

# MHA RESOURCE GUIDE DURING COVID-19 PUBLIC HEALTH CRISIS

# ADULT

## ADDICTION

Name/info	Contact
24-Hour Addiction Hotline	716-831-7007
Horizon Health Services: Addiction, Rehab, and Mental Health services	<a href="https://www.horizon-health.org/">https://www.horizon-health.org/</a> 716-831-1800

## ADULT EDUCATION

Name/info	Contact
Sign up for these 450 Ivy League courses for free online right now	<a href="https://www.timeout.com/usa/news/sign-up-for-these-450-ivy-league-courses-for-free-online-right-now-031720">https://www.timeout.com/usa/news/sign-up-for-these-450-ivy-league-courses-for-free-online-right-now-031720</a>

## CHILDCARE

Name/info	Contact
West Seneca Central School District First Responder and Medical Professional Childcare	<a href="https://www.wscschools.org/site/Default.aspx?PageID=21577">https://www.wscschools.org/site/Default.aspx?PageID=21577</a>

**CRISIS SUPPORT**

Name/info	Contact
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**

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

**FINANCIAL SUPPORT**

Name/info	Contact

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

## FITNESS

Name/info	Contact
Planet Fitness free home workouts	<a href="https://www.planetfitness.com/">https://www.planetfitness.com/</a>
Power Yoga Buffalo	<a href="https://poweryogabuffalo.com/">https://poweryogabuffalo.com/</a>
Revolution Buffalo, Rev at Home workouts saved on their Instagram Feed	<a href="https://www.instagram.com/revolutionbuffalo/">https://www.instagram.com/revolutionbuffalo/</a>
Yoga Parkside	<a href="https://www.yogaparkside.org/">https://www.yogaparkside.org/</a>

## FOOD BANKS

Name/info	Contact
Food Pantry Locator	<a href="https://www.foodbankwny.org/pantry-locator/">https://www.foodbankwny.org/pantry-locator/</a>
Friends of the Night People	<a href="https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM CaWcGYPyKDXEx2YSwzxHE_V__T8AYtSj45oU">https://friendsofnightpeople.com/covid-19-updates/?fbclid=IwAR00wnrc6vj3cBE27CcEpgM CaWcGYPyKDXEx2YSwzxHE_V__T8AYtSj45oU</a>
Catholic Charities	<a href="https://www.cwny.org/services/food-pantries">https://www.cwny.org/services/food-pantries</a>

## MENTAL HEALTH

Name/info	Contact
Mental Health Advocates Information & Referral Line	Monday-Friday, 8:30AM-4:30PM

	716-886-1242
Managing Stress and Anxiety: Tips from the CDC	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>
Spectrum Health and Human Services	<a href="http://www.shswny.org/">http://www.shswny.org/</a> 716-539-5500
Spectrum Health and Human Services Mental Health Urgent Care	Monday-Friday, 8AM-5:30PM 1280 Main Street, Buffalo, NY, 14209
Best Self Behavioral Health	<a href="http://www.bestselfwny.org/">http://www.bestselfwny.org/</a> 716-884-0888
Horizon Health Services: Addiction, Rehab, and Mental Health services	<a href="https://www.horizon-health.org/">https://www.horizon-health.org/</a> 716-831-1800
COVID-19 Information and Referrals from Mental Health America	<a href="https://mhanational.org/covid19?fbclid=IwAR08got9HClItbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-VlVl0dazcfFKrKw">https://mhanational.org/covid19?fbclid=IwAR08got9HClItbaB3kpZC35dhyS2zF0dJo7qpRM2Zidk-VlVl0dazcfFKrKw</a>
Calm.com <i>Meditations, sleep stories, calming music, calm for kids</i>	<a href="https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_subs_031720">https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&amp;utm_medium=email&amp;utm_campaign=difficult_times_subs_031720</a>
Erie County Warm Line <i>Monday-Friday 5-11PM Saturday and Sunday 5-11PM</i>	1-844-749-3848
Chaut/Catt Warmline <i>Hours are 4-11PM daily, 7 days a week</i>	1-877-426-4373 Texting available at 1-716-392-0252
Catholic Charities	<a href="https://www.cwny.org/">https://www.cwny.org/</a> 716-856-4494
Community Health Center of Buffalo, Inc	<a href="https://chcb.net/">https://chcb.net/</a> 716-986-9199
Dale Association	<a href="http://daleassociation.com/">http://daleassociation.com/</a> 716-433-1886
ECMC's Help Center <i>An urgent care service for walk-in mental health treatment of adults in crisis who do not require psychiatric emergency treatment or</i>	716-898-1594

<i>inpatient care</i> <i>Individualized services addressing each patient's needs with a focus on wellness</i>	
Endeavor Health Services	<a href="https://www.ehsny.org/">https://www.ehsny.org/</a> (716) 895-6700
Evergreen Health	<a href="https://www.evergreenhs.org/covid-19/">https://www.evergreenhs.org/covid-19/</a> (716) 847-2441

