

A Resource Guide for Veterans, Service Members, and Their Families



*This guide was published by the North Country
Veteran and Service Member Suicide Prevention
Coalition in collaboration with various
community service organizations.
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Resource Guide

Introduction

In recognition of the issues that our Service Members, Veterans, and their families face as they return to civilian life, the North Country Veteran and Service Member Suicide Prevention Coalition, in collaboration with various community service organizations, has produced this resource guide for Veterans, Service Members, and their families. The transition from active duty into the civilian community brings with it challenges that can be overwhelming. The purpose of this guide is to provide a comprehensive listing of local and national resources that can provide the assistance needed.

Please share this information with your brothers and sisters in arms. Welcome Home and Thank You for your service!

Please contact the facilitator of the North Country Veteran and Service Member Suicide Prevention Coalition at Kaitlynn.Tredway2@va.gov with suggested listings and changes.

Emergency Numbers

Veterans Crisis Line

1-800-273-8255 press 1

988 press 1

Chat option: ([Chat \(veteranscrisisline.net\)](https://veteranscrisisline.net))

Text: 838255

National Suicide & Crisis Lifeline

(Available to anyone in suicidal crisis or emotional distress)

1-800-273-8255 and/or 988

DoD Safe Helpline: 1-877-995-5247

DoD Safe Helpline Website: www.safehelpline.org

**Fort Drum Installation 24/7 SHARP Hotline (Sexual
Harassment Assault Response Prevention)**

315-767-6128

The American Legion

As America's largest Veteran's wartime service organization, the American Legion provides Veterans Administration claims assistance, financial assistance, counseling services, and support to Veterans and Active-Duty personnel.

Post #61
138 Sterling Street
Watertown, NY 13601
315-788-0911

Post #65
163 East Main Street
Gouverneur, NY 13642
315-287-4590

Post #162
5383 Dayan Street
Lowville, NY 13367
315-681-1311

Post #583
105 East Bronson Street
Dexter, NY 13634
315-639-8803

Post #586
10 South Main Street
Adams, NY 13605
315-232-2715

Post #588
101 Washington Street
Brownville, NY 13615
315-782-5380

Post #673
113 East Dexter Street
Black River, NY 13612
315-773-5768

Post #723
1915 NY State Route 12
Copenhagen, NY 13626
315-688-2973

Post #789
415 West Street
Carthage, NY 13619
315-493-2787

Post #798
58 Main Street
Philadelphia, NY 13673
315-642-3334

Post #821
518 Riverside Drive
Clayton, NY 13624
315-686-3442

Post #832
248 East Broadway Street
Cape Vincent, NY 13618
315-654-2101

The American Legion Continued

Post #904
9 Rock Street
Alexandria Bay, NY 13607
315-482-3865

Post #1663
9883 Main Street
Croghan, NY 13327
315-346-6414

Post #1788
36223 State Route 180
Lafargeville, NY 13656
315-658-4492

Post #916
40 Main Street
Antwerp, NY 13608
315-659-8520

Post #1757
209 Ambrose Street
Sackets Harbor, NY 13685
315-646-3530

Disabled American Veterans

Disabled American Veterans assists families and Veterans with initiating and tracking benefit claims filed with the Veterans Administration for disability compensation. Disabled American Veterans provides free transportation for Veterans who need care at Veterans Administration Hospitals and provides financial assistance as available to support Veterans and family needs.

Chapter #171
101 West Hatfield Street
Massena, NY 13662
315-212-5452

Veterans of Foreign Wars

The Veteran of Foreign Wars (VFW) assists Veterans in any way they can. As a nation-wide organization, the VFW advocates for Veterans on all levels; to include financial, legislative, counseling, VA benefits, and more. The local VFW posts not only provide a comfortable setting to foster camaraderie among fellow Veterans but also help bridge the gap between military service and community fellowships.

Post 1231 - Edward C
Seymour
34 Gouverneur Street
Canton, NY 13617
315-386-8953
Meetings: 3rd Wednesday,
7pm

Post 1400 - Barben-Jones
231 Bellew Ave
Watertown, NY 13601
315-788-2945
Meetings: 2nd Tuesday, 6pm
Website:
<http://www.vfwpost1400.org/>

Post 2936 - Ogdensburg
1112 Champlain Street
Ogdensburg, NY 13669
315-605-1145
Meetings: 1st Thursdays,
7pm

Post 5344 - South Jefferson
County Memorial
3 VFW Drive
Adams, NY 13605
315-783-5936
Meetings: 2nd Thursday,
7pm

Post 5538 - Harland J.
Hennessey
108 Park Avenue
Boonville, NY 13309
315-942-4644
Meetings: 2nd Monday, 7pm

Post 6338 - Silas Wainwright
100 West Main Street
Gouverneur, NY 13642
315-287-4682
Meetings: 1st Wednesday,
7pm
Website:
<https://vfwpost6338.com>

Post 6912 - Lewis County
Memorial
7744 West State Street
Lowville, NY 13367
315-376-2733
Meetings: 2nd Tuesday, 6pm

Post 7227 - Dionne-Rumble
668 West End Avenue
Carthage, NY 13619
315-493-0530
Meetings: Last Wednesday,
6:30pm

