



Refreshing Waters Respite

Providing a peaceful environment that promotes health and wellness, the respite can accommodate 1-5 day stays for individuals experiencing a mental health crisis to focus on mental health recovery.

716-248-2886 or 1-844-588-8427

Free for all guests

Open 24/7, 365 Days Per Year

ANYONE WHO IS STRUGGLING IS WELCOME

Virtual Respite

Confidential teleconferencing program for people who are having difficulties coping with life experiences.

Free for all callers

Call 1-833-361-6130

Noon to 10 pm Daily

Erie County Warmline

Confidential phone and text lines for people who are having difficulty coping with life experiences.

1-844-749-3848

716-248-2941

716-392-2221(text)

Free for all callers

Open Daily from 4pm-11pm

NOTE: THIS IS FOR NON-CRISIS CALLS
If you are in crisis, please contact the Crisis Hotline:
716-834-3131

**Please feel free to contact us if
you have any questions or visit
www.recoveryoptionsny.org.**