

Resources for Students and Families

Crisis Hotlines

[National Suicide Prevention Lifeline:](#)

Call/Text: 988 (24/7)

[Chat](#) (24/7)

[Crisis Services:](#)

716-834-3131 (24/7)

[Chat](#) (M-F, 3-11pm)

[Addiction Hotline:](#)

716-831-7007 (24/7)

[NYS Domestic & Sexual Violence Hotline:](#)

1-800-942-6906 (24/7)

[Chat](#) (24/7)

Finding a Counselor

[Mental Health Advocates of WNY:](#)

Call: 716-886-1242 (M-F, 8:30am-4:30pm)

[PsychologyToday.com](#)

[211 WNY:](#)

Call 211 (24/7)

Text zip code to 898211 (M-F, 8:30am-3:30pm)

Peer Support

[Erie County Warmline:](#)

Call: 716-248-2941 (Daily, 5-11pm)

[Recovery Options Made Easy](#)

[Mental Health Advocates of WNY](#)

Mental Health Apps

Meditation:

- [Headspace](#)
- [Calm](#)

Anxiety & Depression:

- [Mindshift CBT](#)
- [SpiralUP!](#)

Executive Functioning:

- [Finch](#)
- [Habitica](#)