



MHA RESOURCE GUIDE DURING COVID-19 PUBLIC HEALTH CRISIS

ADULT

[ADDICTION](#)

[ADULT EDUCATION](#)

[CHILDCARE](#)

[CRISIS SUPPORT](#)

[ENTERTAINMENT](#)

[FINANCIAL SUPPORT](#)

[FITNESS](#)

[FOOD BANKS](#)

[LEGAL SERVICES](#)

[MENTAL HEALTH](#)

[RELIGION](#)

[SOCIAL SUPPORT](#)

[WEBSITES/APPS](#)

YOUTH

[CRAFTS/PROJECTS](#)

[CRISIS SUPPORT](#)

[ENTERTAINMENT](#)

[EXERCISE](#)

[FOOD](#)

[MENTAL HEALTH](#)

[READING](#)

[SCHOOL-RELATED](#)

**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
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
Endeavor Health <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i>	https://www.ehsny.org/ 716-895-6701
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
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

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
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
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
National Domestic Violence Hotline	800-799-7233
National Suicide Prevention Lifeline	800-273-8255
NYS Domestic and Sexual Violence Hotline	716-862-HELP
NYS Domestic and Sexual Violence Hotline	800-942-6906
Refreshing Waters Respite <i>A 1-5 day stay hospital diversion program</i>	www.wnyhousingoptions.org 716-248-2886

<i>operating in a bed and breakfast style house for people going through psychological crises.</i>	Open 24/7 75 Jamestown Street, Gowanda, NY 14070
The Renewal Center <i>After hours crisis drop in program for individuals having a crisis that may lead to the hospital emergency room.</i>	www.wnyil.org 716-245-4200 7 days a week; 3PM-11PM 327 Elm Street, Buffalo, NY 14203
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/
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
Health Well Foundation: COVID-19 Ancillary Costs <i>Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence.</i>	https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story

FITNESS

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

FOOD BANKS

Name/info	Contact
Catholic Charities <i>Locations in Buffalo, Kenmore, Lackawanna, Getzville, Franklinville, and Wellsville</i>	https://www.ccwny.org/services/food-pantries
Find Your Regional Food Bank	https://www.health.ny.gov/prevention/nutrition/hpnep/regional_foodbank_map.htm
Food Pantry Locator	https://www.foodbankwny.org/pantry-locator/
Friends of the Night People <i>Locations in Allentown, the East Side, and the West Side</i>	https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM

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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
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

Name/info	Contact
Best Self Behavioral Health <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	http://www.bestsselfwny.org/ 716-884-0888
BryLin Behavioral Health Hospital <i>Inpatient mental health services for adults</i>	https://www.brylin.com/ 716-886-8200
BryLin Behavioral Health Center <i>Outpatient counseling</i>	716-632-5450
Catholic Charities <i>Offices in Buffalo, Amherst, Cheektowaga, North Tonawanda, Kenmore, Hamburg, Niagara Falls, and Lockport</i>	https://www.ccnny.org/ 716-856-4494
Child and Family Services <i>Offices in Buffalo and Cheektowaga</i>	https://cfsbny.org 716-842-2750
Christian Counseling Ministries of WNY <i>Offices in Arcade, Clarence, Fillmore, Jamestown, and Orchard Park</i>	www.ccmwny.org 716-632-3200
Community Health Center of Buffalo, Inc <i>Offices in Buffalo, Cheektowaga, Lockport, Niagara Falls</i>	https://chcb.net/ 716-986-9199
Dale Association <i>Outpatient mental health counseling</i> <i>Offices in Lockport, North Tonawanda</i>	http://daleassociation.com/ 716-433-1886 33 Ontario Street, Lockport, NY 14094
Endeavor Health Services <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i>	https://www.ehsny.org/ 716-895-6700
Evergreen Health	https://www.evergreenhs.org/covid-19/

<i>The following services remain open:</i> • Primary & Specialty Care • STI services • Syringe Exchange Program • Drug user health programs • Behavioral health programs	716-847-2441 206 S Elmwood Ave, Buffalo, NY 14201
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
Mental Health Advocates of WNY <i>Information and referral line</i>	716-886-1242 Monday-Friday, 8:30AM-4:30PM bmcnally@mhawny.org
NAMI Helpline Mental health information and support	https://namibuffalony.org 716-226-6264
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

RELIGION

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

SOCIAL SUPPORT

Name/info	Contact
Southern Tier Warmline <i>The warm line offers peer support and non-crisis services to Southern Tier counties.</i>	877-426-4373 Text 716-392-0252 7 days a week; 4-11PM
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/UPq4IBbzWCc

