



# 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

[ADDICTION](#)

[CRAFTS/PROJECTS](#)

[CRISIS SUPPORT](#)

[ENTERTAINMENT](#)

[EXERCISE](#)

[FOOD](#)

[MENTAL HEALTH](#)

[READING](#)

[SCHOOL-RELATED](#)

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](mailto:bmcnally@mhawny.org). Thank you!**

# ADULT

## ADDICTION

Name/info	Contact
24-Hour Addiction Hotline	716-831-7007
<b>Behavioral Health Treatment Services Locator</b> <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>	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
<b>Best Self Behavioral Health</b> <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	<a href="http://www.bestselfwny.org/">http://www.bestselfwny.org/</a> 716-884-0888
<b>BryLin Behavioral Health Center</b> <i>Outpatient Substance Abuse Treatment</i>	<a href="https://www.brylin.com/">https://www.brylin.com/</a> 716-632-5450 531 Farber Lakes Dr #201, Buffalo, NY 14221
<b>Endeavor Health</b> <i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i>	<a href="https://www.ehsny.org/">https://www.ehsny.org/</a> 716-895-6701
<b>Horizon Health Services</b> <i>Offices in Buffalo, Tonawanda, Niagara Falls, Lockport, Sanborn, Orchard Park, East Amherst and Cheektowaga</i>	<a href="https://www.horizon-health.org/">https://www.horizon-health.org/</a> 716-831-1800
<b>SAMHSA's National Helpline</b> <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)
<b>Spectrum Health and Human Services</b> <i>Offices located in Buffalo, Hamburg, Lackawanna, Niagara Falls, Olean, Orchard Park, Springville, Warsaw, and West Seneca</i>	<a href="http://www.shswny.org/">http://www.shswny.org/</a> 716-539-5500
<i>Millions of Americans have a substance use disorder. Find a treatment facility near you.</i>	<a href="https://findtreatment.gov/">https://findtreatment.gov/</a>

## ADULT EDUCATION

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

## CHILDCARE

Name/info	Contact
West Seneca Central School District First Responder and Medical Professional Childcare	<a href="https://www.wscschools.org/site/Default.aspx?PageID=21577">https://www.wscschools.org/site/Default.aspx?PageID=21577</a>

## 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>	<a href="https://www.brylin.com/">https://www.brylin.com/</a> 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>	<a href="https://www.ecmc.edu/health-services-and-doctors/behavioral-health/cpep-comprehensive-psychiatric-emergency-program/">https://www.ecmc.edu/health-services-and-doctors/behavioral-health/cpep-comprehensive-psychiatric-emergency-program/</a> 716-898-3000 Open 24 Hours 462 Grider Street Buffalo, NY 14215

<p><b>ECMC's Help Center</b>  <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></p>	716-898-1594
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
<p><b>Refreshing Waters Respite</b>  <i>A 1-5 day stay hospital diversion program operating in a bed and breakfast style house for people going through psychological crises.</i></p>	<p><a href="http://www.wnyhousingoptions.org">www.wnyhousingoptions.org</a>  716-248-2886  Open 24/7  75 Jamestown Street, Gowanda, NY 14070</p>
<p>Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress</p>	<p>800-985-5990  Text TalkWithUs to 66746  TTY 1-800-846-8517</p>
Spectrum Health and Human Services Crisis Line	716-710-5172
Spectrum Health and Human Services Mental Health Urgent Care	<p><a href="http://www.shswny.org/">http://www.shswny.org/</a>  716-539-5500  Monday-Friday; 8AM-5:30PM  1280 Main Street, Buffalo, NY, 14209</p>
<p>The Trevor Project  <i>A lifeline for LGBTQ youth under the age of 25</i></p>	<p>866-488-7386  Text START to 678678</p>

## ENTERTAINMENT

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

## 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>	<a href="https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&amp;utm_source=MHA&amp;utm_campaign=COVID-19_story">https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&amp;utm_source=MHA&amp;utm_campaign=COVID-19_story</a>
Buffalo Water Department <i>Please note that if your water has been shut off for nonpayment, you can get it turned back on WITHOUT A PAYMENT AT THIS TIME.</i>	<p>Please call Veolia customer service number at (716) 847-1065</p> <ul style="list-style-type: none"> <li>● Press 1 for an emergency related to water services</li> <li>● Then press 1 to be connected to the Dispatch Department</li> <li>● Then give name, address, and account #</li> </ul> <p>If you have any problems getting your water restored under this emergency procedure, please call Neighborhood Legal Services at (716) 847-0650.</p>

