

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 | (716) 218-1400

- Provides emergency assistance, counseling, behavioral health, youth education, and numerous other services.

Child & Adolescent Treatment Services

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 | (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 | (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 | (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 | (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 | (716) 886-1242

- Provides support and advocacy for individuals and families living with mental illness.

Prevention Focus/Teen Focus

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