

# 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.mentalhealthforwnykids.org](http://www.mentalhealthforwnykids.org) | (716) 819-3420 | Intake: (716) 819-3420 x138

- 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 programming 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](http://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](http://www.crisischat.org)

Substance Abuse and Mental Health Services Administration (SAMHSA)  
[store.samhsa.gov/mhlocator](http://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](http://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](http://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](http://www.public-safety.buffalo.edu) | 645-2222

**For Non-Emergency Situations**

Office of Judicial Affairs: [www.ub-judiciary.buffalo.edu](http://www.ub-judiciary.buffalo.edu) | 645-6154

**For Counseling Services**

Counseling Center: [ub-counseling.buffalo.edu](http://ub-counseling.buffalo.edu) | 645-2720

**For Sexual Harassment Concerns**

Office of Equity, Diversity and Inclusion: [equity.buffalo.edu](http://equity.buffalo.edu) | 645-2266