



MHA RESOURCE GUIDE DURING COVID-19 PUBLIC HEALTH CRISIS

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CALL MHA'S INFORMATION & REFERRAL LINE FOR HELP AT 716-886-1242

This list is in progress and subject to change. If there are any content suggestions and/or corrections, please call us at 716-886-1242 or email Bridget at bmcnally@mhawny.org. Thank you!

ADULT

ADDICTION

Name/info	Contact
24-Hour Addiction Hotline	716-831-7007
Behavioral Health Treatment Services Locator <i>A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S.</i> <i>Territories for substance use/addiction and/or mental health problems.</i>	https://findtreatment.samhsa.gov/
Best Self Behavioral Health <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	http://www.bestselfwny.org/ 716-884-0888
BryLin Behavioral Health Center <i>Outpatient Substance Abuse Treatment</i>	https://www.brylin.com/ 716-632-5450 531 Farber Lakes Dr #201, Buffalo, NY 14221
Buffalo Area Alcoholics Anonymous	https://buffaloaany.org/
Endeavor Health <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i>	https://www.ehsny.org/ 716-895-6701
Erie County Addiction Hotline	716-831-7007
Horizon Health Services <i>Offices in Buffalo, Tonawanda, Niagara Falls, Lockport, Sanborn, Orchard Park, East Amherst and Cheektowaga</i>	https://www.horizon-health.org/ 716-831-1800
Northpointe Council, Inc. <i>Locations in Niagara Falls and Lockport that provide all MAT services including detox and methadone</i>	https://www.northpointecouncil.org/ 716-282-122
SAMHSA's National Helpline <i>A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use.</i>	800-662-HELP(4357)

Spectrum Health and Human Services <i>Offices located in Buffalo, Hamburg, Lackawanna, Niagara Falls, Olean, Orchard Park, Springville, Warsaw, and West Seneca</i>	http://www.shswny.org/ 716-539-5500
<i>Millions of Americans have a substance use disorder. Find a treatment facility near you.</i>	https://findtreatment.gov/

ADULT EDUCATION

Name/info	Contact
Sign up for these 450 Ivy League courses for free online right now	https://www.timeout.com/usa/news/sign-up-for-these-450-ivy-league-courses-for-free-online-right-now-031720

CHILDCARE

Name/info	Contact
Child Care for Essential Workers	716-877-6666x3064
West Seneca Central School District First Responder and Medical Professional Childcare	https://www.wscschools.org/site/Default.aspx?PageID=21577

CRISIS SUPPORT

Name/info	Contact
211 WNY <i>Free and confidential link to health and human services 24/7</i>	Call 211 or 888-696-9211 Text your zip code to 898-211 http://211wny.com/
24-Hour Erie County Domestic Violence Hotline	716-862-HELP
BryLin Behavioral Health Hospital <i>Inpatient mental health care for adults</i>	https://www.brylin.com/ 716-886-8200 1263 Delaware Ave, Buffalo, NY 14209
Chautauqua County Hotline	800-724-0461
Crisis Services 24-Hour Crisis Hotline	716-834-3131

Crisis Text Line	Text HOME to 741741
ECMC Comprehensive Psychiatric Emergency Program <i>Inpatient mental health</i>	https://www.ecmc.edu/health-services-and-doctors/behavioral-health/cpep-comprehensive-psychiatric-emergency-program/ 716-898-3000 Open 24 Hours 462 Grider Street Buffalo, NY 14215
ECMC's Help Center <i>An urgent care service for walk-in mental health treatment of adults in crisis who do not require psychiatric emergency treatment or inpatient care</i> <i>Individualized services addressing each patient's needs with a focus on wellness</i>	716-898-1594
Mental Health Peer Connection <i>Offering support to individuals in crisis or pre-crisis</i> <i>Offering free transportation back home starting at 9PM</i>	Renewal Center 716-245-4200 327 Elm Street Buffalo, NY 14203 Open 365 days; 3PM-11PM
National Domestic Violence Hotline	800-799-7233
National Suicide Prevention Lifeline	800-273-8255
NYS COVID-19 Emotional Support Line	844-863-9314
NYS Domestic and Sexual Violence Hotline	716-862-HELP
NYS Domestic and Sexual Violence Hotline	800-942-6906
PATH: People Against Trafficking Humans <i>Crisis support for at-risk and trafficked adults and children</i>	www.pathofwny.org info@pathofwny.org 716-601-5678
Physician Support Line <i>Free and confidential peer support line by volunteer psychiatrists for US Physician Colleagues during the COVID19 Pandemic</i>	www.physiciansupportline.com 888-409-0141 8am-12am; 7 days a week
Refreshing Waters Respite <i>A 1-5 day stay hospital diversion program operating in a bed and breakfast style house for people going through psychological crises.</i>	www.wnyhousingoptions.org 716-248-2886 Open 24/7

