Resident Checklist:

 **Keep a list of local services**
Hold on to this guide; post it on your fridge

 **Register to vote**
Learn more at tcgov.co/elections
or visit 128 E. Buffalo St, Ithaca (9am-5pm)

 **Sign up for regular email updates**
tcgov.co/newsletters

 **Explore benefits and services for my household** tcgov.co/services

 **Get to know my elected legislators**
tcgov.co/electeds

 **Learn about local issues**
Legislature agendas are available at
tcgov.co/legislature

 **Sign up for emergency notifications**
tcgov.co/SIREN or text SIREN to 67283

 **Find energy savings for my home**
tcgov.co/smartenergy

 **Check eligibility for any property tax exemptions** tcgov.co/assessment_forms

 **Prepare in case of emergencies**
tompkinsready.org

 **Consider a career in public service**
tcgov.co/careerstep

 **Get my pets vaccinated for rabies**
tcgov.co/rabies

 **Learn about recycling, composting, and reducing waste** recycletompkins.org

 **Find out if public transportation will work for me** tcgov.co/way2go

 **Get my Permit, Driver License or Non-Driver ID Card** tcgov.co/dmv

 **Sign up for a library card**
Visit your local library tcgov.co/libraries

Find and Share Resources Online

tcgov.co/services



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Mental health help is here.

Suicide and mental health crisis lifelines in Tompkins County

If you or someone you know is in crisis, **dial 988.**

The 988 Suicide & Crisis Lifeline offers **24/7, confidential support** from trained counselors who can help people experiencing mental health-related distress.