## FITNESS

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

## FOOD BANKS

Name/info	Contact
Catholic Charities <i>Locations in Buffalo, Kenmore, Lackawanna, Getzville, Franklinville, and Wellsville</i>	<a href="https://www.cwny.org/services/food-pantries">https://www.cwny.org/services/food-pantries</a>
Find Your Regional Food Bank	<a href="https://www.health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm">https://www.health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm</a>
Food Pantry Locator	<a href="https://www.foodbankwny.org/pantry-locator/">https://www.foodbankwny.org/pantry-locator/</a>
Friends of the Night People <i>Locations in Allentown, the East Side, and the West Side</i>	<a href="https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM_CaWcGYPyKDXEx2YSwzxHE_V_T8AYtSj45oU">https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM_CaWcGYPyKDXEx2YSwzxHE_V_T8AYtSj45oU</a>
Lakeshore Pantry	<a href="http://www.allsaintshamburg.com">www.allsaintshamburg.com</a> 716-649-6266 6065 South Park Avenue, Hamburg, NY 14075
St. Peter and Paul Parish Outreach	<a href="http://www.sspphamburg.com">www.sspphamburg.com</a> 716-648-1725

	36 Pine Street, Hamburg, NY 14075
UPC Food Pantry	716-823-5137 67 Lake Avenue, Blasdell, NY 14219

## LEGAL SERVICES

Name/info	Contact
<b>Center for Elder Law and Justice</b> <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
<b>Journey's End Refugee Services</b> <i>Offers immigration legal representation to low-income refugees, asylees, and other immigrants</i>	716-882-4963/EXT303203
<b>Legal Aid Bureau of Buffalo</b> <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
<b>Mental Health Advocates of WNY</b> <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
<b>Mental Hygiene Legal Services</b> <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
<b>Neighborhood Legal Services</b> <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
<b>Senior Legal Advice Helpline</b>	Toll-free 844-481-0973

<i>Serves seniors aged 60 and over</i>	Monday-Friday; 9:00AM-11:00AM EST
Volunteer Lawyers Project	<a href="https://ecbavlp.com/">https://ecbavlp.com/</a> 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

## MENTAL HEALTH

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>	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
Best Self Behavioral Health <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	<a href="http://www.bestselfwny.org/">http://www.bestselfwny.org/</a> 716-884-0888
BryLin Behavioral Health Hospital <i>Inpatient mental health services for adults</i>	<a href="https://www.brylin.com/">https://www.brylin.com/</a> 716-886-8200
BryLin Behavioral Health Center <i>Outpatient counseling</i>	716-632-5450
Buffalo Psychiatric Center	<a href="https://omh.ny.gov/omhweb/facilities/bupc/index.html">https://omh.ny.gov/omhweb/facilities/bupc/index.html</a> 716-885-2261 400 Forest Ave. Buffalo, NY 14213
Catholic Charities <i>Offices in Buffalo, Amherst, Cheektowaga, North Tonawanda, Kemore, Hamburg,</i>	<a href="https://www.cwny.org/">https://www.cwny.org/</a> 716-895-7715



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

<i>Amherst and Cheektowaga</i>	
<p><b>Jewish Family Service of Buffalo and Erie County</b>  <i>Licensed outpatient psychiatric clinic that provides diagnosis, counseling and treatment of mental and behavioral health disorders. Provider of health home services, a refugee resettlement agency, and home to the WNY Center for Survivors of Torture.</i></p>	<p><a href="http://www.jfsbuffalo.org">www.jfsbuffalo.org</a>  716-883-1914  70 Barker Street Buffalo, NY 14209</p>
<p><b>Mental Health Advocates of WNY</b>  <i>Information and referral line</i></p>	<p>716-886-1242  Monday-Friday, 8:30AM-4:30PM  <a href="mailto:bmcnally@mhawny.org">bmcnally@mhawny.org</a></p>
<p><b>NAMI Helpline</b>  <i>Mental health information and support</i></p>	<p><a href="https://namibuffalony.org">https://namibuffalony.org</a>  716-226-6264</p>
<p><b>SAMHSA's National Helpline</b>  <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></p>	<p>800-662-HELP(4357)</p>
<p><b>Spectrum Health and Human Services</b>  <i>Offices located in Buffalo, Hamburg, Lackawanna, Niagara Falls, Olean, Orchard Park, Springville, Warsaw, and West Seneca</i></p>	<p><a href="http://www.shswny.org/">http://www.shswny.org/</a>  716-539-5500</p>