	75 Jamestown Street, Gowanda, NY 14070
Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress	800-985-5990 Text TalkWithUs to 66746 TTY 1-800-846-8517
Spectrum Health and Human Services Crisis Line	716-710-5172
Spectrum Health and Human Services Mental Health Urgent Care	http://www.shswny.org/ 716-539-5500 Monday-Friday; 8AM-5:30PM 1280 Main Street, Buffalo, NY, 14209
The Trevor Project <i>A lifeline for LGBTQ youth under the age of 25</i>	866-488-7386 Text START to 678678

ENTERTAINMENT

Name/info	Contact
Erie County Library <i>E-books and audiobooks</i>	https://buffalo.overdrive.com/
Google Arts and Culture	https://artsandculture.google.com/
The Kennedy Center Digital Stage <i>Online archive of performances</i>	https://www.kennedy-center.org/digitalstage/
Louvre <i>Virtual tours of the French museum</i>	https://www.louvre.fr/en/visites-en-ligne
The Metropolitan Opera <i>Nightly opera stream.</i>	https://www.metopera.org

FINANCIAL SUPPORT

Name/info	Contact
Buffalo Water Department <i>Please note that if your water has been shut</i>	Please call Veolia customer service number at (716) 847-1065

<p><i>off for nonpayment, you can get it turned back on WITHOUT A PAYMENT AT THIS TIME.</i></p>	<ul style="list-style-type: none"> ● Press 1 for an emergency related to water services ● Then press 1 to be connected to the Dispatch Department ● Then give name, address, and account # <p>If you have any problems getting your water restored under this emergency procedure, please call Neighborhood Legal Services at (716) 847-0650.</p>
Erie County Department of Social Services	716-585-8000
<p>Health Well Foundation: COVID-19 Ancillary Costs</p> <p><i>Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence.</i></p>	https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story
New York State Unemployment	mybenefits.ny.gov 888-209-8124
<p>Restoration Society</p> <p><i>Benefit advisement and employment programs</i></p>	https://rsiwny.org/ 716-309-3330 716-309-3332
SNAP (food stamps)	mybenefits.ny.gov

FITNESS

Name/info	Contact
<p>Planet Fitness</p> <p><i>Free at-home workouts</i></p>	https://www.planetfitness.com/
<p>Power Yoga Buffalo</p> <p><i>Live classes on Zoom</i></p>	https://poweryogabuffalo.com/
<p>Revolution Buffalo</p> <p><i>At-home workouts saved on their Instagram</i></p>	https://www.instagram.com/revolutionbuffalo/
<p>Yoga Parkside</p> <p><i>Classes via live stream</i></p>	https://www.yogaparkside.org/

FOOD BANKS

Name/info	Contact
<p>Catholic Charities <i>Locations in Buffalo, Kenmore, Lackawanna, Getzville, Franklinville, and Wellsville</i></p>	<p>https://www.cwny.org/services/food-pantries</p>
<p>City Mission <i>100 East Tupper Street Buffalo, NY 14203</i></p>	<p>https://www.buffalocitymission.org/ 3 meals offered daily: 8:00-8:30am (breakfast) 11:30am-Noon (lunch) 4:30pm-5:00pm (dinner) Community Food Pantry is open Tuesday-Thursday from 10am-11:30am and 1pm-2:30pm</p>
<p>Find Your Regional Food Bank</p>	<p>https://www.health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm</p>
<p>Food Pantry Locator</p>	<p>https://www.foodbankwny.org/pantry-locator/</p>
<p>Friends of the Night People <i>Locations in Allentown, the East Side, and the West Side</i></p>	<p>https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM_CaWcGYPyKDXEx2YSwzxHE_V_T8AYtSj45oU Daily meal pickup is open from noon to 3:30pm</p>
<p>Gerard Place</p>	<p>https://gerardplace.org/ Free sandwich take out meal every Monday and Wednesday from 4-6pm at the Community Center door.</p>
<p>Lakeshore Pantry</p>	<p>www.allsaintshamburg.com 716-649-6266 6065 South Park Avenue, Hamburg, NY 14075</p>
<p>Meals on Wheels</p>	<p>https://www.feedmorewny.org/ 716-822-2002</p>
<p>Society of St Vincent DePaul</p>	<p>http://www.svdpwny.org/ Monday, Tuesday, Friday and Saturday</p>

	11am-12:30pm
SNAP (food stamp) application	mybenefits.ny.gov
St. Peter and Paul Parish Outreach	www.sspphamburg.com 716-648-1725 36 Pine Street, Hamburg, NY 14075
UPC Food Pantry	716-823-5137 67 Lake Avenue, Blasdell, NY 14219

