

## GET HELP NOW



### National Resources

**National Suicide Prevention Lifeline:**

- [988lifeline.org](https://988lifeline.org)
- Call or Text 988

**The Trevor Project:** LGBTQ+ Youth Suicide Prevention

- [thetrevorproject.org](https://thetrevorproject.org)
- Reach a counselor 24/7 at:  
[thetrevorproject.org/contact-us](https://thetrevorproject.org/contact-us)

**Suicide Hotline for Spanish Speakers**

- Call 988 (English and Spanish available)

**Substance Abuse and Mental Health Services:** Find a mental health provider near you

- [samhsa.gov](https://samhsa.gov)
- 1-877-SAMHSA-7 (1-877-726-4727)

**U.S. Department of Education Office for Civil Rights:** Enforces several federal civil rights laws and assists in resolving complaints of discrimination

\*\*\*If you have a complaint, please first talk to the DASA coordinator or a mental health professional at your school\*\*\*

- [ed.gov/about/ed-offices/ocr](https://ed.gov/about/ed-offices/ocr)

**U.S. Department of Justice Civil Rights Division:** Enforces federal laws that protect students from harassment and discrimination and accepts complaints of potential violations

\*\*\*If you have a complaint, please first talk to the DASA coordinator or a mental health professional at your school\*\*\*

- [justice.gov/crt](https://justice.gov/crt)
- 202-514-2000

## Western New York Resources

**BestSelf Behavioral Health:** provides counseling and treatment services for parents, children, families, and adolescents

- [bestselfwny.org](https://bestselfwny.org) | 716-884-0888

### Crisis Services Hotline

- 24 Hour Crisis Hotline: 716-834-3131
- Kids Help Line: 716-834-1144

**Catholic Charities:** provides emergency assistance, counseling, behavioral health, youth education, & more

- [ccwny.org](https://ccwny.org) | 716-856-4494

**Child and Family Services:** provides counseling, community based services, work-life support, education, mediation, and prevention for children, families, and individuals

- [cfsbny.org](https://cfsbny.org) | 716-218-1400

**The Prevention Council of Erie County:** provides education, programs, and services for individuals and families on the prevention and intervention of alcohol and substance abuse

- [thepreventioncouncil.ec.org](https://thepreventioncouncil.ec.org)  
| 716-831-2298

**Every Person Influences Children:** 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

- [epicforchildren.org](https://epicforchildren.org) | 716-332-4100

**Family Help Center:** links residents with human resources organizations and community resources to improve student achievement and behavior at school

- [familyhelpcenter.net](https://familyhelpcenter.net) | 716-892-2172

**Growing LGBTQ+ Youth Support (GLYS) Western New York, Inc.:** Offers a variety of opportunities, resources & services for LGBTQ+ youth and their friends, ages 5-21.

- [glyswny.org](https://glyswny.org) | 716-855-0221

**Mental Health Association of Erie County:** provides support and advocacy for individuals and families living with mental illness

- [mhawny.org](https://mhawny.org) | 716-886-1242
- For people under 18: 716-882-4357
- Text MHA to 741-741

**Prevention Focus/Teen Focus:** provides programs and strategies proven to address problem behaviors and promote healthy choices for parents and children

- [preventionfocus.org](https://preventionfocus.org)
- 716-884-3256

## University at Buffalo Resources

### Student Conduct

- <https://buffalo.edu/studentlife/who-we-are/departments/conduct.html>
- 716-645-6154

### UB Dean of Students

- <https://buffalo.edu/studentlife/who-we-are/departments/dean.html>
- 716-645-2982

### UB Counseling Center

- [buffalo.edu/studentlife/who-we-are/departments/counseling.html](https://buffalo.edu/studentlife/who-we-are/departments/counseling.html)
- 716-645-2720

### UB Office of Equity, Diversity, and Inclusion

- [buffalo.edu/equity.html](https://buffalo.edu/equity.html)
- 716-645-2266

### University Police

- [buffalo.edu/police](https://buffalo.edu/police)
- Emergency Line: 716-645-2222
- Non-Emergency Line: 716-645-2227