

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

# ADULT

## ADDICTION

Name/info	Contact
24-Hour Addiction Hotline	716-831-7007
Horizon Health Services	<a href="https://www.horizon-health.org/">https://www.horizon-health.org/</a> 716-831-1800
Spectrum Health and Human Services	<a href="http://www.shswny.org/">http://www.shswny.org/</a> 716-539-5500
Best Self Behavioral Health	<a href="http://www.bestselfwny.org/">http://www.bestselfwny.org/</a> 716-884-0888

## 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
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 <a href="http://www.wnyil.org">www.wnyil.org</a> 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 <a href="http://www.wnyhousingoptions.org">www.wnyhousingoptions.org</a> 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	<a href="https://www.kennedy-center.org/digitalstage/">https://www.kennedy-center.org/digitalstage/</a>
Erie County Library (e-books and audiobooks)	<a href="https://buffalo.overdrive.com/">https://buffalo.overdrive.com/</a>
Louvre - virtual tours of the French museum	<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>
The Metropolitan Opera Nightly opera stream.	<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>

## FITNESS

Name/info	Contact
Planet Fitness free home workouts	<a href="https://www.planetfitness.com/">https://www.planetfitness.com/</a>
Power Yoga Buffalo	<a href="https://poweryogabuffalo.com/">https://poweryogabuffalo.com/</a>
Revolution Buffalo At-home workouts saved on their Instagram.	<a href="https://www.instagram.com/revolutionbuffalo/">https://www.instagram.com/revolutionbuffalo/</a>
Yoga Parkside	<a href="https://www.yogaparkside.org/">https://www.yogaparkside.org/</a>

## FOOD BANKS

Name/info	Contact
Food Pantry Locator	<a href="https://www.foodbankwny.org/pantry-locator/">https://www.foodbankwny.org/pantry-locator/</a>
Friends of the Night People	<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>
Catholic Charities	<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>

## 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	<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>
Spectrum Health and Human Services	<a href="http://www.shswny.org/">http://www.shswny.org/</a> 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	<a href="http://www.bestselfwny.org/">http://www.bestselfwny.org/</a> 716-884-0888
Horizon Health Services: Addiction, Rehab, and Mental Health services	<a href="https://www.horizon-health.org/">https://www.horizon-health.org/</a> 716-831-1800
COVID-19 Information and Referrals from Mental Health America	<a href="https://mhanational.org/covid19?fbclid=IwAR08got9HClIbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-VlVl0dazcfFKrKw">https://mhanational.org/covid19?fbclid=IwAR08got9HClIbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-VlVl0dazcfFKrKw</a>
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	<a href="https://www.cwny.org/">https://www.cwny.org/</a> 716-856-4494
Community Health Center of Buffalo, Inc	<a href="https://chcb.net/">https://chcb.net/</a> 716-986-9199
Dale Association	<a href="http://daleassociation.com/">http://daleassociation.com/</a> 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	<a href="https://www.ehsny.org/">https://www.ehsny.org/</a> (716) 895-6700
Evergreen Health	<a href="https://www.evergreenhs.org/covid-19/">https://www.evergreenhs.org/covid-19/</a> (716) 847-2441
NAMI Helpline Mental health information and support	<a href="https://namibuffalony.org">https://namibuffalony.org</a> 716-226-6264
Calm.com <i>Meditations, sleep stories, calming music, calm for kids</i>	<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>

## RELIGION

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

## SMARTPHONE APPS

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

## SOCIAL SUPPORT

Name/info	Contact
Inspire: Mental health support group and discussion community	<a href="https://www.inspire.com/groups/mental-health-america/?origin=freshen">https://www.inspire.com/groups/mental-health-america/?origin=freshen</a>
Depression and Bipolar Support Alliance	<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>
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: <a href="mailto:Heidi@compeerbuffalo.org">Heidi@compeerbuffalo.org</a>  <a href="https://youtu.be/UPq4lBbzWCc">https://youtu.be/UPq4lBbzWCc</a>

# YOUTH

## CRAFTS/PROJECTS

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

## 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	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Revolution Buffalo Kids At Home Workout posted on Instagram feed	<a href="https://www.instagram.com/revolutionbuffalo/">https://www.instagram.com/revolutionbuffalo/</a>

## FOOD

Name/info	Contact
West Seneca School District	<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>
Buffalo Public Schools <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>
Ken-Ton UFSD	<a href="https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWsgMBY8R9aHvrKSOh3WxtOD8HQ8">https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWsgMBY8R9aHvrKSOh3WxtOD8HQ8</a>

## MENTAL HEALTH

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

## READING

Name/info	Contact
Virtual Storytime	<a href="https://www.bklynlibrary.org/calendar/list/Virtual%20Programming">https://www.bklynlibrary.org/calendar/list/Virtual%20Programming</a>
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	<a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>
Kiddie Science (ages 2+)	<a href="https://www.kiddiescience.org/online-learning.html">https://www.kiddiescience.org/online-learning.html</a>
NASA activities (grades K-12)	<a href="https://www.jpl.nasa.gov/edu/learn/">https://www.jpl.nasa.gov/edu/learn/</a>
PBS Kids Daily Newsletter	<a href="http://public.pbs.org/PBSKIDSDaily?source=tw">http://public.pbs.org/PBSKIDSDaily?source=tw</a>
Smithsonian Science Education Center	<a href="https://ssec.si.edu/">https://ssec.si.edu/</a>
7th Grade History Lessons	<a href="https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw">https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw</a>
Virtual School Activities <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>
Distance Learning Resources from the Smithsonian	<a href="https://learninglab.si.edu/distancelearning">https://learninglab.si.edu/distancelearning</a>
Discovery Education: Virtual Field Trips	<a href="https://www.discoveryeducation.com/community/virtual-field-trips/">https://www.discoveryeducation.com/community/virtual-field-trips/</a>

<p>Education Companies Offering Free Subscriptions due to School Closings</p>	<p><a href="https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1fGXz0&amp;sle=true#gid=0">https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1fGXz0&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>