GRIEF SUPPORT AND COUNSELING

Name/info	Contact
Best Self Behavioral Health <i>Grief counseling</i>	http://www.bestselfwny.org/ 716-884-0888
Catholic Charities <i>Grief counseling</i>	https://www.cwny.org/ 716-895-7715
Chautauqua Hospice and Palliative Care <i>Grief support groups are cancelled but they can schedule a phone visit with people in need of support.</i>	https://chpc.care/family-support/bereavement-care/ 716-338-0033
Child and Family Services <i>Grief counseling</i>	https://cfsbny.org 716-842-2750
Dale Association <i>Grief counseling</i>	http://daleassociation.com/ 716-433-1886 33 Ontario Street, Lockport, NY 14094
Footprints of the Heart Support Group <i>A support group for parents who have experienced the loss of a baby through miscarriage, stillbirth or early infant death.</i>	https://www.facebook.com/footprintswny 1st Tuesdays from 6:00p.m.- 8:00 p.m. Amy Creamer 716-862-1678 Group will be held on Zoom
Grief In Common <i>Online grief support including coaching, live chat and blog. There are fees for some services.</i>	https://www.griefincommon.com/pages/Grief-Coaching/

<p>GriefShare Group Delaine Waring AME Church <i>Online grief recovery support group</i></p>	<p>https://www.griefshare.org/groups/116454 Every Thursday from 6:30 p.m.- 7:30 p.m. 716-842-6747 Meets on Zoom Zoom Meeting ID: 368-953-7848 If using a telephone (no video) dial 646-558-8656 and then access code 368-953-7848#</p>
<p>GriefShare Group at Steel City Church Lackawanna <i>Online grief support group</i></p>	<p>https://www.steelcitychurchlackawanna.com/griefshare Tuesdays from 6:00 p.m. - 7:30 p.m. March 3rd- June 2nd 716-806-0880 Meets on Zoom Click this link to register: www.griefshare.org/groups/120701</p>
<p>GriefShare Group Online(Zoom) <i>Online grief support group</i></p>	<p>Trinity United Methodist Church -Grand Island Online grief recovery support Group Mondays May 25- July 20 from 6pm – 8pm (716)866-9146(Sarah, Facilitator) To register: https://www.griefshare.org/groups/119590/registrations/new</p>
<p>Jewish Family Service of Buffalo and Erie County <i>Grief Counseling</i></p>	<p>www.jfsbuffalo.org 716-883-1914 70 Barker Street Buffalo, NY 14209</p>

HOUSING

Name/info	Contact
Harbor House: Temporary new location	ECC Flickinger Athletic Center

<i>This site is open 24/7, providing meals, shelter, and a variety of resources during the COVID-19 emergency.</i>	21 Oak Street Buffalo, NY 14203
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LEGAL SERVICES

Name/info	Contact
Center for Elder Law and Justice <i>Providing free civil legal services to seniors, people with disabilities and low-income populations in nine Western New York counties</i>	Buffalo Office: 716-853-3087 Chautauqua Office: 716-261-3275 Lockport Office: 716-878-9297 Monday-Friday, 9AM-5PM
Journey's End Refugee Services <i>Offers immigration legal representation to low-income refugees, asylees, and other immigrants</i>	716-882-4963/EXT303203
Legal Aid Bureau of Buffalo <i>Provides quality legal representation and advice to persons in need residing in Erie County</i>	716-853-9555 Monday-Friday, 8:30AM-4:30PM
Mental Health Advocates of WNY <i>Provides free legal services to individuals with a mental health diagnosis in the following areas: SSD, SSI, Housing, Public Assistance, and Consumer Law</i>	716-886-1242 Monday-Friday, 8:30AM-4:30PM
Mental Hygiene Legal Services <i>Offers legal representation, advice, and assistance to persons residing in facilities for the mentally disabled concerning retention, release, care, and treatment. The facilities may be state, city, voluntary, or private, and may be community based or institutional.</i>	Buffalo Office: (716) 845-3650 Rochester Office: (585) 530-3050
Neighborhood Legal Services <i>Serves the civil legal needs of low income and disabled people in Western New York Serves Erie County, Genesee County, Niagara County, Orleans County, Wyoming County</i>	Buffalo: 716-847-0650 Niagara Falls: 716-284-8831 Batavia: 585-343-5450
Senior Legal Advice Helpline <i>Serves seniors aged 60 and over</i>	Toll-free 844-481-0973 Monday-Friday; 9:00AM-11:00AM EST

Volunteer Lawyers Project	https://ecbavlp.com/ Family Law Questions: 716-823-3255 Housing Law Questions: 716-828-8460 Immigration Questions: 716-847-0662/EXT303 Unemployment Benefits Questions: 716-847-0662/EXT303 To become a Divorce Client: 716-847-0662/EXT807 For all other legal cases: 716-847-0662/EXT324
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MENTAL HEALTH COUNSELING/CLINICS

