

MHA RESOURCE GUIDE DURING COVID-19 PUBLIC HEALTH CRISIS

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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
Horizon Health Services	https://www.horizon-health.org/ 716-831-1800
Spectrum Health and Human Services	http://www.shswny.org/ 716-539-5500
Best Self Behavioral Health	http://www.bestselfwny.org/ 716-884-0888

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
Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress	Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
Crisis Services 24-Hour Crisis Hotline	716-834-3131
Chautauqua County Hotline	1-800-724-0461

24-Hour Erie County Domestic Violence Hotline	716-862-HELP
NYS Domestic and Sexual Violence Hotline	716-862-HELP
NYS Domestic and Sexual Violence Hotline	1-800-942-6906
National Suicide Prevention Lifeline	1-800-273-8255
Spectrum Health and Human Services Crisis Line	716-710-5172
Crisis Text Line	Text HOME to 741741
The Trevor Project, a lifeline for LGBTQ youth under the age of 25	1-866-488-7386 Text START to 678678
National Domestic Violence Hotline	1-800-799-7233
211 WNY Free and confidential link to health and human services 24/7	Call: 211 or 888-696-9211 Text your zip code to 898-211
The Renewal Center After hours crisis drop in program for individuals having a crisis that may lead to the hospital emergency room.	327 Elm Street Buffalo, NY 14203 www.wnyil.org 716-245-4200 3pm-11pm/ 7 days a week
Refreshing Waters Respite A 1-5 day stay hospital diversion program operating in a bed and breakfast style house for people going through psychological crises.	75 Jamestown Street Gowanda, NY 14070 www.wnyhousingoptions.org 716-248-2886 Open 24/7
Peer Support Warmline	884-749-3848 716-248-2886 Open 24/7
Peer Support Texting Line	716-392-2221 Open 24/7

ENTERTAINMENT

Name/info	Contact
The Kennedy Center Digital Stage	https://www.kennedy-center.org/digitalstage/
Erie County Library (e-books and audiobooks)	https://buffalo.overdrive.com/
Louvre - virtual tours of the French museum	https://www.louvre.fr/en/visites-en-ligne
The Metropolitan Opera Nightly opera stream.	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 free home workouts	https://www.planetfitness.com/
Power Yoga Buffalo	https://poweryogabuffalo.com/
Revolution Buffalo At-home workouts saved on their Instagram.	https://www.instagram.com/revolutionbuffalo/
Yoga Parkside	https://www.yogaparkside.org/

FOOD BANKS

Name/info	Contact
Food Pantry Locator	https://www.foodbankwny.org/pantry-locator/
Friends of the Night People	https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM_CaWcGYPyKDXEx2YSwzxHE_V__T8AYtSj45oU
Catholic Charities	https://www.cwny.org/services/food-pantries
Find Your Regional Food Bank	https://www.health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm

MENTAL HEALTH

Name/info	Contact
Mental Health Advocates of WNY Information & Referral Line	Monday-Friday, 8:30AM-4:30PM 716-886-1242
Managing Stress and Anxiety: Tips from the CDC	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
Spectrum Health and Human Services	http://www.shswny.org/ 716-539-5500
Spectrum Health and Human Services Mental Health Urgent Care	Monday-Friday, 8AM-5:30PM 1280 Main Street, Buffalo, NY, 14209
Best Self Behavioral Health	http://www.bestselfwny.org/ 716-884-0888
Horizon Health Services: Addiction, Rehab, and Mental Health services	https://www.horizon-health.org/ 716-831-1800
COVID-19 Information and Referrals from Mental Health America	https://mhanational.org/covid19?fbclid=IwAR08got9HClTbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-VlVl0dazcfFKrKw
Erie County Warm Line <i>Monday-Friday 5-11PM</i> <i>Saturday and Sunday 5-11PM</i>	1-844-749-3848

Chaut/Catt Warmline <i>Hours are 4-11PM daily, 7 days a week</i>	1-877-426-4373 Texting available at 1-716-392-0252
Catholic Charities	https://www.cwny.org/ 716-856-4494
Community Health Center of Buffalo, Inc	https://chcb.net/ 716-986-9199
Dale Association	http://daleassociation.com/ 716-433-1886
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 Individualized services addressing each patient's needs with a focus on wellness</i>	716-898-1594
Endeavor Health Services	https://www.ehsny.org/ (716) 895-6700
Evergreen Health	https://www.evergreenhs.org/covid-19/ (716) 847-2441
NAMI Helpline Mental health information and support	https://namibuffalony.org 716-226-6264
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