Marine Corps League

Detachment 408 – St. Lawrence County

4 Old Mechanic Street

Madrid, NY 13660

315-268-9000

[Marine Corps League - St. Lawrence County Detachment #408 | Facebook](#)

Detachment 685 – St. Lawrence County

Massena Marine Corps League

166 Maple Street

Massena, NY 13662

315-705-4080

Detachment 754 – Lewis County

7429 State Route 12

Lowville, NY 13367

315-486-8196

Detachment 961 – Tun Tavern Leathernecks

109 Park Avenue

VFW Post 5538

Boonville, NY 13309

315-271-5114

Fort Drum Resources

Alpine Express Shuttle Services

Provides free transportation on Fort Drum

Learn more at:

<https://home.army.mil/drum/about/alpine-express>

Behavioral Health

Works with active-duty personnel to develop evaluations and treatment plans for individuals in need.

1st Brigade Embedded
Behavioral Health: 315-772-2552/2557

2nd Brigade Embedded
Behavioral Health: 315-772-6726/6703

10 CAB (Aviation Brigade)
Brigade Embedded Behavioral Health: 315-772-6191/6184

Main Behavioral Health Clinic
(For all others on the installation): 315-772-0215

Family Resource Center (Formerly ACS)

A resource haven for active military Soldiers and Families, provides programs designed to enhance quality of life.

Building 10783
Chapel Drive
Fort Drum, NY 13602
315-772-6071

Family & Morale, Welfare & Recreation (DFMWR)

DFMWR provides active and Veteran personnel with recreational support including equipment rental, reduced ticket sales, and assistance with travel planning

Building 10783
Chapel Drive
Fort Drum, NY 13602
315-772-5685

Ombudsman

Provides confidential, neutral, impartial, independent, informal resources for Soldiers, their Families, Military Leaders, and Beneficiaries. Resolves issues for Soldiers and Family members including medical, personnel, finance, legal, and assistance with Department of Veterans Affairs matters.

John M. Maniscalco
11050 Mt. Belvedere Blvd.
Room 1252
Fort Drum, NY 13602
315-772-6466, 315-405-6249
john.m.maniscalco.civ@health.mil

Fort Drum Resources Continued

Retirement Services Office (RSO)

Assistance to Military Retirees

Clark Hall
Building 10720
Room A1-3
Mount Belvedere Blvd
Fort Drum, NY 13602
1-800-556-9790
315-772-6339
315-772-6434

Transition Assistance Program

(TAP) provides transition services and employment assistance for active-duty personnel returning to the civilian community.

Clark Hall
Building 10720
Room C2-14
Mount Belvedere Blvd
Fort Drum, NY 13602
315-772-3434
315-772-3286
Facebook: @FortDrumTAP
LinkedIn: @fort-drum-tap

USO Transition Services

Building 10502
South Riva Ridge Loop
Fort Drum, NY 13602
315-777-8006

Victim Advocate

SFC Amber M. Satterwhite
10th Mountain Division
SHARP SARC/Victim Advocate
10013 S Riva Ridge Loop
Fort Drum, NY 13602
Office: 315-774-2143
Cell: 210-441-8647

Veterans Administration (Fort Drum)

Assists Veterans and family members with application processes required to apply for disability compensation through the Veterans Administration. Provides follow-up or status updates.

10720 Mount Belvedere Blvd
Fort Drum, NY 13602
315-772-3172



Fort Drum Suicide Prevention Program Resources List



Call 911 if the person is an immediate threat to themselves or others.

FT Drum Organization	Contact
Army Substance Abuse Program	315-772-2727
Fort Drum Military Police Desk	315-772-5156
Chaplains (during duty hours)	315-772-3164
Chaplains (after duty hours, weekends, DONSA's, holidays)	315-486-1144
Military Family Life Counselors (MFLC)	1-800-424-4106
Sexual Harassment Assault Response & Prevention (SHARP)	315-767-6128 24 hour line
Army Community Service (ACS)	315-772-6556
Armed Forces Wellness Center (AFWC)	315-772-4608
BOSS	315-772-7807
EEO	315-772-6911
Family Advocacy Program (FAP)	315-772-5914
Financial Readiness Program (FRP)	315-772-6560
R2	315-774-2345
Survivor Outreach Services (SOS)	315-772-6357
Military Equal Opportunity 24-7 Hotline	315-772-6711
FT Drum Behavioral Health	
Fort Drum Behavioral Health (Wilcox Clinic)	315-772-0215
1st BCT Embedded BH Clinic	315-772-2552/2557
2nd BCT Embedded BH Clinic	315-772-6726/6703
10th CAB/HBN/DIVARTY Embedded BH Clinic (Falcon)	315-772-6191/6184
10th SBDE Embedded BH Clinic (Wilcox Clinic)	315-772-0215
Substance Use Disorder Clinical Care (SUDCC)	315-772-3301
Ft Drum Child, Adolescent & Family Behavioral Health (CAFBHS)	315-772-1074