Name/info	Contact
Behavioral Health Treatment Services Locator <i>A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.</i>	https://findtreatment.samhsa.gov/
Best Self Behavioral Health <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	http://www.bestselfwny.org/ 716-884-0888
BryLin Behavioral Health Hospital <i>Inpatient mental health services for adults</i> BryLin Behavioral Health Center <i>Outpatient counseling</i>	https://www.brylin.com/ 716-886-8200 716-632-5450
Buffalo Psychiatric Center	https://omh.ny.gov/omhweb/facilities/bupc/index.html 716-885-2261 400 Forest Ave. Buffalo, NY 14213
Catholic Charities <i>Offices in Buffalo, Amherst, Cheektowaga, North Tonawanda, Kenmore, Hamburg, Niagara Falls, and Lockport</i>	https://www.cwny.org/ 716-895-7715

<p>Child and Family Services <i>Offices in Buffalo and Cheektowaga</i></p>	<p>https://cfsbny.org 716-842-2750</p>
<p>Christian Counseling Ministries of WNY <i>Offices in Arcade, Clarence, Fillmore, Jamestown, and Orchard Park</i></p>	<p>www.ccmwny.org 716-632-3200</p>
<p>Community Health Center of Buffalo, Inc <i>Offices in Buffalo, Cheektowaga, Lockport, Niagara Falls</i></p>	<p>https://chcb.net/ 716-986-9199</p>
<p>Dale Association <i>Outpatient mental health counseling Offices in Lockport, North Tonawanda</i></p>	<p>http://daleassociation.com/ 716-433-1886 33 Ontario Street, Lockport, NY 14094</p>
<p>Endeavor Health Services <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i></p>	<p>https://www.ehsny.org/ 716-895-6700</p>
<p>Envision Wellness WNY <i>Offices in Buffalo and Kenmore</i></p>	<p>https://www.envisionwellnesswny.com/ 716-877-6763</p>
<p>Evergreen Health <i>The following services remain open:</i></p> <ul style="list-style-type: none"> ● <i>Primary & Specialty Care</i> ● <i>STI services</i> ● <i>Syringe Exchange Program</i> ● <i>Drug user health programs</i> ● <i>Behavioral health programs</i> 	<p>https://www.evergreenhs.org/covid-19/ 716-847-2441 206 S Elmwood Ave, Buffalo, NY 14201</p>
<p>Gateway-Longview <i>Outpatient counseling for youth ages 3-21 Offices in Buffalo and Williamsville.</i></p>	<p>https://www.gateway-longview.org/ (716) 783-3221</p>
<p>Harmonia Collaborative Care <i>Counseling services with a holistic and empathetic approach.</i></p>	<p>https://harmonia-care.org/services/counseling-services 716-947-5025 (Hamburg) 716-648-0650 (Derby)</p>
<p>Horizon Health Services <i>Offices in Buffalo, Tonawanda, Niagara Falls, Lockport, Sanborn, Orchard Park, East Amherst and Cheektowaga</i></p>	<p>https://www.horizon-health.org/ 716-831-1800</p>

<p>Jewish Family Service of Buffalo and Erie County <i>Licensed outpatient psychiatric clinic that provides diagnosis, counseling and treatment of mental and behavioral health disorders.</i> <i>Provider of health home services, a refugee resettlement agency, and home to the WNY Center for Survivors of Torture.</i></p>	<p>www.jfsbuffalo.org 716-883-1914 70 Barker Street Buffalo, NY 14209</p>
<p>OLV Human Services (formerly known as Baker Victory Services) <i>Outpatient Mental Health Clinic serving adults and children. Open Monday through Thursday 9am-7pm and Friday 9am-2pm</i> <i>Emergency/Walk-In Hours are Tuesday and Thursday 8am-12 noon. *Offering Telehealth services during COVID-19 crisis*</i></p>	<p>https://www.olvhumanservices.org/ 716-828-9501 790 Ridge Rd. Lackawanna, NY 14218</p>
<p>Spectrum Health and Human Services <i>Offices located in Buffalo, Hamburg, Lackawanna, Niagara Falls, Olean, Orchard Park, Springville, Warsaw, and West Seneca</i></p>	<p>http://www.shswny.org/ 716-539-5500</p>

MENTAL HEALTH SUPPORT

Name/info	Contact
<p>Mental Health Advocates of WNY <i>Information and referral line</i></p>	<p>716-886-1242 Monday-Friday, 8:30AM-4:30PM bmcnally@mhawny.org</p>
<p>NAMI Helpline <i>Mental health information and support</i></p>	<p>https://namibuffalony.org 716-226-6264</p>
<p>PATH: People Against Trafficking Humans <i>Provide remote support including: case management, individual support, mentoring, crisis planning, resourcing for adult women who are victims of trauma or have been affected by human trafficking, access to music therapy remotely or in person, and are distributing meals, food and supplies to those in need.</i></p>	<p>www.pathofwny.org info@pathofwny.org 716-601-5678</p>
<p>Physician Support Line</p>	<p>www.physiciansupportline.com</p>