RELIGION

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

SMARTPHONE APPS

Name/info	Contact
Reflectly: Journal for Happiness	https://reflectly.app/
Jour: Journal for Mindfulness	https://jour.com/
Woebot - Your Self-Care Expert <i>CBT, DBT & mindfulness skills</i>	https://woebot.io/
Lyf - You're not alone <i>Support without judgement</i>	https://www.lyfapp.com.au/

SOCIAL SUPPORT

Name/info	Contact
Inspire: Mental health support group and discussion community	https://www.inspire.com/groups/mental-health-america/?origin=freshen
Depression and Bipolar Support Alliance	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
Compeer of Greater Buffalo Providing social support and an ear to listen for people feeling disconnected. Activities you can do from home on YouTube	Call: 883-3331 x 314 Email to request a call: Heidi@compeerbuffalo.org https://youtu.be/UPq4lBbzWCc

YOUTH

CRAFTS/PROJECTS

Name/info	Contact
Hello, Wonderful	https://www.hellowonderful.co/
Recycle and Play	https://www.instagram.com/recycleandplay/
GoNoodle	https://www.gonoodle.com/
Stay at Home Science	https://californiasciencecenter.org/stuck-at-home-science

CRISIS SUPPORT

Name/info	Contact
Kids' Helpline	716-834-1144 1-877-KIDS-400
Spectrum C.A.R.E.S Crisis response for all youth under the age of 18 in Erie County.	716-882-4357 24/7

ENTERTAINMENT

Name/info	Contact

EXERCISE

Name/info	Contact
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga
Revolution Buffalo Kids At Home Workout posted on Instagram feed	https://www.instagram.com/revolutionbuffalo/

FOOD

Name/info	Contact
West Seneca School District	https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf
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

MENTAL HEALTH

Name/info	Contact
NAMI Buffalo Family and caregiver support	https://namibuffalony.org 716-226-6264 opt 1
Best Self Behavioral Health	http://www.bestselfwny.org/ 716-884-0888
Child and Family Services	https://cfsbny.org 716-842-0668
Endeavor Health Services	https://www.ehsny.org/ (716) 895-6700
The Clay Center for Young Healthy Minds	www.mghclaycenter.org
Child Mind Institute: Daily Newsletter for Supporting Kids During the COVID-19 Crisis	https://signup.e2ma.net/signup/1917784/1800565/
Parent Network of WNY	https://parentnetworkwny.org info@parentnetworkwny.org 716-332-4170
EPIC	https://www.epicforchildren.org/ 716-332-4100
Catholic Charities	https://www.cwny.org/ 716-856-4494

READING

Name/info	Contact
Virtual Storytime	https://www.bklynlibrary.org/calendar/list/Virtual%20Programming
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 1-844-488-8395. Installation fees will be waived for new student households.

SCHOOL-RELATED

Name/info	Contact
Scholastic "Learn at Home" website	https://classroommagazines.scholastic.com/support/learnathome.html
Kiddie Science (ages 2+)	https://www.kiddiescience.org/online-learning.html
NASA activities (grades K-12)	https://www.jpl.nasa.gov/edu/learn/
PBS Kids Daily Newsletter	http://public.pbs.org/PBSKIDSDaily?source=tw
Smithsonian Science Education Center	https://ssec.si.edu/
7th Grade History Lessons	https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw
Virtual School Activities <i>A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites.</i>	https://virtualschoolactivities.com/
Distance Learning Resources from the Smithsonian	https://learninglab.si.edu/distancelearning
Discovery Education: Virtual Field Trips	https://www.discoveryeducation.com/community/virtual-field-trips/

<p>Education Companies Offering Free Subscriptions due to School Closings</p>	<p>https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1fGXz0&sle=true#gid=0</p>
<p>Free Science Projects and Lessons</p>	<p>https://www.facebook.com/119810451513415/posts/1634661813361597/</p>