

Oswego County Community Resources

Alcohol and Substance Abuse Help:

- COCOAA-342-2370, 598-6707
- Farhnam-342-4489, 593-0796
- Harborlights-963-0007

Birth Control (including Emergency Contraception) and Clinic Services:

- OCO Reproductive Health Services-342-0888, 598-4740
- OCO Health Education-342-0888 x1456, 592-0810
www.facebook.com/OCOHealthEducation
- Planned Parenthood-1-866-600-6886, www.pprsr.org
- Any pharmacy-show your insurance card

Domestic Violence or Sexual Assault:

- Services to Aid Families (SAF)-342-1600

Health Care Services Free or Low Cost:

- Central Square Medical Center, 668-5212
- Fulton Medical Center, 592-3506, Urgent Care 592-3500
- Mexico Family Health Center, 963-4960
- Oswego County Public Health, 349-3545
- Oswego Health Center, 598-4790
- Parish Health Services Center, 625-4388
- Phoenix Health Services Center, 695-4700
- Pulaski Health Center, 298-6564
- Samaritan Family Health Center, 387-3400

Health Insurance:

- OCO Facilitated Enrollment, 342-0888, www.oco.org
- Oswego County Department of Social Services, 963-5021
- ACR Health, 800-475-2430, 475-2430

Help Quit Tobacco Use:

- Tobacco Free Network of Oswego County, 343-2344
- Quitline Services, 1-800-QUIT-NOW

HIV Testing:

- OCO Reproductive Health Services, 598-4740
- Oswego County Health Department, 349-3547
- Oswego Health Center, 342-0888
- OCO Health Education, 342-0888 x1456, 592-0810
- New York State HIV/AIDS Information Service, 1-800-541-2437
- New York HIV Counseling Hotline, 1-800-872-2777

Women's Health and Social Support:

- OCO OPTIONS Program, 342-7532
- OCO Reproductive Health, 598-4740
- Oswego County Health Department, 349-3547

For help finding additional resources please contact OPTIONS at 342-7532 www.oco.org