<i>Free confidential peer support line by volunteer psychiatrists for US Physician Colleagues during COVID 19 Pandemic</i>	1-888-409-0141 7 days a week 8am- 12am EST
Restoration Society <i>Offering phone intakes for remote check-ins, 24/7 mental health support and information</i>	https://rsiwny.org/ 716-309-3330 716-309-3332
SPCA Serving Erie County Paws for Love Housecalls <i>Out of work therapy pets will be providing virtual comfort to your home.</i>	Stay home and visit the SPCA Paws for Love Playlist here: https://www.youtube.com/playlist?list=PL1m8wveV5rMTlvAhqIBJBspmRvaUPIYWx
SAMHSA's National Helpline <i>A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use.</i>	800-662-HELP(4357)

RELIGION

Name/info	Contact
OLV Basilica Weekly Sunday Mass	https://www.olvbasilica.org/

SOCIAL SUPPORT/SUPPORT GROUPS

Name/info	Contact
Addict 2 Addict Support Group <i>A group for peers to help peers through the obstacles of addiction and recovery. This group is a judgment free zone to help one another recover.</i>	Tuesdays and Thursday 5-6PM RSVP gvinson@wnyil.org or 716-398-3907
Compeer of Greater Buffalo <i>Providing social support and an ear to listen for people feeling disconnected.</i> <i>Activities you can do from home on YouTube</i>	Call: 883-3331/EXT314 Email to request a call: Heidi@compeerbuffalo.org https://youtu.be/UPq4lBbzWCc
Coping with Stress and Anxiety During Covid-19 Support Group <i>A virtual support group for adults. Join us as</i>	Monday 6PM RSVP Bridget bmcnally@mhawny.org or 716-886-1242x347 for link/password

<i>we share stories, emotions, and skills to manage fear.</i>	
COVID-19 Emotional Support Hotline (New York State Office of Mental Health)	844-863-9314 8AM-10PM; 7 days a week
Crisis Services Mindfulness Facebook Live Sessions "Mindfulness with Marijke" series live each Wednesday at 7PM on Facebook 4/15, 4/22, & 4/29	https://www.facebook.com/CrisisServices/
Depression and Bipolar Support Alliance <i>DBSA offers online support groups for people living with mood disorders.</i>	https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/?utm_medium=email&utm_source=dbsa&utm_content=2+-+DBSA+Online+Support+Group&utm_campaign=COVID-19&source=COVID-19
Erie County Addiction Hotline	716-831-7007
Erie County Coronavirus Hotline	716-858-2929
Erie County Domestic Violence Hotline	716-862-4357
Erie County Domestic Violence Shelter Support	716-884-6000
Erie County Warm Line <i>The warm line offers peer support and non-crisis services to Erie County residents.</i>	844-749-3848 7 days a week; 5-11PM
Hope for Families <i>While the pandemic is active, families are in their homes without activities to keep their thoughts moving towards recovery. The peer support group will provide support similar to the face to face groups to enable family members to voice their concerns and struggles. This is a peer run family support group for family members in a time of crisis.</i>	Monday, Wednesday, Friday 4-5PM RSVP ntaylor@wnyil.org or 716-563-0078
Inspire <i>Mental health support group and discussion community</i>	https://www.inspire.com/groups/mental-health-america/?origin=freshen
NYS Department of Health Coronavirus Hotline	888-364-3065

<p>NYS Emotional Support Hotline</p>	<p>844-863-9314</p>
<p>Open Mic Night: Freedom of Expression <i>Do you want to connect with other people and have some fun? Are you sick of being isolated? Are you brimming with ideas on how to express yourself? Are you ready for a creative outlet? If you answered yes to any of these questions then come on in and join our Open Mic Night: Freedom of Expression. People can freely express themselves through spoken word, singing, music, theater, dance and comedy</i></p>	<p>Thursday 7-8PM RSVP lmacruz@wnyil.org or 716-208-2590.</p>
<p>Peer Connection <i>This group is about connecting with fellow peers in a supportive, topic-oriented format that provides peers a safe platform to explore emotion regulation, healthy coping strategies, mindfulness, and self-empowerment for anyone seeking help with a mental health disorder.</i></p>	<p>Wednesday 3-4PM RSVP khauser@wnyil.org or 716-322-9264</p>
<p>PEER 2 PEER Wellness Wisdom <i>This is a group that not only offers support, it will assist in the development of coping skills so that we can learn to become more tolerant and resilient. In this time period, where we are facing constant changes daily to our personal and work lives, developing tolerance of others and the world we live in will help us to increase our personal resilience. Becoming resilient will assist us in being able to improve how we respond and deal with these constant changes. We will focus on developing our own personal WRAP (Wellness Recovery Action Plans) where we can keep track of what our stressors are and what tools work best for those stressors.</i></p>	<p>Wednesday and Friday 2-3PM RSVP ccampbell@wnyil.org or 716 328-3640</p>
<p>Peer Support Texting Line</p>	<p>716-392-2221 Open 24/7</p>
<p>Peer Support Warmline</p>	<p>844-749-3848 716-248-2941 Open 24/7</p>