Local Community Organization	Contact
Mobile Crisis Services	315-782-2327
Vet Center	315-782-5479
Veterans Peer to Peer Outreach Center	315-681-6772
Victims Assistance Center	315-782-1823
Family Counseling Services	315-782-4483
Jeff-Lewis Mediation	315-785-0333
Samaritan Medical Center	315-785-4000
Carthage Area Hospital	315-493-1000
Lewis County General Hospital	315-376-5200
Lewis County Opportunities	315-376-8202
Hospice	315-788-7323
North Country Suicide Prevention Coalition	315-786-7466

Online Resources

Army Suicide Prevention Program https://www.armyresilience.army.mil/suicide-prevention/
Military OneSource https://www.militaryonesource.mil/
National Suicide Prevention Lifeline https://988lifeline.org/
American Association of Suicidology https://www.suicidology.org
American Foundation for Suicide Prevention https://afsp.org/
Mountain Cares Critical Assistance with Resources for Environmental Stressors https://home.army.mil/drum/index.php/my-fort/all-services/CARES



10250 4th Armored Div Dr.
Fort Drum, NY 13602
Phone: 315-772-9018

Updated 24MAR26

24/7 Hotlines

Military/Veterans Crisis Line (National Suicide Prevention Lifeline)	Call: 988, then Press 1 Text 838255 Online Chat www.veteranscrisisline.net
Suicide & Crisis Lifeline (available for all mental health crises)	988 call, text and chat available
Military One Source	1-800-342-9647
Samaritan Medical Center Mental Health Hotline	315-785-4516
24/7 Crisis Text Line for ANY Crisis	Text 74141 From NY: "Got5" From anywhere in the U.S.: "Home"

College Resources

SUNY Canton & SUNY Potsdam Military and Veteran Student Services Coordinators

Provides Veteran financial certification for college attendance and resource assistance for Veteran students.

SUNY Canton

Patrick Massaro
massarop@canton.edu
<https://www.canton.edu/admissions/military.html>

SUNY Potsdam

Scott Schulz
315-786-2449
schulzsf@potsteam.edu

SUNY Jefferson Community College – Military Programs

JCC supports active-duty service members, Veterans, and their families by assisting with financial certification, educational benefits, and enrollment. We provide educational counseling to identify needs, connect students with resources, and make referrals to community agencies, ensuring access to funding for tuition, living expenses and academic success.

Joanna Brislan
Director of Military Enrollment and Workforce Solutions
jbrislan@sunyjefferson.edu

JCC Fort Drum

Betsi Bentz
Coordinator of Military Services
bbentz@sunyjefferson.edu
(315) 786-2425

Fort Drum Army Education Center
4300 Camp Hale Road
Fort Drum, NY 13602
ftdrum@sunyjefferson.edu
315-786-6566

Veteran Services

Scott Schulz
315-786-2449
sschulz@sunyjefferson.edu

John W. Deans Collaborative Learning Center (CLC)
Building 15, 1st Floor
1220 Coffeen Street
Watertown, NY 13601
315-786-2283

Department of Veterans Affairs

With VA healthcare, you're covered for regular checkups with your primary care providers and appointments with specialists such as mental health, cardiology, etc. You can access services like home health and geriatric care. And you can get medical equipment, prosthetics, and prescriptions.

Syracuse VA Medical Center

800 Irving Avenue
Syracuse, NY 13210
315-425-4400

Health Benefits Center

First Floor, C-117

315-425-4400 x58003

[Register For Care | VA Syracuse Health Care | Veterans Affairs](#)

Main Website

[VA Syracuse Health Care | Veterans Affairs](#).

Healthcare services available:

[Health Services | VA Syracuse Health Care | Veterans Affairs](#)

Locations: [Locations | VA Syracuse Health Care | Veterans Affairs](#)

Watertown VA Clinic

1222 Arsenal Street, Suite 10A
Watertown, NY 13601
315-425-8240

Watertown 2 VA Clinic

19472 US Route 11
Watertown, NY 13601
315-425-4400 x58158

Potsdam VA Clinic

201 Market Street
Suite G
Potsdam, NY 13676
315-274-7003

Healthcare for Homeless Veterans

Works with Veterans who are homeless or at risk of becoming homeless, to assist them in obtaining emergency and long-term housing.

National Call Center for Homeless Veterans: 1-877-424-3838

Watertown: 315-425-8240

Watertown Vet Center

Provides counseling and community referrals to Veterans, Active Duty Service Members, and Reserves/National Guard all at no cost. Counseling services include individual, group, and couples/family counseling.

1511 Washington Street
Suite A
Watertown, NY 13601
315-782-5479

Veterans Services Offices

New York State Division of Veteran Affairs

Provides individualized assistance in completing applications, obtaining necessary documentation, filing claims, and providing follow up correspondence for state, local, and private Veterans' benefits.

Jefferson County

Dulles State Office Building
317 Washington Street
Room 208
Watertown, NY 13601
315-785-2468

Watertown VA Clinic
1222 Arsenal Street
Suite 10A, Office 128
Watertown, NY 13601
315-425-8240

St. Lawrence County

Potsdam VA Clinic
201 Market Street
Suite G
Potsdam, NY 13676
315-481-7174

Massena Town Hall
60 Main Street
2nd Floor, Room 27
Massena, NY 13662
315-705-2120

Veterans Services Offices Continued

County Veteran Service Agencies

Provides individualized assistance in filing claims for compensation with the Veterans Administration as well as status inquiries from Veterans and their families.

