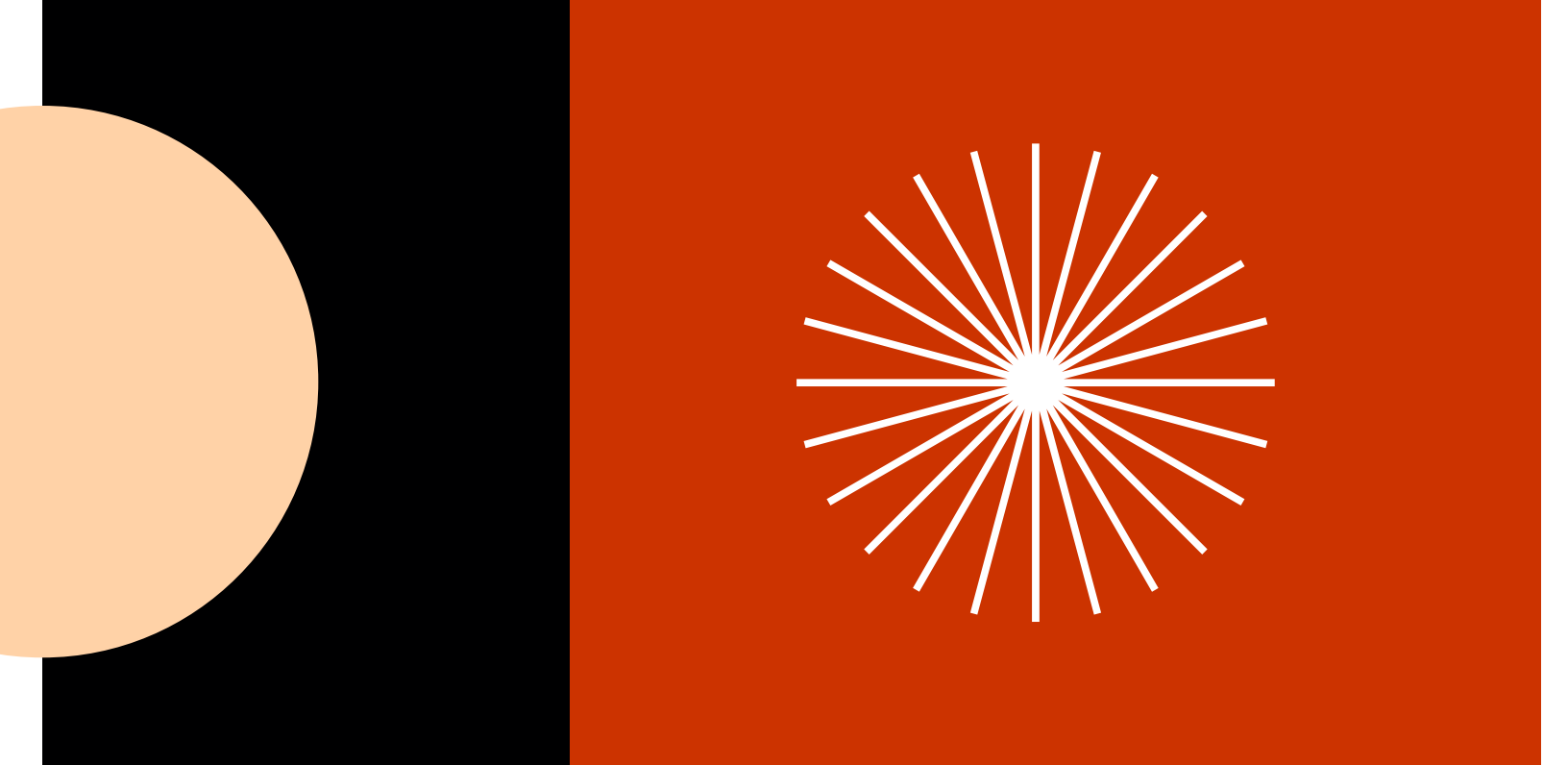
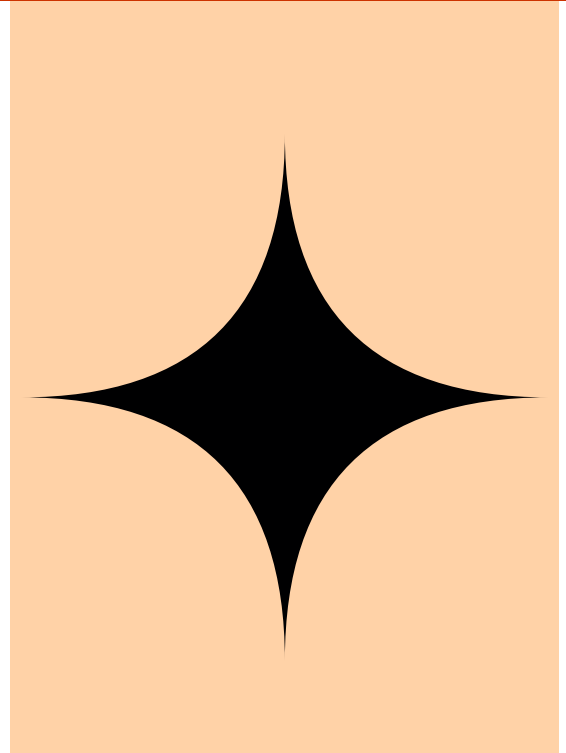