<p>People Who Need People Support Group <i>A support group designed for individuals who are new in the recovery process and are asking "what should I do now?"</i></p>	<p>Monday, Wednesday, Friday 10-11AM RSVP Isaunders@wnyil.org or 716-416-2522</p>
<p>Restoration Society <i>Warm line/resource line</i></p>	<p>716-309-3330 716-309-3332 Open 24/7</p>
<p>Southern Tier Warmline <i>The warm line offers peer support and non-crisis services to Southern Tier counties.</i></p>	<p>877-426-4373 Text 716-392-0252 7 days a week; 4-11PM</p>
<p>Sexual Assault Survivors (S.A.S.) Peer Support Group <i>Survivors of sexual assault and rape may feel alone and isolated. You are not alone. This group brings survivors together to discuss their experiences and offer each other support. 18+ only, please</i></p>	<p>First and third Wednesday 5:30-6:30PM RSVP to SASpeergroup@gmail.com or Bridget at 716-886-1242x347 for link/password</p>
<p>Writing and Well-Being Workshop <i>MHA's Writing and Well-Being is a peer-facilitated program that uses the written word as a means of self-expression and positive coping in our mental health recovery. This group is open to any adult with a mental health diagnosis.</i></p>	<p>Monday 1PM RSVP Bridget bmcnally@mhawny.org or 716-886-1242x347 for link/password</p>

VOLUNTEER OPPORTUNITIES

Name/info	Contact
<p>FeedMore WNY <i>The Food Bank and Meals on Wheels</i></p>	<p>716-822-2002</p>

WEBSITES/APPS

Name/info	Contact
<p>Calm.com <i>Meditations, sleep stories, calming music, calm for kids</i></p>	<p>https://www.calm.com/blog/take-a-deep-breathe?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720</p>

COVID-19 Information and Referrals from Mental Health America	https://mhanational.org/covid19?fbclid=IwAR08got9HClItbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-Vlvl0dazcfFKrKw
Daylio <i>Mood tracker and micro-diary</i>	https://daylio.webflow.io/
Headspace <i>Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more</i>	https://www.headspace.com/
Insight Timer <i>World's largest FREE library of more than 30k guided meditations</i>	https://insighttimer.com/
Jour <i>Journal for mindfulness</i>	https://jour.com/
Lyf - You're not alone <i>Support without judgement</i>	https://www.lyfapp.com.au/
Managing Stress and Anxiety <i>Tips from the CDC</i>	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
Reflectly <i>Journal for happiness</i>	https://reflectly.app/
Simple Habit <i>Meditation, mindfulness, sleep</i>	https://simplehabit.com/
Woebot - Your Self-Care Expert <i>CBT, DBT & mindfulness skills</i>	https://woebot.io/

YOUTH

ADDICTION

Name/info	Contact
<p>BryLin Behavioral Health Center <i>Outpatient Substance Abuse Treatment</i></p> <p>BryLin Behavioral Health System <i>Inpatient Substance Abuse Treatment</i></p>	<p>https://www.brylin.com/ 716-632-5450</p> <p>531 Farber Lakes Dr #201, Buffalo, NY 14221</p> <p>716-633-1927</p>
Kids Escaping Drugs	<p>https://ked.org/ 716-827-9462</p>
<p>Spectrum Health and Human Services <i>Offices located in Buffalo, Hamburg, Lackawanna, Niagara Falls, Olean, Orchard Park, Springville, Warsaw, and West Seneca</i></p>	<p>http://www.shswny.org/ 716-539-5500</p>

CRAFTS/PROJECTS

Name/info	Contact
<p>Hello, Wonderful <i>Creative arts and crafts for kids</i></p>	<p>https://www.hellowonderful.co/</p>
<p>Recycle and Play <i>Sharing the best recycled crafts and activities for kids</i></p>	<p>https://www.instagram.com/recycleandplay/</p>

CRISIS SUPPORT

Name/info	Contact
<p>Brylin Behavioral Health Hospital <i>Inpatient mental health care for children and adolescents</i></p>	<p>https://www.brylin.com/ 716-886-8200</p> <p>1263 Delaware Avenue, Buffalo, NY 14209</p>
<p>CPEP at ECMC <i>Emergency psychiatric evaluation for all ages</i></p>	716-898-3465
<p>Family Help Center <i>24-hour family helpline, home based support, childcare groups</i></p>	716-822-0919