Jefferson County
175 Arsenal Street
2nd Floor
Watertown, NY 13601
315-785-3086

St. Lawrence County
80 State Highway 310
Suite 5
Canton, NY 13617
315-386-4754

Lewis County
Court House
7660 North State Street
Lowville, NY 13367
315-377-2065
Hours: Wednesdays and Fridays
9:30am to 4:30pm

LGBTQ+ Veteran Resources

GLBTQ Legal Advocates & Defenders (GLAD)

Offers legal help and guidance, specializing in discrimination and transition rights.

Learn more at:

<https://www.glad.org>

Hire Heroes USA

Offers job search support and career coaching for Veterans, including LGBTQ+ affirming services.

Learn more at:

<https://www.hireheroesusa.org>

Modern Military Association of America (MMAA)

Offers legal assistance, education, and advocacy specifically for LGBTQ+ service members, Veterans, and their families.

Learn more at:

<https://modernmilitary.org>

National Coalition for Homeless Veterans (NCHV)

Offers programs and referrals tailored to LGBTQ+ Veterans, including safe housing options.

Learn more at:

<https://nchv.org>

National Center for Transgender Equality (NCTE) – ID Document Center

Comprehensive guide on how to update name and gender markers on legal documents, including military discharge papers (DD-214).

Learn more at:

<https://transequality.org/documents>

Out & Equal Workplace Advocates

Works with companies to create inclusive workplaces and partners with Veteran groups for employment outreach.

Learn more at:

<https://outandequal.org>

LGBTQ+ Veteran Resources Continued

Planned Parenthood and Prism Counseling's True North Program

Connects transgender, non-binary, non-conforming individuals to affirming behavioral health services, advocacy, and community-based resources close to home.

Available to residents of Jefferson, Lewis, and St. Lawrence counties.

Individuals can enroll through their Planned Parenthood provider or can self-refer by emailing TrueNorth@ppncny.org.

The Q Center

Provides case management, support groups, free HIV/STD testing, and other services for LGBTQ+ individuals up to age 29. Also coordinates special events, outreach, and educational programs.

210 Court Street, Suite 20
Watertown, NY 13601
315-475-2430

QCenter@ACRHealth.org
<https://www.acrhealth.org/youth-programs/q-centers/>

The Trevor Project (For Those Under 25 years of age)

Crisis intervention and mental health services, including text and chat support.

Learn more at:
<https://www.thetrevorproject.org>

Transgender American Veterans Association (TAVA)

Focuses on supporting transgender Veterans, advocating for VA policy improvements, and providing peer support and resources.

Learn more at:
<https://transveteran.org>

VA LGBT Health Program and LGBTQ+ Veteran Care Coordinators

Receive competent, respectful care through the VA. Learn more at
<https://www.patientcare.va.gov/LGBT/>

Transportation Resources

Cleveland Services

Provides a variety of transportation options for non-emergency situations.

404 Sherman Street
Watertown, NY 13601
315-777-4809
<https://www.facebook.com/ClevelandServices/>

DAV Medical Transportation

Provides free transportation for ambulatory Veterans to and from Veteran health care centers for scheduled medical appointments.

Syracuse VA Medical Center
Room 174A
800 Irving Avenue
Syracuse, NY 13210
315-425-4643

North Country Transportation

Provides non-emergency medical transport, business transport, and security services.

26000 US Route 11
Suite 1, PMB 137
Evans Mills, NY 13637
315-955-4589
info@northcountrytransportation.com
<https://northcountrytransportation.com/>

Volunteer Transportation

Provides rides to Northern New York neighbors who otherwise would not have access to critical medical, mental health, dental, and other life sustaining services. Services are provided to those in Jefferson, Lewis, and St. Lawrence counties regardless of their ability to pay.

Administrative Office
24685 Route 37
Watertown, NY 13601

Non-Medicaid Clients

Jefferson County
315-788-0422

Lewis County
315-376-3777

St. Lawrence County
315-714-2034

Medicaid Clients

Jefferson, Lewis, and St. Lawrence Counties
866-932-7740

Additional Transportation resources can be found at

[Transportation Provider Search](#)
[| MAS \(medanswering.com\)](#)

Community Resources

American Red Cross

Helps military members, Veterans, and their families to prepare for cope, and respond to challenges of military and post military service. The Red Cross provides emergency communications, training, support and assistance to wounded warriors and Veterans. Learn more at: <https://www.redcross.org/local/new-york/eastern-new-york/about-us/locations/central-new-york-chapter.html>

Central & Northern New York Chapter
Watertown Location
203 North Hamilton Street
Watertown, NY 13601
315-782-4410

Fort Drum Location
11042 Mount Belvedere Blvd
Fort Drum, NY 13602
315-772-6561

Anchor Recovery Center

Provides a safe supportive environment for people in all stages of recovery, those seeking treatment, and for family members impacted by addiction.