MENTAL HEALTH RESOURCE GUIDE

Western New York

Our priority is sharing resources with our community in an effort to increase knowledge as to available supports and services.



AMHERST COMMUNITY RESOURCES

AMHERST CENTRAL FAMILY SUPPORT CENTER



Where mental health matters and strong families succeed

Amherst Family Support Center (FSC)

Juliane Grover, FSC Liaison
FSC - Monday - Friday - 8 a.m.-3:15 pm
716-362-3071
jgrover@amherstschools.org

Marlana Howard, FSC Social Worker
FSC - Monday - Friday - 8 a.m.-3:15 pm
716-362-3073
mhoward@amherstschools.org



Tiger's Den Community Food Pantry
Saint Paul's Lutheran
4007 Main Street, Amherst, NY 14226

Hours of Operation

- 1st, 3rd and 5th (when applicable) Thursday of each month from 3-6:30 p.m.
- 2nd and 4th Saturday of each month from 9 a.m. - 12:30 p.m.

How to Receive Services:

- No appointment is necessary, a short intake form will be filled out. Bring proof of identification and residence (utility bill). Call St. Paul's office at 716-835-0407.

Amherst Family Assessment & Support Team

The Family Assessment and Support Team (FAST) offers a variety of services to youth and families residing in the Amherst Central School District. FAST services include, but are not limited to, family counseling, mental health counseling, afterschool activities, treatment for eating disorders and Gambling addiction, forming a block club and finding an apartment or securing a home.

Interested families living in the Amherst Central School District should contact their school social worker, or Kathy Mobarak-Miller at 716-631-7132 ext. 7523.

AMHERST CSD PUPIL PERSONNEL STAFF

SMALLWOOD DRIVE ELEMENTARY

School Social Worker

Jennifer Noe

School Psychologists

Emily Boughton

Matthew Jackson

AMHERST MIDDLE SCHOOL

School Counselors

Tammie Hobler

Amanda Hallmark

Julie Terry

School Social Worker

Pamela Primerano

School Psychologist

April Whiting

WINDERMERE BOULEVARD ELEMENTARY

School Social Worker

Leslie Barr

School Counselor

Melissa Stasio

School Psychologist

Kristen Pancerman

AMHERST HIGH SCHOOL

School Counselors

Dave Benton

Sherry Ciurczak

Kristi Scalzo

Laurie LeGoff

School Social Worker

Daniela Wolfe

School Psychologist

Obed Narcisse,

Amherst School email format
first initial, last name @amherstschoools.org
(with no spaces or commas)



WESTERN NEW YORK

BestSelf Behavioral Health

www.bestsselfwny.org | 716.884.0888

BestSelf Behavioral Health is a community-based behavioral health organization serving children and adults of all ages in Western New York. Mental health and substance use disorders treatment and rehabilitation services are provided across numerous locations. Certified Community Behavioral Health Clinics (CCBHC) are part of a new concept in outpatient care that is designed to improve overall health by caring for the whole person, better integrating behavioral health care with physical health care, and increasing the use of high-quality, evidence-based practices. BestSelf Behavioral Health also offers a wide range of programs and services to meet the community's needs including but not limited to education and vocational supports, mobile mental health and substance use disorder services, homeless outreach and housing, community and school-based programs; and a best practice model Child Advocacy Center that works with law enforcement and medical, mental health and child protection professionals to help children and their families with a single, child-friendly, coordinated response during and after a significant trauma.

