

# MENTAL HEALTH ALLIES IN ERIE COUNTY

**MEDICAL EMERGENCIES**

**SUICIDE PREVENTION & CRISIS LIFELINE**

**DIAL 911**

**DIAL 988**

## LOCAL PROGRAMS AND SERVICES

**Crisis Services** 716-834-3131  
24-hour hotline

**ECMC Help Center** 716-898-1594  
Virtual visit hours: M-F 8am-9:30pm  
Walk-in hours: M-F 8am-10:30pm

**Erie County Warmline** 716-248-2941  
(non-crisis calls) text 716-392-2221  
Peer support 5pm-11pm  
A warmline is a confidential line for people who are having difficulty coping with life experiences.

**Family Justice Center** 716-558-7233  
Domestic violence support

**Kids' Helpline** 716-834-1144

**Mental Health Advocates of WNY** 716-886-1242

**National Alliance on Mental Wellness (NAMI) of Buffalo & Erie County** 716-226-6264

**Spectrum CARES for families & children in crisis** 716-882-4357

**Substance Use 24-Hour Hotline** 716-831-7007

## FOR YOUR WIRELESS DEVICE

**Erie Path** is Erie County's new smartphone app that helps parents and caregivers address mental and behavioral health challenges faced by children and adolescents. To explore, scan the code below or visit [www.erie.gov/eriepath](http://www.erie.gov/eriepath).



## NEED MORE SUPPORT?

**WNY Health and Human Services** Dial 211  
211 WNY is a 24-hour free and confidential link to health and human services. Connect to services and assistance related to food and nutrition, health and wellness, housing, legal aid, mental health, substance use, support groups, domestic abuse, tax preparation, and more.

The Erie County Office of Health Equity offers **FREE** Mental Health First Aid Training for Adults Interacting with Other Adults AND Adults Interacting with Youth **for individuals and community groups.** 716-858-2385  
**For more information,** visit [www.erie.gov/mhfa](http://www.erie.gov/mhfa).

THIS FREE RESOURCE IS OFFERED BY THE



**Erie County  
Department of  
Health**



**Public Health**  
Prevent. Promote. Protect.

**OFFICE OF HEALTH EQUITY**  
[www.erie.gov/health-equity](http://www.erie.gov/health-equity)

ENGLISH

# MENTAL HEALTH ALLIES NATIONAL HOTLINES

**MEDICAL EMERGENCIES**

**SUICIDE PREVENTION & CRISIS LIFELINE**

**DIAL 911**

**DIAL 988**

## **Crisis Text Line**

741741

Free 24-hour text message support.

## **Disaster Distress Helpline** 1-800-985-5990

24-hour support from SAMHSA to people experiencing emotional distress related to natural or human-caused disasters.

## **Domestic Violence Line** 1-800-799-7233

Free 24-hour support for anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.

## **Employee Assistance Program or EAP**

Call your employer's Human Resources (HR) Department for more information.

## **Farm Aid** 1-800-FARMAID

Support services to farm families in crisis, including mental health, business support and more.

## **LGBTQIA+ SUPPORT**



### **LGBT National Hotline** 1-888-843-4564

### **LGBT National Youth Talkline** 1-888-246-7743

### **LGBT National Senior Hotline** 1-888-234-7243

### **LGBT National Coming Out Support Hotline** 1-888-688-5428

### **Trans Lifeline** 1-877-565-8860

Trans Lifeline is a peer support and crisis hotline.

### **Trevor Project** 1-866-488-7386

24-hour confidential LGBTQ crisis text 678-678 hotline for people ages 13-24.

## **National Eating Disorders Association Helpline** 1-800-931-2237

Support for people struggling with eating disorders and their loved ones.

## **PREGNANCY & POSTPARTUM SUPPORT**



### **National Maternal Mental Health Hotline** 1-833-852-6262

24-hour hotline for calls or texts. Interpreters available for 60 languages.

### **Postpartum Resource Center of NY** 1-855-631-0001

Available 9am-5pm every day.

### **Teen to Teen Peer Counseling Hopeline** 1-877-YOUTHLINE

### **Veterans Crisis Line** Dial 988 then Press 1 24-hour confidential support Text 838255 for Veterans and their loved ones. VA benefits or VA healthcare is NOT required.

### **Virtual Respite** 1-833-361-6130

Confidential teleconferencing program for people who are having difficulties coping with life experiences. Operates noon to 10pm every day.

## **TIP FOR NATIVE LANGUAGE SPEAKERS**

Many providers use interpretation services to increase language access. Instead of asking for "Spanish," try asking for the specific place of origin ("Puerto Rico"). This will help the service provide the correct dialect, if available.