## RELIGION

Name/info	Contact
OLV Basilica Weekly Sunday Mass	<a href="https://www.olvbasilica.org/">https://www.olvbasilica.org/</a>

## SMARTPHONE APPS

Name/info	Contact
Reflectly: Journal for Happiness	<a href="https://reflectly.app/">https://reflectly.app/</a>
Jour: Journal for Mindfulness	<a href="https://jour.com/">https://jour.com/</a>
Woebot - Your Self-Care Expert <i>CBT, DBT &amp; mindfulness skills</i>	<a href="https://woebot.io/">https://woebot.io/</a>
Lyf - You're not alone <i>Support without judgement</i>	<a href="https://www.lyfapp.com.au/">https://www.lyfapp.com.au/</a>

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**SOCIAL SUPPORT**

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

# YOUTH

## SCHOOL-RELATED

Name/info	Contact
Scholastic “Learn at Home” website	<a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>
Kiddie Science (ages 2+)	<a href="https://www.kiddiescience.org/online-learning.html">https://www.kiddiescience.org/online-learning.html</a>
NASA activities (grades K-12)	<a href="https://www.jpl.nasa.gov/edu/learn/">https://www.jpl.nasa.gov/edu/learn/</a>
PBS Kids Daily Newsletter	<a href="http://public.pbs.org/PBSKIDSDaily?source=tw">http://public.pbs.org/PBSKIDSDaily?source=tw</a>
Smithsonian Science Education Center	<a href="https://ssec.si.edu/">https://ssec.si.edu/</a>
7th Grade History Lessons	<a href="https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw">https://historywithmrst.webnode.com/?fbclid=IwAR0DRuTfBRlh8kA5zBWz5rwPANsEKK1Gvm8a_06Ct11sGytA-gcxCBY0cpw</a>
Virtual School Activities <i>A collection of sites to live webcams, virtual tours/trips, and other miscellaneous fun academic sites.</i>	<a href="https://virtualschoolactivities.com/">https://virtualschoolactivities.com/</a>
Distance Learning Resources from the Smithsonian	<a href="https://learninglab.si.edu/distancelearning">https://learninglab.si.edu/distancelearning</a>
Discovery Education: Virtual Field Trips	<a href="https://www.discoveryeducation.com/community/virtual-field-trips/">https://www.discoveryeducation.com/community/virtual-field-trips/</a>
Education Companies Offering Free Subscriptions due to School Closings	<a href="https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1lfGXz0&amp;sle=true#gid=0">https://docs.google.com/spreadsheets/d/1RRv9cENXmp1frTxMmGv3HrNkag6e2RqRZirpHSRzy44/htmlview?fbclid=IwAR2MZ-TSoBtsMKjDXdjAcYmPfOhbx6x8cn62FXDBh4xrDVvSghdz1lfGXz0&amp;sle=true#gid=0</a>
Free Science Projects and Lessons	<a href="https://www.facebook.com/119810451513415/posts/1634661813361597/">https://www.facebook.com/119810451513415/posts/1634661813361597/</a>

## READING



Name/info	Contact
Virtual Storytime	<a href="https://www.bklynlibrary.org/calendar/list/Virtual%20Programming">https://www.bklynlibrary.org/calendar/list/Virtual%20Programming</a>

### CRAFTS/PROJECTS

Name/info	Contact
Hello, Wonderful	<a href="https://www.hellowonderful.co/">https://www.hellowonderful.co/</a>
Recycle and Play	<a href="https://www.instagram.com/recycleandplay/">https://www.instagram.com/recycleandplay/</a>
GoNoodle	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
Stay at Home Science	<a href="https://californiasciencecenter.org/stuck-at-home-science">https://californiasciencecenter.org/stuck-at-home-science</a>

### EXERCISE

Name/info	Contact
Cosmic Kids Yoga	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Revolution Buffalo Kids At Home Workout posted on Instagram feed	<a href="https://www.instagram.com/revolutionbuffalo/">https://www.instagram.com/revolutionbuffalo/</a>

### MUSIC/ENTERTAINMENT

Name/info	Contact


**CRISIS SUPPORT**

Name/info	Contact
Kids' Helpline	716-834-1144 1-877-KIDS-400

**FOOD**

Name/info	Contact
West Seneca School District	<a href="https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf">https://www.wscschools.org//cms/lib/NY02205793/Centricity/Domain/23/Food%20Distribution%20letter.pdf</a>
Buffalo Public Schools <i>Schools listed will be open to provide breakfast and lunch to families with students in the Buffalo Community.</i>	<a href="https://www.buffaloschools.org/Page/88598">https://www.buffaloschools.org/Page/88598</a>
Ken-Ton UFSD	<a href="https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWsgMBY8R9aHvrKSOh3WxtOD8HQ8">https://www.ktufsd.org/Page/18948?fbclid=IwAR0KykVCTjq_AKxusyDakeBCEP9z9b2zWsgMBY8R9aHvrKSOh3WxtOD8HQ8</a>

**MENTAL HEALTH**

Name/info	Contact

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