BryLin Hospital

www.brylin.com | 716.886.8200

BryLin Hospital is an (88) bed Inpatient Acute Care Psychiatric Hospital, in Buffalo NY, where care is provided for children, adolescents, adults and older adults. At BryLin Hospital, our inpatient mental health crisis care program for children offers comprehensive assessment, crisis stabilization and compassionate treatment for children and adolescents (5-17 years of age) who are experiencing acute emotional, mood and thought disorders.

Therapeutic interventions are tailored to specific mental health concerns. These may include:

- individual therapy
- group therapy
- family therapy
- medication management
- psychoeducation
- and structured activities designed to promote coping skills and emotional regulation.

BryLin's mental health crisis care program for kids uses the volunteer organization Therapy Dogs International to provide pet visits during the day, evenings, and weekends at BryLin Hospital. Therapeutic Activities (e.g., Art Therapy, Yoga, Mindfulness, Stress Management, Creative Arts and Crafts, etc.), Peer Advocacy, Family Participation, and Education/Instruction are also elements of the program.

2-1-1 WNY

www.211wny.org | Call 211

FREE and confidential link to health and human services, including basic needs, food assistance, housing, mental health services, substance use services, and more.

WESTERN NEW YORK

Catholic Charities of Buffalo

www.ccwny.org | 716.218.1400

Catholic Charities of Buffalo serves all of Western New York, reaching all eight counties with 51 professionally staffed locations plus a presence in many area schools and other community sites. Programs offered include: counseling services for all ages, basic emergency assistance and referrals, child and adult mental health and substance use treatment, educational and training programs, older adults support, marriage counseling, immigration and refugee assistance and a variety of programs focusing on family safety and stabilization.

Behavioral Health. Catholic Charities offers several types of counseling and behavioral health services to help achieve and strengthen mental health in a wide range of individuals – from young children and teens to adults and older adults. Counseling (individual, children & family), Children's Clinics, Care Coordination Programs to facilitate access to health care & providers (Community Health Worker; Children's Health Home Care Management) are offered.

Family Safety & Stabilization Programs. A variety of services and supports are offered including: Domestic Violence Program for Men (DVPM); Caring Dads (group intervention program for men who have abused, neglected, or exposed their children to domestic abuse); Women's Healing and Empowerment Services (personalized support & guidance while providing resources, referrals, advocacy, information & education); Kinship Caregiver Program (full-time nurturing and protection of children by relatives who have a kinship bond with children when they have been separated from their biological parents); Multisystemic Therapy (MST) for youth ages 12 to 17 who are experiencing chronic problematic behaviors, such as truancy, verbal and/or physical aggression, running away and criminal activity; Our Kids Parent Education and Awareness Program is designed for any parent or guardian who wants to reduce conflict and parent effectively for their children; The Incredible Years Parenting Program is an interactive 12-week, evidenced-based program that assists parents and caregivers to develop nurturing and positive relationships with their children, use effective discipline, and understand the developmental needs of children. Preventive Services Programs, Visitation Programs, along with Foster Care and Adoption Resources are also available.

Basic Needs Assistance. (Food pantries and outreach centers, thrift stores and special programs) This includes:

- Emergency Assistance. Available to respond to an urgent need requiring emergency assistance by calling the Central Intake office at (716) 856-4494 (Residents outside of Erie County should call your local Catholic Charities office). Emergency assistance is provided on a case-by-case basis; with support in the areas of emergency food, SNAP enrollment, utilities (Neighbor-for-Neighbor Heat Fund, and Care and Share), personal care toiletries, clothing, household items, baby items, prescription medication, information, and advocacy.
- Additional Services: Women, Infants & Children (WIC) federal nutrition program; Immigrant and Refugee Services; Education and Workforce Training; Permanent Supportive Housing; Older Adults Programs.

Child and Family Services

www.cfsbny.org | 716.842.0668

Child and Family Services offers a variety of programs and services that provide support and resources to thousands of individuals each year, regardless of age, gender, race, creed, or economic status. By helping individuals and families develop the skills needed to build bright futures, we are also helping to build a stronger, healthier community. Counseling, Employee Assistance Program, Foster Care, Domestic Violence Help, Family Support Services, Conflict Resolution, Special Education, Residential Services.

