

# WE ARE COMMITTED TO:

## Community Health Workers

Identify your needs &  
connect you to services.

- Education
- Collaboration
- Integrity
- Compassion
- Innovation

“We are a client-centered program that meets you where you are at. We help connect you to services and programs in the community to help reduce barriers that can make a positive impact on your life!”

*Emma Abbey, CHW  
Program Supervisor*

Your Appointment:

Your CHW:

### Contact Us

Call:  
607-274-6604

Email:  
CHW@tompkins-co.org

Online:  
[tompkinscountyny.gov/health/chw](http://tompkinscountyny.gov/health/chw)

Offices:  
55 Brown Rd.  
Ithaca, NY 14850

Community Health Workers are part of  
Tompkins County Whole Health, creating  
a future where everyone in Tompkins  
County can achieve wellness.

TCWH rev. Sept. 2023

# Get Connected with a Community Health Worker

Community Health Workers  
connect you to services  
and resources that can help  
you and your family live,  
feel, and be healthier.



TOMPKINS COUNTY

# Whole Health

# Community Health Workers will support you in reaching your goals.

- Work with you where and when you are comfortable and ready.
- Provide information to guide decision making.
- Identify barriers and work with you to develop plans for your needs:
  - Transportation
  - Food Security
  - Childcare
  - Housing
  - Healthcare & Health Insurance
- Connect you to:
  - Agencies
  - Organizations
  - Programs



## Support for Pregnant Persons

- For persons of reproductive age.
- Connection to prenatal care.
- Support in making and keeping appointments.
- Assistance re-engaging in services after a lapse.
- Information and resources for basic needs and care.

## Support for Individuals and Families

- Resource navigation support to connect you with services for basic needs, childcare, insurance, health and mental health, and more.
- Continued outreach and advocacy.

## Am I eligible?

Community Health Worker services are available for any Tompkins County resident.

- Services are available free of cost.
- No insurance required.



## Unsure what services are right for you?



TOMPKINS COUNTY

# Whole Health