## RELIGION

Name/info	Contact
OLV Basilica Weekly Sunday Mass	<a href="https://www.olvbasilica.org/">https://www.olvbasilica.org/</a>

## SOCIAL SUPPORT

Name/info	Contact
<p><b>Compeer of Greater Buffalo</b>  <i>Providing social support and an ear to listen for people feeling disconnected.</i></p> <p><i>Activities you can do from home on YouTube</i></p>	<p>Call: 883-3331/EXT314  Email to request a call:  <a href="mailto:Heidi@compeerbuffalo.org">Heidi@compeerbuffalo.org</a>   <a href="https://youtu.be/UPq4lBbzWCc">https://youtu.be/UPq4lBbzWCc</a></p>

<p>Depression and Bipolar Support Alliance <i>DBSA offers online support groups for people living with mood disorders.</i></p>	<p><a href="https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/?utm_medium=email&amp;utm_source=dbsa&amp;utm_content=2+-+DBSA+Online+Support+Group&amp;utm_campaign=COVID-19&amp;source=COVID-19">https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/?utm_medium=email&amp;utm_source=dbsa&amp;utm_content=2+-+DBSA+Online+Support+Group&amp;utm_campaign=COVID-19&amp;source=COVID-19</a></p>
<p>Erie County Warm Line <i>The warm line offers peer support and non-crisis services to Erie County residents.</i></p>	<p>844-749-3848 Monday-Friday; 5-11PM Saturday and Sunday; 5-11PM</p>
<p>Inspire <i>Mental health support group and discussion community</i></p>	<p><a href="https://www.inspire.com/groups/mental-health-america/?origin=freshen">https://www.inspire.com/groups/mental-health-america/?origin=freshen</a></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>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>

## WEBSITES/APPS

Name/info	Contact
<p>Calm.com <i>Meditations, sleep stories, calming music, calm for kids</i></p>	<p><a href="https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_subs_031720">https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_subs_031720</a></p>
<p>COVID-19 Information and Referrals from Mental Health America</p>	<p><a href="https://mhanational.org/covid19?fbclid=IwAR08got9HClIbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-Vlvi0dazcfFKrKw">https://mhanational.org/covid19?fbclid=IwAR08got9HClIbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-Vlvi0dazcfFKrKw</a></p>
<p>Daylio <i>Mood tracker and micro-diary</i></p>	<p><a href="https://daylio.webflow.io/">https://daylio.webflow.io/</a></p>

<b>Headspace</b> <i>Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more</i>	<a href="https://www.headspace.com/">https://www.headspace.com/</a>
<b>Insight Timer</b> <i>World's largest FREE library of more than 30k guided meditations</i>	<a href="https://insighttimer.com/">https://insighttimer.com/</a>
<b>Jour</b> <i>Journal for mindfulness</i>	<a href="https://jour.com/">https://jour.com/</a>
<b>Lyf - You're not alone</b> <i>Support without judgement</i>	<a href="https://www.lyfapp.com.au/">https://www.lyfapp.com.au/</a>
<b>Managing Stress and Anxiety</b> <i>Tips from the CDC</i>	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>
<b>Reflectly</b> <i>Journal for happiness</i>	<a href="https://reflectly.app/">https://reflectly.app/</a>
<b>Simple Habit</b> <i>Meditation, mindfulness, sleep</i>	<a href="https://simplehabit.com/">https://simplehabit.com/</a>
<b>Woebot - Your Self-Care Expert</b> <i>CBT, DBT &amp; mindfulness skills</i>	<a href="https://woebot.io/">https://woebot.io/</a>

# YOUTH

## ADDICTION

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

## CRAFTS/PROJECTS

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

## CRISIS SUPPORT

Name/info	Contact
Brylin Behavioral Health Hospital <i>Inpatient mental health care for children and adolescents</i>	<a href="https://www.brylin.com/">https://www.brylin.com/</a> 716-886-8200 1263 Delaware Avenue, Buffalo, NY 14209
CPEP at ECMC <i>Emergency psychiatric evaluation for all ages</i>	716-898-3465
Family Help Center <i>24-hour family helpline, home based support, childcare groups</i>	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
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	<a href="https://www.apartmenttherapy.com/disney-universal-virtual-rides-36737047">https://www.apartmenttherapy.com/disney-universal-virtual-rides-36737047</a>