241 State Street
Watertown, NY 13601
315-836-3460

Catholic Charities

Provides service to people, families and communities in need, advocates for justice in social structures

44 Public Square
Watertown, NY 13601

Ogdensburg Seaway House
212 Caroline Street
Ogdensburg, NY 13669
Monday-Friday
8:30am-4pm & by appointment
315-393-2255

Financial/Food Assistance:
Jefferson/Lewis Counties: 315-788-4330
St. Lawrence County: 315-323-7927

Community Resources Continued

Central Region Problem

Gambling Resource Center

Provides local, confidential help to stop gambling and sports betting.

1-877-846-7369

315-413-4676

www.nyproblemgamblinghelp.org

Cerebral Palsy Association of The North Country

Provides comprehensive, accessible health and human services in the counties of Northern New York, to people with developmental disabilities.

St. Lawrence County

4 Commerce Lane

Canton, NY 13617

Administration: 315-386-1156

Healthcare Services: 315-386-8191

Family Services and Residential Services: 315-379-9667

Citizen Advocates

Provides walk in crisis stabilization services, MAT services, and ongoing outpatient individual, family, and group therapy.

16 Philips Street

Massena, NY 13662

315-764-8076

1003 Park Street

Ogdensburg, NY 13669

315-713-9090

650 State Street

Watertown, NY 13601

315-755-1251

<https://citizenadvocates.net/>

Clayton Veteran Support Group

Free and confidential for any issues related to experiences during service or afterwards.

Held every other Monday each month (subject to change based on group preference) from 12:30pm to 2pm at Hawn Memorial Library, 220 John Street, Clayton, NY 13634.

To register, contact: Roland Van Deusen at vandeusenn@aol.com or call 315-686-4304

Community Resources Continued

Clear Path for Veterans

Supportive services and programs to assist Veterans with connecting, restoring, and growing.

1223 Salt Springs Road
Chittenango, NY 13037
315-687-3300

North Country Point of
Contact: Lance Stenfeldt
lances@clearpathforvets.org

Department of Public Health

Works to prevent illness and promote and protect the wellbeing and productivity of community residents and visitors through investing in resources, responding to needs, and empowering individuals to attain best health.

Jefferson County
531 Meade Street
Watertown, NY 13601
315-786-3770

Lewis County
7785 North State Street
Suite 2
Lowville, NY 13367
315-376-5453

St. Lawrence County
80 State Highway 310
Suite 2
Canton, NY 13617
315-386-2325

Department of Social Services (DSS)

Works with families and individuals to determine qualification for assistance with quality of life, including housing, food, and utilities.

Jefferson County
250 Arsenal Street
Watertown, NY 13601
315-785-3000

Lewis County
5274 Outer Stowe Street
Lowville, NY 13367
315-376-5400

St. Lawrence County
6 Judson Street
Canton, NY 13617
315-379-2111

Community Resources Continued

Disabled Persons Action Organization

DPAO provides quality and effective individualized services to developmentally challenged children and adults in Jefferson and Lewis counties

617 Davidson Street
Watertown, NY 13601
315-782-3577
www.dpao.org

Domestic Violence Services

Responds to the needs of victims of domestic violence and sexual assault, empowering victims and increasing community awareness.

Victims Assistance Center of Jefferson County, Inc.
418 Washington Street
Watertown, NY 13601
Office: 315-782-1823
24/7 Hotline: 315-782-1855

Lewis County Opportunities, Inc.
8265 State Route 812
Lowville, NY 13367
315-376-8202 x4

Renewal House for Victims of Family Violence
3 Chapel Street
Canton, NY 13617
315-379-9845

Fort Drum Regional Health Planning Organization (FDRHPO)

Works to improve the lives of all individuals living in Jefferson, Lewis and St. Lawrence counties by working with clinically integrated networks to strengthen this unique military-civilian healthcare model to leverage resources and address identified gaps.

120 Washington St., Suite 230
Watertown, NY 13601
315-755-2020
<https://www.fdrhpo.org/>

Homeward Bound Adirondacks

Sponsors healing retreats with the main focus being on the healing properties of the Adirondacks. Serves Jefferson, Lewis, St. Lawrence, and surrounding counties.

24 Depot Street
Saranac Lake, NY 12983
518-354-5144
www.homewardboundadirondacks.org

Community Resources Continued

Mental Health Association in Jefferson County

Provides services that promote recovery, dignity, personal growth, self-determination, and health.

425 Washington Street
Watertown, NY 13601
315-788-0970

Office for the Aging

Provides services and benefits to older adults; including NY Connects, legal services, HEAP, nutrition programs (including meals), transportation, home health care, and caregiver services and respite programs.

