

WNY Community Resources During Quarantine

ADULT

ADDICTION

- ✚ 24-Hour Addiction Hotline 716-831-7007 Horizon Health Services: Addiction, Rehab, and Mental Health services <https://www.horizon-health.org/>

ADULT EDUCATION

- ✚ Sign up for these 450 Ivy League courses for free online right now <https://www.timeout.com/usa/news/sign-up-for-these-450-ivy-league-courses-for-free-online-right-now-031720>

CHILDCARE

- ✚ West Seneca Central School District First Responder and Medical Professional Childcare <https://www.wscschools.org/site/Default.aspx?PageID=21577>

CRISIS SUPPORT

- ✚ Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- ✚ Crisis Services 24-Hour Crisis Hotline 716-834-3131
- ✚ Chautauqua County Hotline 1-800-724-0461
- ✚ 24-Hour Erie County Domestic Violence Hotline 716-862-HELP
- ✚ NYS Domestic and Sexual Violence Hotline 716-862-HELP
- ✚ NYS Domestic and Sexual Violence Hotline 1-800-942-6906
- ✚ National Suicide Prevention Lifeline 1-800-273-8255
- ✚ Spectrum Health and Human Services Crisis Line 716-710-5172
- ✚ Crisis Text Line Text HOME to 741741
- ✚ The Trevor Project, a lifeline for LGBTQ youth under the age of 25 1-866-488-7386 Text START to 678678
- ✚ National Domestic Violence Hotline 1-800-799-7233

ENTERTAINMENT

- ✚ The Kennedy Center Digital Stage <https://www.kennedy-center.org/digitalstage/>
- ✚ Erie County Library (e-books and audiobooks) <https://buffalo.overdrive.com/>
- ✚ Louvre - virtual tours of the French museum <https://www.louvre.fr/en/visites-en-ligne>

Cynthia Edwards
EAP Coordinator
716-289-3180 (Cell)

FINANCIAL SUPPORT

- ✚ Health Well Foundation: COVID-19 Ancillary Costs *Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence.*
https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story

FITNESS

- ✚ Planet Fitness free home workouts <https://www.planetfitness.com/>
- ✚ Power Yoga Buffalo <https://poweryogabuffalo.com/>
- ✚ Revolution Buffalo, Rev at Home workouts saved on their Instagram Feed
<https://www.instagram.com/revolutionbuffalo/>
- ✚ Yoga Parkside <https://www.yogaparkside.org/>

FOOD BANKS

- ✚ Food Pantry Locator <https://www.foodbankwny.org/pantry-locator/>
- ✚ Friends of the Night People https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgMCaWcGYPyKDXEx2YSwzxHE_V_T8AYtSj45oU
- ✚ Catholic Charities <https://www.ccnny.org/services/food-pantries>

MENTAL HEALTH

- ✚ Mental Health Advocates Information & Referral Line Monday-Friday, 8:30AM-4:30PM 716-886-1242
- ✚ Managing Stress and Anxiety: Tips from the CDC
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- ✚ Spectrum Health and Human Services Mental Health Urgent Care
<http://www.shswny.org/>
716-539-5500 Monday-Friday, 8AM-5:30PM 1280 Main Street, Buffalo, NY, 14209
- ✚ Best Self Behavioral Health <http://www.bestselfwny.org/> 716-884-0888
- ✚ Horizon Health Services: Addiction, Rehab, and Mental Health services
<https://www.horizon-health.org/> 716-831-1800
- ✚ COVID-19 Information and Referrals from Mental Health America
<https://mhanational.org/covid19?fbclid=IwAR08got9HCltbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-Vlv0dazcfFKrKw>
- ✚ Calm.com *Meditations, sleep stories, calming music, calm for kids*
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_03172

Cynthia Edwards
EAP Coordinator
716-289-3180 (Cell)

