Get Help Now

Within Western New York

**Buffalo Crisis Services Hotline: 1-800-KIDS-400**
- Over-the-phone language interpreters available 24/7

**Catholic Charities**
[www.ccwny.org](http://www.ccwny.org) | (716) 218-1400
- Provides emergency assistance, counseling, behavioral health, youth education, and numerous other services.

**Child & Adolescent Treatment Services**
[www.catswny.org](http://www.catswny.org) | (716) 819-3420 | Intake: (716) 835-7807
- Provides professional counseling and treatment services for parents, children, families, and adolescents.

**Child & Family Services**
[www.cfsbny.org](http://www.cfsbny.org) | (716) 842-2750
- Provides counseling, community-based services, work-life support, education, mediation, and prevention for children, families, and individuals.

**Erie County Council for the Prevention of Alcohol & Substance Abuse (ECCPASA)**
[www.eccpasa.org](http://www.eccpasa.org) | (716) 831-2298
- Provides education, programs, and services for individuals and families on the prevention and intervention of alcohol and substance abuse.

**Every Person Influences Children (EPIC)**
[www.epicforchildren.org](http://www.epicforchildren.org) | (716) 332-4100
- Provides parents, teachers, and other educators with resources and programing on parent support, family literacy, character development in children, creating home-school partnerships, and family engagement in education.

**Family Support Centers**
[www.joanamale.org](http://www.joanamale.org) | (716) 892-2172
- Links residents with human service organizations and community resources to improve student achievement and behavior at school by identifying strengths and resources in families and school, and focusing them toward a common goal.

**Mental Health Association of Erie County**
[www.eriemha.org](http://www.eriemha.org) | (716) 886-1242
- Provides support and advocacy for individuals and families living with mental illness.

**Prevention Focus/Teen Focus**
[www.pfocus.org](http://www.pfocus.org) | (716) 884-3256
- Provides quality programs and strategies proven to address problem behaviors and promote healthy choices for parents and children grades K-12.
Within the United States

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org | 1-800-273-TALK

LGBTQ Youth Suicide Hotline: 1-866-4-U-TREVOR

Suicide Hotlines for Spanish Speakers: 1-888-628-9454 or 1-800-SUICIDA

Crisis Chat: www.crisischat.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
store.samhsa.gov/mhlocator | 1-877-SAMHSA-7
  • Find a mental health services provider near you.

U.S. Department of Education Office for Civil Rights
www2.ed.gov/about/offices/list/ocr | 1-800-421-3481
  • Enforces several federal civil rights laws and assists in resolving complaints of discrimination.

U.S. Department of Justice Civil Rights Division
www.justice.gov/crt/complaint/#three | 1-877-292-3804
  • Enforces federal laws that protect students from harassment and discrimination and accept complaints of potential violations.

Within the University at Buffalo

In Case of Imminent Threat or Danger
University Police: www.public-safety.buffalo.edu | 645-2222

For Non-Emergency Situations
Office of Judicial Affairs: www.ub-judiciary.buffalo.edu | 645-6154

For Counseling Services
Counseling Center: ub-counseling.buffalo.edu | 645-2720

For Sexual Harassment Concerns
Office of Equity, Diversity and Inclusion: equity.buffalo.edu | 645-2266