Jefferson County
175 Arsenal Street
2nd Floor
Watertown, NY 13601
315-785-3191

Lewis County
5274 Outer Stowe Street
Lowville, NY 13367
315-376-5313

St. Lawrence County
Human Service Center
80 State Highway 310
Suite 7
Canton, NY 13617
315-386-4730

Office of Temporary and Disability Assistance (OTDA)

Supervises programs that aid eligible families and individuals with temporary cash, assistance with paying for food and heat, and overseeing New York State's child support program. Works to determine certain aspects of eligibility for Social Security disability benefits and supervises homeless housing and services programs. Learn more at: [Office of Temporary and Disability Assistance \(ny.gov\)](https://www.ny.gov/office-of-temporary-and-disability-assistance)

Community Resources Continued

Resolution Center of Jefferson & Lewis Counties

Provides inclusive, innovative, alternative approaches to empower individuals to resolve conflict and disputes in their lives to achieve positive outcomes for children, families, and community. Learn more at: <https://www.resolution-center.net/>

Jefferson County
531 Washington Street
Suite 4124
Watertown, NY 13601
315-785-0333

Lewis County
Maple Ridge Center
7421 East Road
Lowville, NY 13367
315-785-0333

St. Lawrence County
Unitarian Universalist Church
3 ½ East Main Street
Canton, NY 13617
315-785-0333

Small Business Development Center (SBDC)

Provides counseling and tutoring to individuals interested in starting their own business. Individuals are provided with tools to develop individual business plans and information required to determine the feasibility of their ideas.

Jefferson County
The Nest
128 Franklin Street
Watertown, NY 13601
315-498-6070

Lewis County
Jefferson Community College
Education Center
7395 East Road
Lowville, NY 13367
315-498-6070
By Appointment Only

Community Resources Continued

Social Security Administration

Oversees eligibility requirements and the application process for receiving social security benefits.

Jefferson County &
Lewis County
156 Bellew Avenue South
Watertown, NY 13601
1-866-627-6995

St. Lawrence County
101 Fort Street
Ogdensburg, NY 13669
1-866-572-8369
www.ssa.gov

Soldier On

Assists Veterans and their families who are homeless or at risk of becoming homeless.

1-866-406-8449
Website:
<https://wesoldieron.org/>

Team Red White and Blue

America's leading health and wellness community for Veterans.

Local chapters in Watertown, Oswego, and Syracuse.

Phone: 1-833-832-6792
Email: info@teamrwb.org
Join at teamrwb.org

Telemynd

A national network of highly skilled therapists and mental health prescribers providing access through a virtual, secure platform. Their platform includes TRICARE and VA covered mental health services.

Olivia Yearby
Military Family Advocate
Phone: 813-245-6911
Email: OYearby@telemetrynd.com
Website: www.telemetrynd.com

Community Resources Continued

The Work Place

Provides financial and employment services

Jefferson County
1000 Coffee Street
Watertown, NY 13601
315-786-3651
theworkplace@co.jefferson.ny.us

Lewis County
5274 Outer Stowe Street
Lowville, NY 13367
315-376-5800
LewisOneStop@dfa.state.ny.us

THRIVE Wellness and Recovery

Committed to transforming lives through person-centered services that promote wellness and recovery for individuals, families, and the community. Offers same day or appointment-based outpatient services, care management, short term or long-term residential care, transitional or permanent supportive homeless housing, peer-based services, and assistance with connecting with other community resources. Offers services in Jefferson, Lewis, and St. Lawrence counties. More information can be found at www.thrivenny.com.

Jefferson County
611 West Main Street
Watertown, NY 13601
315-788-1530

Lewis County
Lowville Commons
7550 South State Street
Lowville, NY 13367
315-376-5450

Twenty-Two (22) Until There's None

Nonprofit organization committed to ending suicide among Veterans, Service Members, and First Responders. Their mission to ensure that no hero walks alone by fostering awareness, providing peer support, and building community-based initiatives that strengthen resilience and restore hope.

Located in Liverpool, NY 13088
Provides services to area counties including Jefferson, Lewis, and St. Lawrence counties
315-748-1560
scott@22untiltheresnone.net
<https://22untiltheresnone.net/>

Community Resources Continued

Veterans Peer to Peer Outreach Center

Provides peer based emotional support and mentoring, referrals to resources, crisis intervention services, temporary housing assistance, advocacy, support groups, and emergency clothing and food.

Jefferson County
247 State Street
Watertown, NY 13601
315-681-6772

Lewis County
7518 South State Street
Suite 2
Lowville, NY 13367
315-767-0908

St. Lawrence County
701 Canton Street
Suite 3
Ogdensburg, NY 13669
315-401-6575

Veterans Outreach Center

Offers supportive services for Veterans and their families including supportive housing assistance, emergency clothing and food by facilitating a small food pantry and donation room, and triaging with other community agencies as needed.

165 Mechanic Street
Watertown, NY 13601
315-681-6294
Monday-Friday
8:00am-3:30pm

Watertown Urban Mission

Provides resources for individuals and families in crisis. Helps to obtain services, food, and household goods.

247 Factory Street
Watertown, NY 13601
315-782-8440
<https://www.watertownurbanmission.org/>

Community-Based Food Pantries

Alexandria Community Food Pantry

42601 NYS Route 12
Alexandria Bay, NY 13607
315-285-5018
Thursdays, 10am-2pm

Antwerp Food Pantry

52 Main Street
Antwerp, NY 13608
315-783-7527
Mondays, 5pm-7pm

Cape Vincent Food Pantry

159 Esselstyne Street
Cape Vincent, NY 13618
315-654-2438
By Appointment Only
Call Monday and Wednesday
10am to 1:45pm
Pick up days: Tuesdays &
Thursdays 10am