WESTERN NEW YORK

Christian Counseling Ministries of Western New York, Inc.

www.ccmwny.org | 716.827.9462

Christian Counseling Ministries of WNY, Inc. exists to provide professional counseling that integrates Biblical principles to guide your journey in healing wounds from the past, resolving conflicts in the present, and achieving fullness of life. CCM is a non-denominational not-for-profit ministry which accompanies the work of established local churches. The Christian framework is foundational with licensed counseling in the fields of social work, mental health, and marriage and family services. In addition, we support our community by offering one-time services to meet a situational need or ongoing, uniquely tailored programs.

Services include Counseling (marriage; family, mental health, and social work) Pastor Support; Community Care; Education and Training.

9070 Main Street, Clarence, NY 14031. 716-632-3200 (office@ccmwny.org)

Compass House

www.compasshouse.org | 716.886.0935

Compass House was founded in 1972 as a homeless shelter. Today, along with the Emergency Shelter, we operate a Resource Center and a Rapid Re-housing Program. Our mission is to provide runaway, homeless, and street youth with safe shelter and services, through a voluntary and mutually agreed-upon process, in an environment that supports dignity, respect and self-reliance. We serve approximately 300 youth at our shelter annually and an additional 300 youth at our Resource Center.

RESOURCE CENTER: 1451 Main Street, Buffalo, NY 14209

Client Services: 716.884.3066

Administrative Offices: 716.886.1351 Fax: 716.886.8387

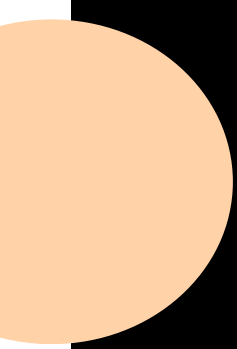
EMERGENCY SHELTER: 370 Linwood Avenue, Buffalo, NY 14209

24-Hour Crisis Help Line: 716.886.0935 Fax: 716.886.8386

Compeer of Greater Buffalo

www.compeerbuffalo.org | 716.883.3331

Compeer provides social support in the form of friendships, to individuals (age 6 and up) who are striving for mental wellbeing. We know that friendship decreases loneliness and isolation, therefore, we offer 1:1 friendship, social engagement activities, school-based mental health mentoring, and mental health education in our community.



Take the Anti-Stigma Pledge www.letstalkstigma.org
Join the pledge to end the stigma around mental health.
The Erie County Anti-Stigma Coalition started a community conversation around mental health challenges, aiming to end the stigma and spread a message of hope and recovery.

WESTERN NEW YORK

Crisis Services

www.crisisservices.org | 716.834.3131

Crisis Services is available to assist anyone who is experiencing or has experienced a mental health crisis. 24-hour crisis hotline 834-3131.

Mobile Outreach Program

The Mobile Outreach Program is the mobile unit of Erie County Medical Center's Comprehensive Psychiatric Emergency Program (CPEP). This program provides community-based mental health intervention to individuals in Erie County who are experiencing a mental health crisis. The main goal of the program is to divert individuals from unnecessary presentations at local psychiatric emergency rooms and to provide these individuals with the services they need to remain safely in the community. The Mobile Outreach Program receives referrals from other community mental health agencies, family members, police, friends, neighbors, landlords, or anybody else concerned about the welfare of an individual who appears to be experiencing a mental health crisis.

Additional supports and services can be accessed including:

- Mobile Transition Support Program
- Crisis Case Management Program
- Domestic Violence (Trained Advocates are available to assist in the moment and will come to the hospital to see you. During this visit, your Advocate can help you plan for your safety, and talk with you more about services available to you, including Case Management, Counseling, Emergency Shelter, Orders of Protection, how to file a police report, and/or legal options.)
- Trauma Response and Support (Counselors are trained and experienced in responding to the aftermath of suicide and are available for telephone support and guidance, or face-to-face services. In addition, Crisis Services can also direct you to helpful on-going services in your area.
- Rape & Sexual Assault (The Advocate Department offers short or long term, trauma-informed Case Management services to survivors of rape/sexual assault, domestic violence, family violence, and elder abuse, throughout Erie County. We work with survivors 12 years and older).
- Elder Abuse (Services for those over 60 who experience abuse at the hands of their caregivers).