Kids Helpline <i>Confidential kids helpline with immediate response</i>	716-834-1144
NYS COVID-19 Emotional Support Line	844-863-9314
PATH: People Against Trafficking Humans <i>Crisis support for at-risk and trafficked youth and children</i>	www.pathofwny.org info@pathofwny.org 716-601-5678
Spectrum C.A.R.E.S <i>Crisis response for all youth under the age of 18 in Erie County.</i>	716-882-4357 Open 24/7
The Trevor Project <i>A lifeline for LGBTQ youth under the age of 25</i>	1-866-488-7386 Text START to 678678

ENTERTAINMENT

Name/info	Contact
Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households and More	To enroll call 844-488-8395. Installation fees will be waived for new student households.
Roller coaster virtual rides	https://www.apartmenttherapy.com/disney-universal-virtual-rides-36737047
San Diego Zoo animal cams	https://zoo.sandiegozoo.org/live-cams
Spot the Space Station	https://spotthestation.nasa.gov/

EXERCISE

Name/info	Contact
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga
Yoga 4 Kids	https://www.youtube.com/channel/UCCEBMQ_5Al80btGMaBXA0cjw
GoNoodle	https://www.gonoodle.com/

<i>Movement and mindfulness videos created by child development experts</i>	
Revolution Buffalo <i>Kids workout posted on Instagram feed</i>	https://www.instagram.com/revolutionbuffalo/

FOOD

Name/info	Contact
Buffalo Public Schools <i>Schools listed will be open to provide breakfast and lunch to families with students in the Buffalo Community.</i>	https://www.buffaloschools.org/Page/88598
Ken-Ton UFSD	https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWsgMBY8R9aHvrKSOh3WxtOD8HQ8
West Seneca School District	https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf

MENTAL HEALTH

Name/info	Contact
Best Self Behavioral Health <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	http://www.bestselfwny.org/ 716-884-0888
BryLin Behavioral Health Hospital (Buffalo) <i>Inpatient mental health care for children and adolescents</i>	https://www.brylin.com/ 716-886-8200
BryLin Behavioral Health Center (Williamsville) <i>Outpatient counseling</i>	716-632-5450
Catholic Charities <i>Offices in Amherst, Batavia, Buffalo, Cheektowaga, Kenmore, Lockport, Niagara Falls, and North Tonawanda</i>	https://www.cwny.org/ 716-856-4494
Child Mind Institute: Daily Newsletter for Supporting Kids During the COVID-19 Crisis	https://signup.e2ma.net/signup/1917784/1800565/

<p>Child and Family Services <i>Strengthens individuals and families through prevention, intervention, education, and advocacy</i> <i>Offices in Cheektowaga and Buffalo</i></p>	<p>https://cfsbny.org 716-842-2750</p>
<p>Child's Psychiatry Clinic</p>	<p>716-859-5460 1028 Main Street, Buffalo, NY 14202</p>
<p>Christian Counseling Ministries of WNY <i>Offices in Orchard Park, Jamestown, Arcade, Fillmore and Clarence</i></p>	<p>www.ccmwny.org 716-632-3200</p>
<p>The Clay Center for Young Healthy Minds <i>Dedicated to helping adults support the mental, emotional, and behavioral well-being of children, teens, and young adults</i></p>	<p>www.mghclaycenter.org</p>
<p>Endeavor Health Services <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i></p>	<p>https://www.ehsny.org/ 716-895-6700</p>
<p>EPIC <i>The mission of EPIC is helping parents, teachers, and community members raise children to become responsible and successful adults.</i></p>	<p>https://www.epicforchildren.org/ 716-332-4100</p>
<p>FMS Behavioral Health</p>	<p>http://www.fmpsychology.com/ 716-539-9232 6556 East Quaker, Orchard Park, NY 14127</p>
<p>Gateway Longview <i>Behavioral health clinic for ages 3-21</i> <i>Offices in Buffalo and Williamsville</i></p>	<p>https://www.gateway-longview.org/ 716-783-3100</p>
<p>Harmonia Collaborative Care <i>Counseling services with a holistic and empathetic approach. 13 years and up.</i></p>	<p>https://harmonia-care.org/services/counseling-services 716-947-5025 (Hamburg) 716-648-0650 (Derby)</p>
<p>Jewish Family Service of Buffalo and Erie County <i>Provides mental and behavioral health for children ages 5+</i></p>	<p>www.jfsbuffalo.org 716-883-1914 70 Barker Street Buffalo, NY 14209</p>
<p>Kids' Helpline</p>	<p>https://kidshelpline.com.au/</p>