Canton Neighborhood Center Pantry

5 West Street
Canton, NY 13617
315-386-3541
Monday-Thursday, 8am to
12pm & 1pm to 3pm
Friday, 8am to 12pm
Closed 12pm-1pm & first Friday
of the month

Canton Church and Community Program Pantry

30 Court Street
Canton, NY 13617
315-386-3534
Tuesday, 11am-1pm
Wednesday, 12pm-3:45pm

Clayton Council of Churches Food Pantry at St. Mary's Parish Center

521 James Street
Clayton, NY 13624
315-767-1220
Monday & Wednesday 1pm to
3:30pm
Tuesday evening 6pm to 8pm
By Appointment Only

Colton Center Food Pantry/Neighborhood Center

3 Sugarbush Lane
South Colton, NY 13625
315-244-0069
Monday and Friday, 8am-1pm
Emergency access available

Community-Based Food Pantries

Colton/Pierrepont/Parshville Food Pantry

864 State Route 68

Canton, NY 13617

315-244-0069

cppnc@slccdp.org

Tuesdays & Wednesdays, 8am to 1pm

Appointments available

Copenhagen Food Pantry

9371 State Route 12

Copenhagen, NY 13626

315-376-8202

Third Wednesday each month, 3:30pm to 5pm

Croghan Food Pantry

9794 Route 812

845-661-3659

By Appointment, Call for Availability

Dexter United Methodist Church Food Pantry

210 West Kirby Street

Dexter, NY 13634

315-788-5238

315-271-5844

January-October

2nd Wednesday 2pm-3pm

3rd/4th Wednesday 6pm-7pm

November-December

1st Wednesday 2pm-3pm

2nd/3rd Wednesday 6pm-7pm

Emmanuel Church Food Pantry

119 South Hamilton Street

Watertown, NY 13601

315-777-6643

Monday, Wednesday, Friday
4pm-7pm

Fort Drum Thrift Shop & Blessing Pantry

Building P-1454

4th Street

Fort Drum, NY 13602

315-772-0021

1st Saturday 9:30am-1:45pm

Feed Our Vets

1291 Faichney Drive

Watertown, NY 13601

315-767-8970

carlos@feedourvets.org

3rd Saturday of each month
9am to 12pm

Gouverneur Neighborhood Center Pantry

15 Rock Island Street

Gouverneur, NY 13642

315-287-3370

Monday and Tuesday

8am to 3pm, Closed 12pm-1pm

Friday 8am-12pm (Closed first Friday of each month)

Community-Based Food Pantries

Grasse River Pantry

13 Pestle Road
Russell, NY 13684
315-562-3450
2nd Wednesday each month,
4pm-5:30pm
Emergency Access available

Gwen's Pantry

36213 State Route 180
LaFargeville, NY 13656
315-658-4796
Saturday 9am-12pm
Sunday-Friday, Appt Only

Hammond Food Pantry

30 Lake Street
Hammond, NY 13646
315-528-7303
9am-11am selected Thursdays
each month, contact for details

Harrisville Food Pantry

14206 South Creek Road
Harrisville, NY 13648
315-376-8202
First Tuesday, 7pm-8pm
Third Tuesday, 10am-11am

Heuvelton United Methodist Church

44 Lisbon Street
Heuvelton, NY 13654
315-344-7112
3rd Tuesday of each month, 4-5pm

Indian River Baptist Church Food Pantry

42 North Main Street
Philadelphia, NY 13673
315-921-7925
Saturdays 9am-11am
Wednesdays 4pm-6pm
Appointments available

Jefferson Community College Food Pantry

CLC 15-129
Monday-Thursday, 8am-5pm
Friday 8am-4pm
foodpantry@sunyjefferson.edu

Louisville Food Pantry

44 Arena Drive
Chase Mills, NY 13621
315-764-7473
1st & 3rd Wednesday
10:30am until gone

Lowville Food Pantry

5502 Trinity Avenue
Lowville, NY 13367
315-376-7431
Monday-Friday, 9am-11:30am
Tuesday & Thursday, 5pm-7pm

Massena Neighborhood Pantry

61 Beach Street Suite 103
Massena, NY 13662
315-764-0050
Monday-Thursday 9am-3pm
Friday 9am-12pm (Closed first
Friday of the month)

Community-Based Food Pantries

Norfolk/Raymondville Pantry

United Methodist Church
9 West Main Street
Norfolk, NY 13667
315-212-0520
Third Saturday of each month,
9am-11am
Emergency access available

Ogdensburg Neighborhood Pantry

419 ½ Fort Street
Ogdensburg, NY 13669
315-713-8036
Monday: 10am-6pm
Tuesday-Thursday: 8am-3pm
Friday: 8am-12pm (Closed first
Friday monthly)
Appointments appreciated &
Emergency access available

Opportunities Food Pantry

8265 State Route 812
Lowville, NY 13367
315-376-8202
By appointment only

Port Leyden Food Pantry

7108 North Street
Port Leyden, NY 13433
315-376-8202
Monday-Friday 8:30am-
11:30am
Appointments available outside
of listed hours, Call to schedule