Suicide Prevention: A 24-Hour Crisis Hotline is available where you can safely and confidently speak with a specialist who knows what you are going through. The best time to talk about suicide is right now. If you, or someone you know, is suicidal call the 24-Hour Crisis Hotline: 716-834-3131. To text, send a message to 716-300-2338.

Endeavor Health Services

www.mid-erie.org | 716.895.6700

Endeavor Health Services provides an array of mental health and alcohol and substance use treatment, education, and support services. The Child Mental Health Program offers comprehensive services that are tailored to help children, adolescents, and their families struggling with challenging life situations, emotional distress, behavioral disorders, substance use disorder, and acute mental illness. Psychiatric evaluation, medication management and in-school services are among the options available to families. Child Services Outpatient Clinic, School-based Mental Health Program, Health Home Care Management, Home & Community Based Services (HCBS), Health Monitoring and Nursing, Clubhouse, Peer Services. Adult services are also available, providing support to individuals who are experiencing acute mental illness, as well as to individuals who are struggling to maintain their ability to function amidst severe stress, depression, or difficult life challenges. Adult services include Outpatient Clinic, Personalized Recovery Oriented Services (PROS), Forensic Services, Psychiatry, Medication Management, Health Home Care Management, ACT Evolve Team (Assertive Community Treatment), Health Monitoring and Nursing, Clubhouse, Behavioral Health Team, Peer Services.

WESTERN NEW YORK

Erie County Medical Center's Comprehensive Psychiatric Emergency Program (ECMC) **Call 24/7 for emergencies 716.898.3465**

Hospital Based. They offer short-term crisis residency, home-based crisis intervention, family education, and mobile crisis outreach. ECMC also provides outpatient mental health Services.

Gateway-Longview

www.gateway-longview.org | 716.783.3100

Gateway Longview's Behavioral Health Clinic provides comprehensive behavioral and mental health services for children and families. The Center for Youth Development helps older youth aging out of residential facilities and the foster care system transition to living independently. Children's Health Homes provides support to children age birth to 21 who are enrolled in Medicaid to help families coordinate critical services. Community & Home-Based Services as well as Foster Care, Kinship Care, Adoption supports are also services available for families and children in the community. Finally, additional educational, school-based programs include Lynde K-12 School (offers specialized educational services for youth residing on campus and for up to 105 students ages 5 to 21 who come to us for school during the day), Residential & Respite Care Services (for youth aged 11-21), and Therapeutic Preschool and Kindergarten (early intervention programs for toddlers aged 2 years and 10 months to children up to age 6).

Gay and Lesbian Youth Services of Western New York (GLYS)

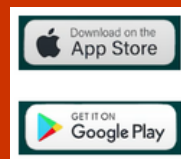
www.glyswny.org | 716.855.0221

Offers a variety of opportunities and services for gay, lesbian, bisexual, transgender, and questioning youth and their friends ages 14-21.

ERIE PATH APP

www3.erie.gov/mentalhealth/erie-path

Download it now!



Erie Path is Erie County's new smartphone app that helps parents and caregivers address the mental and behavioral health challenges faced by children and adolescents: find available programs and services for children and adolescents, access information that explains what their children and adolescents may face, explore practical strategies for helping children and adolescents in their care. Erie Path also includes resources for adult mental and behavioral health services, information for housing, employment, childcare, food pantries, medical care, social services, and senior services that can benefit adults and caregivers.

Where to Dispose of Unwanted Medications and Needles

NYS specific mobile friendly locator tool for harm reduction material and services.

www.thepointny.org

WESTERN NEW YORK

Horizon Corporation

www.horizon-health.org | 716.831.2700

Horizon Corporations is a not-for-profit comprised of three affiliated not-for-profits: Horizon Health Services, Horizon Village and Horizon Health Alliance. It is one of the largest providers of outpatient mental health and substance use treatment in Western New York.