## EXERCISE

Name/info	Contact
Cosmic Kids Yoga	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Yoga 4 Kids	<a href="https://www.youtube.com/channel/UCCEBMQ5Al80btGMaBXA0cjw">https://www.youtube.com/channel/UCCEBMQ5Al80btGMaBXA0cjw</a>
GoNoodle <i>Movement and mindfulness videos created by child development experts</i>	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
Revolution Buffalo <i>Kids workout posted on Instagram feed</i>	<a href="https://www.instagram.com/revolutionbuffalo/">https://www.instagram.com/revolutionbuffalo/</a>

## FOOD

Name/info	Contact
<b>Buffalo Public Schools</b> <i>Schools listed will be open to provide breakfast and lunch to families with students in the Buffalo Community.</i>	<a href="https://www.buffaloschools.org/Page/88598">https://www.buffaloschools.org/Page/88598</a>
<b>Ken-Ton UFSD</b>	<a href="https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWs_gMBY8R9aHvrKSOh3WxtOD8HQ8">https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWs_gMBY8R9aHvrKSOh3WxtOD8HQ8</a>
<b>West Seneca School District</b>	<a href="https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf">https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf</a>

## MENTAL HEALTH

Name/info	Contact
<b>Baker Victory Services</b>	716-828-9651 650 Ridge Road, Lackawanna, NY 14218
<b>Best Self Behavioral Health</b> <i>Offices in Buffalo, Amherst, Orchard Park, Hamburg, and North Collins</i>	<a href="http://www.bestselfwny.org/">http://www.bestselfwny.org/</a> 716-884-0888
<b>BryLin Behavioral Health Hospital (Buffalo)</b> <i>Inpatient mental health care for children and adolescents</i>	<a href="https://www.brylin.com/">https://www.brylin.com/</a> 716-886-8200
<b>BryLin Behavioral Health Center (Williamsville)</b> <i>Outpatient counseling</i>	716-632-5450
<b>Catholic Charities</b> <i>Offices in Amherst, Batavia, Buffalo, Cheektowaga, Kenmore, Lockport, Niagara Falls, and North Tonawanda</i>	<a href="https://www.cwny.org/">https://www.cwny.org/</a> 716-856-4494
<b>Child Mind Institute: Daily Newsletter for Supporting Kids During the COVID-19 Crisis</b>	<a href="https://signup.e2ma.net/signup/1917784/1800565/">https://signup.e2ma.net/signup/1917784/1800565/</a>
<b>Child and Family Services</b> <i>Strengthens individuals and families through</i>	<a href="https://cfsbny.org">https://cfsbny.org</a> 716-842-2750

<p><i>prevention, intervention, education, and advocacy</i></p> <p><i>Offices in Cheektowaga and Buffalo</i></p>	
<p><b>Child's Psychiatry Clinic</b></p>	<p>716-859-5460</p> <p>1028 Main Street, Buffalo, NY 14202</p>
<p><b>Christian Counseling Ministries of WNY</b></p> <p><i>Offices in Orchard Park, Jamestown, Arcade, Fillmore and Clarence</i></p>	<p><a href="http://www.ccmwny.org">www.ccmwny.org</a></p> <p>716-632-3200</p>
<p><b>The Clay Center for Young Healthy Minds</b></p> <p><i>Dedicated to helping adults support the mental, emotional, and behavioral well-being of children, teens, and young adults</i></p>	<p><a href="http://www.mghclaycenter.org">www.mghclaycenter.org</a></p>
<p><b>Endeavor Health Services</b></p> <p><i>Offices in Buffalo, Cheektowaga, Bowmansville, Orchard Park, and Rochester</i></p>	<p><a href="https://www.ehsny.org/">https://www.ehsny.org/</a></p> <p>716-895-6700</p>
<p><b>EPIC</b></p> <p><i>The mission of EPIC is helping parents, teachers, and community members raise children to become responsible and successful adults.</i></p>	<p><a href="https://www.epicforchildren.org/">https://www.epicforchildren.org/</a></p> <p>716-332-4100</p>
<p><b>FMS Behavioral Health</b></p>	<p><a href="http://www.fmpsychology.com/">http://www.fmpsychology.com/</a></p> <p>716-539-9232</p> <p>6556 East Quaker, Orchard Park, NY 14127</p>
<p><b>Gateway Longview</b></p> <p><i>Behavioral health clinic for ages 3-21</i></p> <p><i>Offices in Buffalo and Williamsville</i></p>	<p><a href="https://www.gateway-longview.org/">https://www.gateway-longview.org/</a></p> <p>716-783-3100</p>
<p><b>Harmonia Collaborative Care</b></p> <p><i>Counseling services with a holistic and empathetic approach. 13 years and up.</i></p>	<p><a href="https://harmonia-care.org/services/counseling-services">https://harmonia-care.org/services/counseling-services</a></p> <p>716-947-5025 (Hamburg)</p> <p>716-648-0650 (Derby)</p>
<p><b>Jewish Family Service of Buffalo and Erie County</b></p> <p><i>Provides mental and behavioral health for children ages 5+</i></p>	<p><a href="http://www.jfsbuffalo.org">www.jfsbuffalo.org</a></p> <p>716-883-1914</p> <p>70 Barker Street Buffalo, NY 14209</p>
<p><b>Kids' Helpline</b></p> <p><i>Anytime, any reason: calls, start a WebChats,</i></p>	<p><a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p> <p>716-834-1144</p>