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 Warm Line <i>The warm line offers peer support and non-crisis services to Erie County residents.</i>	844-749-3848 Monday-Friday; 5-11PM Saturday and Sunday; 5-11PM
Inspire <i>Mental health support group and discussion community</i>	https://www.inspire.com/groups/mental-health-america/?origin=freshen
Peer Support Texting Line	716-392-2221 Open 24/7
Peer Support Warmline	884-749-3848 716-248-2886 Open 24/7

WEBSITES/APPS

Name/info	Contact
Calm.com <i>Meditations, sleep stories, calming music, calm for kids</i>	https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720
COVID-19 Information and Referrals from Mental Health America	https://mhanational.org/covid19?fbclid=IwAR08got9HClTbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-VlVl0dazcfFKrKw
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/
Woebot - Your Self-Care Expert <i>CBT, DBT & mindfulness skills</i>	https://woebot.io/

YOUTH

CRAFTS/PROJECTS

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

CRISIS SUPPORT

Name/info	Contact
Brylin Behavioral Health Hospital <i>Inpatient mental health care for children and adolescents</i>	https://www.brylin.com/ 716-886-8200 1263 Delaware Avenue, Buffalo, NY 14209
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.

EXERCISE

Name/info	Contact
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga

Yoga 4 Kids	https://www.youtube.com/channel/UCEBMQ_5Al80btGMaBXA0cjw
GoNoodle <i>Movement and mindfulness videos created by child development experts</i>	https://www.gonoodle.com/
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_AKxusyDakeBCEP9z9b2zWs_gMBY8R9aHvrKSOh3WxtOD8HQ8
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</i>	https://www.ccnny.org/ 716-856-4494

<i>Falls, and North Tonawanda</i>	
Child Mind Institute: Daily Newsletter for Supporting Kids During the COVID-19 Crisis	https://signup.e2ma.net/signup/1917784/1800565/
Child and Family Services <i>Strengthens individuals and families through prevention, intervention, education, and advocacy</i> <i>Offices in Cheektowaga and Buffalo</i>	https://cfsbny.org 716-842-2750
Christian Counseling Ministries of WNY <i>Offices in Orchard Park, Jamestown, Arcade, Fillmore and Clarence</i>	www.ccmwny.org 716-632-3200
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>	www.mghclaycenter.org
Endeavor Health Services <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i>	https://www.ehsny.org/ 716-895-6700
EPIC <i>The mission of EPIC is helping parents, teachers, and community members raise children to become responsible and successful adults.</i>	https://www.epicforchildren.org/ 716-332-4100
Kids' Helpline <i>Anytime, any reason: calls, start a WebChats, or send emails for youth aged 5-25</i>	https://kidshelpline.com.au/ 716-834-1144 877-KIDS-400
Parent Network of WNY <i>Supporting families and professionals to empower individuals with disabilities to reach their full potential.</i>	https://parentnetworkwny.org info@parentnetworkwny.org 716-332-4170
NAMI Buffalo <i>Family and caregiver support</i>	https://namibuffalony.org 716-226-6264/OPT1

READING

Name/info	Contact
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Virtual Storytime with Brooklyn Public Library	https://www.bklynlibrary.org/calendar/list/Virtual%20Programming
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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
Education Companies Offering Free Subscriptions due to School Closings	https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSqhdz1lfGXz0&sle=true#gid=0
Free Science Projects and Lessons	https://www.facebook.com/119810451513415/posts/1634661813361597/
Kiddie Science (ages 2+) <i>Presents fun and engaging science workshops to young children and families</i>	https://www.kiddiescience.org/online-learning.html
NASA activities <i>Grades K-12</i>	https://www.jpl.nasa.gov/edu/learn/
PBS Kids Daily Newsletter <i>PBS KIDS daily newsletter shares activities &</i>	http://public.pbs.org/PBSKIDSDaily?source=tw

<i>tips you can use to keep your child playing & learning at home.</i>	
Scholastic “Learn at Home” website <i>Free Resources for School Closures.</i> <i>Day-by-day projects to keep kids reading, thinking, and growing.</i>	https://classroommagazines.scholastic.com/support/learnathome.html
Smithsonian Science Education Center <i>Transforms the teaching and learning of K-12 science</i>	https://ssec.si.edu/
Stay at Home Science <i>Fun and engaging science projects for young kids</i>	https://californiasciencecenter.org/stuck-at-home-science
Virtual School Activities <i>A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites.</i>	https://virtualschoolactivities.com/