Horizon provides treatment, recovery, and support services to children, adolescents, adults and families affected by mental health and substance use disorders. Services and programs offered by Horizon include individual and group counseling, specialty medical and psychiatric care, stabilization and medically supervised withdrawal detoxification in a residential setting, intensive residential substance use rehabilitation with specialized programming for veterans, young adults, women, family education, and counseling, parent and family support coordination, medication-assisted treatment for substance use, opiate overdose prevention training, recovery coaching and peer support services, care coordination, community outreach and education, harm reduction services, and a therapy dog program.

Mental Health Services: Our team of clinicians, nurses, counselors, peers, and other support staff use evidence-based practices to assist our patients with meeting their goals. Treatment for depression, anxiety, post-traumatic stress disorder, bipolar and other mental health disorders is available at Horizon.

Addiction Services: Medication Assisted Treatment is often a critical part of one's recovery. Rapid access to medication can assist patients with the management of cravings and withdrawal symptoms. Addressing the physical aspects of addiction is a core component of the overall treatment process. Horizon's medical providers utilize a variety of medications to assist individuals, including but not limited to buprenorphine, Vivitrol®, and Sublocade®.

Horizon Health Services offer many outpatient treatment services for individuals and their families, including counseling, peer advocates, harm reduction, and Medication Assisted Treatment (MAT). Inpatient and Residential Services are also available at Horizon Village campuses where several types of residential treatment for addiction and co-existing mental health disorders is offered.

Jewish Family Services

www.jfsbuffalo.org | 716.883.1914

JFS provides evidence-based, culturally responsive treatment and support to clients facing a wide range of mental and behavioral health concerns. Therapy and counseling services are available to clients starting at the age of 5. Licensed clinicians utilize their expertise and ongoing, specialized training to address trauma, eating disorders, problem gambling, depression, anxiety, grief, and other issues related to emotional well-being. Appointments are available in-person at our Barker Street location and via tele-mental health. Career services as well as a variety of supports for refugees and asylees is also available.

WESTERN NEW YORK

Mental Health Advocates of WNY

www.eriemha.org | 716.886.1242

Provides essential non-clinical services that address the needs of individuals, families and communities living with mental illness. Through awareness, education, prevention, early intervention programs and supportive services, we advocate for and actively promote mental health and wellness for adults, families and children in homes, schools, and workplaces across Western New York. The agency provides the following services and supports:

- Pro Bono Legal Services (in civil matters for individuals with a mental health diagnosis)
- Peer Support Groups (for youth, parents, 20-somethings, and adults)
- Information and Referral Service (to link individuals to treatment and other services)
- Child and Family Support (to help families navigate the mental healthcare system & provide peer support)
- Emotional Skills Training, Prevention & Early Intervention (in school & virtual programs for student PreK through grade 12.
- Workplace Mental Well-being (helping employees & employers achieve work-life balance)

National Alliance on Mental Illness (NAMI)- Buffalo Chapter

www.namibuffalony.org | 716.226.6264

The National Alliance on Mental Illness (NAMI) are families compassionately helping families and their loved ones challenged by mental illness. NAMI builds better lives for Western New York families through support, education, and advocacy. NAMI signature programs are offered at no cost to the public. Some programs, such as Family-to-Family classes and Family Support Group, are offered exclusively to caregiving adult family members and close friends of a person living with mental illness. Programs are taught and led by trained, certified volunteer leaders who have lived family experience of the challenges of a loved one living with mental illness. The Helpline is available by phone at 716-226-6264 (Option 1). Trained volunteer family members and support staff who have first-hand experience provide confidential support, understanding and assistance with locating services. We respond to calls related to many different aspects of mental illness. In addition, Family-to-Family classes are offered at several in-person locations and online throughout the year. A variety of programs, supports and treatment resources are also available.

New Directions Youth and Family Services

www.fosteringgood.org

New Directions (a 501(c)3 non-profit agency) offers 22 services serving children and families throughout New York State and beyond. A broad array of resources are available, emphasizing both Trauma Informed Treatment and Empirically Supported Treatments to ensure the best results in the shortest time possible.

In addition to the main groups of service areas (campuses and group homes, foster care and adoption, education, prevention), specialized services are also offered when clinically indicated. Specialized Therapies include Trauma-Focused Cognitive Behavioral Therapy (TFCBT), Drug and alcohol counseling, Attachment therapy, Dyadic development psychotherapy, Eye Movement Desensitization and Reprocessing (EMDR), Play therapy, Family therapy, Mentoring, Family advocacy, Adventure recreation.