<i>or send emails for youth aged 5-25</i>	877-KIDS-400
NAMI Buffalo <i>Family and caregiver support</i>	<a href="https://namibuffalony.org">https://namibuffalony.org</a> 716-226-6264/OPT1
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>	<a href="https://www.ochbuffalo.org/care-treatment/childrens-psychiatry-clinic">https://www.ochbuffalo.org/care-treatment/childrens-psychiatry-clinic</a> 716-859-5460 Buffalo General Medical Center 1028 Main Street Buffalo, NY 14202
Parent Network of WNY <i>Supporting families and professionals to empower individuals with disabilities to reach their full potential.</i>	<a href="https://parentnetworkwny.org">https://parentnetworkwny.org</a> <a href="mailto:info@parentnetworkwny.org">info@parentnetworkwny.org</a> 716-332-4170
WNY Children's Psychiatric Center <i>Behavioral health care for seriously emotionally disturbed children and adolescents ages 4-18.</i>	<a href="https://omh.ny.gov/omhweb/facilities/wcpc/">https://omh.ny.gov/omhweb/facilities/wcpc/</a> 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>	<a href="https://www.youtube.com/user/StorylineOnline/videos">https://www.youtube.com/user/StorylineOnline/videos</a>
Virtual Storytime with Brooklyn Public Library	<a href="https://www.bklynlibrary.org/calendar/list/Virtual%20Programming">https://www.bklynlibrary.org/calendar/list/Virtual%20Programming</a>

## SCHOOL-RELATED

Name/info	Contact
7th Grade History Lessons	<a href="https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw">https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw</a>

<p>Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households and More</p>	<p>To enroll call 844-488-8395. Installation fees will be waived for new student households.</p>
<p>Discovery Education: Virtual Field Trips <i>No cost virtual field trips</i></p>	<p><a href="https://www.discoveryeducation.com/community/virtual-field-trips/">https://www.discoveryeducation.com/community/virtual-field-trips/</a></p>
<p>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></p>	<p><a href="https://learninglab.si.edu/distancelearning">https://learninglab.si.edu/distancelearning</a></p>
<p>Education Companies Offering Free Subscriptions due to School Closings</p>	<p><a href="https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1lfGXz0&amp;sle=true#gid=0">https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1lfGXz0&amp;sle=true#gid=0</a></p>
<p>Free Science Projects and Lessons</p>	<p><a href="https://www.facebook.com/119810451513415/posts/1634661813361597/">https://www.facebook.com/119810451513415/posts/1634661813361597/</a></p>
<p>Kiddie Science (ages 2+) <i>Presents fun and engaging science workshops to young children and families</i></p>	<p><a href="https://www.kiddiescience.org/online-learning.html">https://www.kiddiescience.org/online-learning.html</a></p>
<p>NASA activities <i>Grades K-12</i></p>	<p><a href="https://www.jpl.nasa.gov/edu/learn/">https://www.jpl.nasa.gov/edu/learn/</a></p>
<p>PBS Kids Daily Newsletter <i>PBS KIDS daily newsletter shares activities &amp; tips you can use to keep your child playing &amp; learning at home.</i></p>	<p><a href="http://public.pbs.org/PBSKIDSDaily?source=tw">http://public.pbs.org/PBSKIDSDaily?source=tw</a></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><a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a></p>
<p>Smithsonian Science Education Center <i>Transforms the teaching and learning of K-12 science</i></p>	<p><a href="https://ssec.si.edu/">https://ssec.si.edu/</a></p>
<p>Stay at Home Science</p>	<p><a href="https://californiasciencecenter.org/stuck-at-home-science">https://californiasciencecenter.org/stuck-at-home-science</a></p>

<i>Fun and engaging science projects for young kids</i>	
<b>Virtual School Activities</b> <i>A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites.</i>	<a href="https://virtualschoolactivities.com/">https://virtualschoolactivities.com/</a>