Potsdam Neighborhood Center Pantry

2 Park Street
Potsdam, NY 13676
315-265-3920
Monday-Thursday 8am-3pm
Friday 8am-12pm (Closed first
Friday each month)

Richville Baptist Chapel Food Pantry

209 Main Street
Richville, NY 13681
315-287-0259 & 315-287-2680
Second Thursday of each month
by appointment only

Rohde Community Center Food Pantry

2 East Church Street
Adams, NY 13605
315-232-2621
Monday, Thursday, Friday
9:30am-12:45pm
Tuesday 11am-2:30pm and
3pm-6:45pm

Community-Based Food Pantries

Salvation Army Food Pantries

178 Victory Road
Massena, NY 13662
315-769-5154
Monday-Friday 10am-2pm

401 Franklin Street
Ogdensburg, NY 13669
315-393-3351
Monday, Wednesday, Friday
9am-12pm and 1pm-3pm
Thursday 1pm-6pm

723 State Street
Watertown, NY 13601
315-785-5582
Monday, Tuesday, Wednesday,
Friday 9am-2:45pm
Thursday 11:30am-1pm

St. Mary's Church Food Pantry

8422 South Main Street
Evans Mills, NY 13637
315-629-4458
Saturdays 10am-12pm (Or the
Wednesday before if a holiday
falls on Saturday)

St. Patrick's Church

836 State Highway 11C
Brasher Falls, NY 13613
315-389-5401
By Appointment Only

St. Paul's Lutheran Church Food Pantry

43668 Lake Street
Redwood, NY 13679
315-405-0048
Wednesdays, 2:30pm-4pm
Emergency Assistance Available

St. Peter's Outreach Ministry

128 Main Street
Massena, NY 13662
315-769-1200 or
svdp128@gmail.com
Monday-Friday 10am-3pm or
by appointment

Star Lake Food Pantry

4208 State Route 3
Star Lake, NY 13690
315-848-3562
315-848-3612
phil.giardino@gmail.com
Second and fourth Wednesday
of each month 9:30am-
11:30am

Theresa Food Pantry

Grace Community Church
110 Antwerp Road
Theresa, NY 13691
315-955-3492
theresafoodpantry@gmail.com
Thursdays 9am-12pm
Saturdays 10am-1pm
Appointments available

Community-Based Food Pantries

Tri-Town Food Pantry

1979 State Highway 11C
North Lawrence, NY 12967
414-491-3506
trpraprcp@gmail.com
2nd Friday 8:30am-11:00am
Appointment Only

VEM Food Pantry of Carthage

495 South Washington Street
Carthage, NY 13619
315-493-1341
September – June
Monday & Friday 10am-2pm
Wednesday, 3pm-7pm
Thursday 3pm-5pm
4th Saturday of the month,
10am-12pm

July & August

Monday & Friday 9am-1pm
Wednesday, 3pm-7pm
Thursday, 3pm-5pm
4th Saturday of the month,
10am-12pm

Waddington Family Resource Center Pantry

10 Lagrasse Street
Waddington, NY 13694
315-261-1819
315-388-4888
First and Third Wednesday of
the month, 9am-12pm, and by
appointment

Watertown Urban Mission Food Pantry

247 Factory Street
Watertown, NY 13601
315-782-8440
Monday-Thursday, 9am-3pm
Friday, 9am-12pm
Closed for lunch
4th Thursday closed from 1pm-
3pm for Food Sense

National Resources

American Foundation for Suicide Prevention

Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death. To learn more, visit <https://afsp.org>

Greater Central NY Chapter: <https://afsp.org/chapter/greater-central-new-york>

InTransition Program

InTransition is a program designed to assist service members who need mental health resources, coaching, and other help associated with PCS moves, coming from or going to a deployment, transitioning from active duty to reserve component service, and those who are preparing to leave the military.

Contiguous United States (CONUS): 1-800-424-7877

Outside Contiguous United States (OCONUS: Australia, Germany, Italy, Japan, and South Korea only): 1-800-748-8111

[Chat](#)

[Email](#)

PsychArmor

Provides education to healthcare providers, caregivers, military spouses, educators, employers, and more with the goal of increasing military and Veteran cultural competency.

Learn more at: www.psycharmor.org

Worried About A Veteran

<https://worriedaboutaveteran.org>

Department of Veterans Affairs Websites

Center for Minority Veteran Affairs

<http://www.va.gov/centerforminorityveterans/>

Center for Women's Affairs

<http://www.va.gov/womenvet/>

Directory of Veteran Service Organizations

<http://www.va.gov/vso/>

National Cemetery Administration

<http://www.cem.va.gov/>

Veterans Benefits Administration

<http://benefits.va.gov/benefits/>

VA Congressional & Legislative Affairs

<http://www.va.gov/oca/>

VA Office for Survivor Assistance

<http://www.va.gov/survivors/>

Veterans Crisis Line Resource Locator

Resource locator website from the Veterans Crisis Line. This can help find a suicide prevention team, medical centers, vet centers, community-based outpatient clinics VBA reps, and more.

[Local Resources \(veteranscrisisline.net\)](http://veteranscrisisline.net)

Veterans Health Administration

<http://www.va.gov/health/default.asp>

Additional Local Resource Guides

Did you not find the resource you are looking for?

Additional local resource information can be found for Jefferson and Lewis counties at: <https://www.nnycs.org/services>