WESTERN NEW YORK

Restoration Society

www.rsiwny.org | 716.832.2141

Restoration Society, Inc. (RSI) is a peer operated community agency that offers recovery-based mental health services in Western New York. Most RSI programs serve adults (18 years and above). The youth clubhouse programs serve individuals aged 13-21. Agency services are founded upon the recovery vision that all individuals can lead active lives filled with hope and satisfaction and make valuable contributions to our community.

RSI offers holistic, person-centered services premised upon customer self-determination and self-direction. Programs embrace life coaching strategies that facilitate the customer's personal life direction, development, and fulfillment. Using life coaching RSI assists individuals to achieve and maintain personal satisfaction in overall quality of life, integration into self-selected communities and attainment of basic life needs. Life coaching strategies assist the customer to increase independence, achieve desired social roles, and community integration and connectedness while reducing reliance on professional support.

Using a peer-to-peer approach, our youth clubhouse offers a welcoming atmosphere to young people (13 to 20) recovering from a substance use disorder or at risk for developing one. Our non-clinical social club approach fosters a supportive community and encourages leadership roles for individuals to build meaningful roles and healthy lives in recovery.

Spectrum Health Services

www.shswny.com | 716.884.5797

Spectrum Health assists individuals and families through some of the challenges associated with mental health and addiction issues. Addiction Counseling, Crisis & Community Services are available across Western New York, in the Greater Buffalo, NY area as well as Warsaw, Springville, West Seneca, Niagara Falls, Olean, and Rochester. Services and programs include Mental Health Counseling, Personalized Recovery Oriented Services (PROS), Substance Use Counseling, Urgent Care (for those aged 18 years and older), After Hours Care (24/7 call line), Crisis and Re-Stabilization Emergency Services (C.A.R.E.S. – 24/7 helpline for families in the community with children and teenagers in crisis).

Suicide Prevention Coalition

www.suicidepreventionecny.org

The Suicide Prevention Coalition of Erie County fosters a community of hopefulness, safety, and shared responsibility to prevent suicide and suicide attempts by increasing awareness, promoting resiliency and facilitating access to resources. A broad listing of informational links, supports and training opportunities is available].

2-1-1 WNY

www.211wny.org | Call 211

FREE and confidential link to health and human services, including basic needs, food assistance, housing, mental health services, substance use services, and more.

NATIONAL

National Suicide Prevention Lifeline: 988

Call 1-800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741

Veterans Crisis Line:

Call 1-800-273-8255, Press "1"

Text 838255 confidential Veterans chat

Trans Lifeline (all operators are transgender) :

Call 877-565-8860

The Trevor Project Lifeline- for LGBTQ+ youth under 25

Call 1-866-488-7386

Sexual Assault Hotline- operated by RAINN:

Call 800-656-HOPE (4673)

ERIE COUNTY

24-Hour Suicide Prevention Lifeline for Adults:

Call 988 or 716-834-3131

Under Age 18 in Crisis- Kids Helpline:

Call 716-834-1144

Text 838255 confidential Veterans chat

24-hour Addiction Hotline for Erie County:

call 716-831-7007

Under 18 in Crisis- Spectrum C.A.R.E.S

call 1-866-488-7386

Sexual Assault Hotline- operated by RAINN:

call 800-656-HOPE (4673)

SUBSTANCE ABUSE SPECIFIC

Alcoholics Anonymous

716-853-0388, www.buffalooaany.org

Al-Anon

716-853-0388, www.aiswny.org

Narcotics Anonymous

www.nawny.org

Narcotics Anonymous

Family Group: www.nar-anon.org

Secular Organizations: www.sos-nys.org

Depression and Bipolar Support Alliance:

www.dbsalliance.org

Horizon Health Services

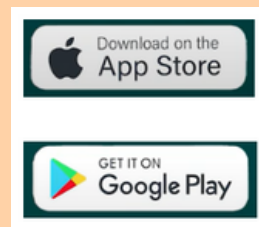
www.horizon-health.org

Kids Escaping Drugs

www.ked.org

Download the Mental Health App ERIE PATH APP

www3.erie.gov/mentalhealth/erie-path



Where to Dispose of Unwanted Medications and Needles

NYS specific mobile friendly locator tool for
harm reduction material and services.

www.thepointny.org