- ✚ Erie County Warm Line *Monday-Friday 5-11PM Saturday and Sunday 5-11PM* 1-844-749-3848
- ✚ Chaut/Catt Warmline *Hours are 4-11PM daily, 7 days a week* 1-877-426-4373 Texting available at 1-716-392-0252
- ✚ Catholic Charities <https://www.ccnny.org/> 716-856-4494
- ✚ Community Health Center of Buffalo, Inc <https://chcb.net/> 716-986-9199
- ✚ Dale Association <http://daleassociation.com/> 716-433-1886
- ✚ ECMC's Help Center *An urgent care service for walk-in mental health treatment of adults in crisis who do not require psychiatric emergency treatment or inpatient care Individualized services addressing each patient's needs with a focus on wellness* 716-898-1594
- ✚ Endeavor Health Services <https://www.ehsny.org/> (716) 895-6700
- ✚ Evergreen Health <https://www.evergreenhs.org/covid-19/> (716) 847-2441

SMARTPHONE APPS

- ✚ Reflectly: Journal for Happiness <https://reflectly.app/>
- ✚ Jour: Journal for Mindfulness <https://jour.com/>
- ✚ Woebot - Your Self-Care Expert *CBT, DBT & mindfulness skills*
<https://woebot.io/>
- ✚ Lyf - You're not alone *Support without judgement*
<https://www.lyfapp.com.au/>

SOCIAL SUPPORT

- ✚ Inspire: Mental health support group and discussion community
<https://www.inspire.com/groups/mental-health-america/?origin=freshen>
- ✚ Depression and Bipolar Support Alliance
https://www.dbsalliance.org/support/chaptersand-support-groups/online-support-groups/?utm_medium=email&utm_source=dbsa&utm_content=2+-+DBSA+Online+Support+Group&utm_campaign=COVID-19&source=COVID-19

YOUTH

SCHOOL-RELATED

- ✚ Scholastic "Learn at Home" website
<https://classroommagazines.scholastic.com/support/learnathome.html>
- ✚ Kiddie Science (ages 2+) <https://www.kiddiescience.org/online-learning.Html>
- ✚ NASA activities (grades K-12) <https://www.jpl.nasa.gov/edu/learn/>
- ✚ PBS Kids Daily Newsletter <http://public.pbs.org/PBSKIDSDaily?source=tw>
- ✚ Smithsonian Science Education Center <https://ssec.si.edu/>

Cynthia Edwards
EAP Coordinator
716-289-3180 (Cell)

- ✚ 7th Grade History Lessons
https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw
- ✚ Virtual School Activities *A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites.*
<https://virtualschoolactivities.com/>
- ✚ Distance Learning Resources from the Smithsonian
<https://learninglab.si.edu/distancelearning>
- ✚ Discovery Education: Virtual Field Trips
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- ✚ Education Companies Offering Free Subscriptions due to School Closings
<https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSqhdz1IfGXz0&sle=true#gid=0>
- ✚ Free Science Projects and Lessons
<https://www.facebook.com/119810451513415/posts/1634661813361597/>

READING

- ✚ Virtual Storytime
<https://www.bklynlibrary.org/calendar/list/Virtual%20Programming>

CRAFTS/PROJECTS

- ✚ Hello, Wonderful <https://www.hellowonderful.co/>
- ✚ Recycle and Play <https://www.instagram.com/recycleandplay/>
- ✚ GoNoodle <https://www.gonoodle.com/>
- ✚ Stay at Home Science <https://californiasciencecenter.org/stuck-at-home-science>

EXERCISE

- ✚ Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>
- ✚ Revolution Buffalo Kids At Home Workout posted on Instagram feed
<https://www.instagram.com/revolutionbuffalo/>

CRISIS SUPPORT

- ✚ Kids' Helpline 716-834-1144 or 1-877-KIDS-400

FOOD

- ✚ West Seneca School District
<https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf>

Cynthia Edwards
EAP Coordinator
716-289-3180 (Cell)

- ✚ Buffalo Public Schools *Schools listed will be open to provide breakfast and lunch to families with students in the Buffalo Community.*

<https://www.buffaloschools.org/Page/88598>

- ✚ Ken-Ton UFSD

https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWsqMBY8R9aHvrKSOh3WxtOD8HQ8

MENTAL HEALTH

- ✚ The Clay Center for Young Healthy Minds www.mghclaycenter.org
- ✚ Child Mind Institute: Daily Newsletter for Supporting Kids During the COVID-19 Crisis <https://signup.e2ma.net/signup/1917784/1800565/>

EAP

Cynthia Edwards
EAP Coordinator
716-289-3180 (Cell)