<p><i>Anytime, any reason: calls, start a WebChats, or send emails for youth aged 5-25</i></p>	<p>716-834-1144 877-KIDS-400</p>
<p>MHA Family Support Group <i>For caregivers of children, teens and young adults ages 18-26</i></p>	<p>2nd and 4th Thursdays 7:00 p.m.-8:00 p.m. RSVP to laney@mhawny.org Group meets on Zoom</p>
<p>MHA Teen Support Group <i>Peer-led support group offers a safe place for youth to connect, receive support as well as celebrate accomplishments and practice self care skills.</i></p>	<p>Wednesdays 3:00 p.m.- 4:30 p.m. RSVP to peersupport@mhawny.org or call 716-886-1242 ext345 or text 716-245-5339 Group meets on Zoom</p>
<p>MHA 20-Something Support Group <i>This strength based and recovery centered group provides validation and support to emerging adults facing mental health and/or substance use struggles</i></p>	<p>Fridays 6:00 p.m.- 7:30 p.m. RSVP to peersupport@mhawny.org or call 716-886-1242 ext345 or text 716-245-5339 Group meets on Zoom</p>
<p>NAMI Buffalo <i>Family and caregiver support</i></p>	<p>https://namibuffalony.org 716-226-6264/OPT1</p>
<p>Oishei Children's Psychiatry Clinic <i>Staff serve children from birth to 21 years of age and provide diagnostic and treatment services to Western New York youth and their families.</i></p>	<p>https://www.ochbuffalo.org/care-treatment/childrens-psychiatry-clinic 716-859-5460 Buffalo General Medical Center 1028 Main Street Buffalo, NY 14202</p>
<p>OLV Human Services (formerly known as Baker Victory Services) <i>Outpatient Mental Health Clinic serving adults and children. Open Monday through Thursday 9am-7pm and Friday 9am-2pm Emergency/Walk-In Hours are Tuesday and Thursday 8am-12 noon. *Offering Telehealth services during COVID-19 crisis*</i></p>	<p>https://www.olvhumanservices.org/ 716-828-9501 790 Ridge Rd. Lackawanna, NY 14218</p>
<p>Parent Network of WNY <i>Supporting families and professionals to empower individuals with disabilities to reach their full potential.</i></p>	<p>https://parentnetworkwny.org info@parentnetworkwny.org 716-332-4170</p>
<p>PATH: People Against Trafficking Humans <i>Support and tutoring to at-risk and trafficked youth and children, resourcing for youth (13-18) who are victims of trauma or have</i></p>	<p>www.pathofwny.org info@pathofwny.org 716-601-5678</p>

<i>been affected by human trafficking</i>	
WNY Children's Psychiatric Center <i>Behavioral health care for seriously emotionally disturbed children and adolescents ages 4-18.</i>	https://omh.ny.gov/omhweb/facilities/wcpc/ 716-677-7000 1010 East and West Rd. West Seneca, NY 14224
WNY Psychotherapy Services	716-675-9232 3065 Southwestern Boulevard, Orchard Park, NY 14127

READING

Name/info	Contact
Storyline Online <i>Streaming imaginatively produced videos featuring celebrated actors</i>	https://www.youtube.com/user/StorylineOnline/videos
Virtual Storytime with Brooklyn Public Library	https://www.bklynlibrary.org/calendar/list/Virtual%20Programming

SCHOOL-RELATED

Name/info	Contact
7th Grade History Lessons	https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw
Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households and More	To enroll call 844-488-8395. Installation fees will be waived for new student households.
Discovery Education: Virtual Field Trips <i>No cost virtual field trips</i>	https://www.discoveryeducation.com/community/virtual-field-trips/
Distance Learning Resources from the Smithsonian <i>Smithsonian's distance-learning resources draw on content and expertise from across the Smithsonian's 19 museums, nine research centers and 21 libraries.</i>	https://learninglab.si.edu/distancelearning

<p>Education Companies Offering Free Subscriptions due to School Closings</p>	<p>https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1lfGXz0&sle=true#gid=0</p>
<p>Free Science Projects and Lessons</p>	<p>https://www.facebook.com/119810451513415/posts/1634661813361597/</p>
<p>Kiddie Science (ages 2+) <i>Presents fun and engaging science workshops to young children and families</i></p>	<p>https://www.kiddiescience.org/online-learning.html</p>
<p>NASA activities <i>Grades K-12</i></p>	<p>https://www.jpl.nasa.gov/edu/learn/</p>
<p>PBS Kids Daily Newsletter <i>PBS KIDS daily newsletter shares activities & tips you can use to keep your child playing & learning at home.</i></p>	<p>http://public.pbs.org/PBSKIDSDaily?source=tw</p>
<p>Scholastic "Learn at Home" website <i>Free Resources for School Closures. Day-by-day projects to keep kids reading, thinking, and growing.</i></p>	<p>https://classroommagazines.scholastic.com/support/learnathome.html</p>
<p>Smithsonian Science Education Center <i>Transforms the teaching and learning of K-12 science</i></p>	<p>https://ssec.si.edu/</p>
<p>Stay at Home Science <i>Fun and engaging science projects for young kids</i></p>	<p>https://californiasciencecenter.org/stuck-at-home-science</p>
<p>Virtual School Activities <i>A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites.</i></p>	<p>https://virtualschoolactivities.com/</p>

mental health advocates  of WNY
BE HEARD. BE HELPED.

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MHAWNY.ORG