



## **Looking for Help?**

Sometimes we just don't know where to turn when we are in need of help. Here are a few resources that we have seen that may be helpful, especially during the COVID-19 pandemic:

### **Mental Health America Crisis Text Line:**

If you or someone you know is in crisis, please [call 911](#), go to the nearest emergency room, call 1-800-273-TALK (8255) to reach a 24-hour crisis center, or [text MHA to 741741](#) at the Crisis Text Line.

You can also call 1-800-985-5990 or text "TalkWithUs" to 66746 at the SAMHSA Disaster Distress Helpline. Trained crisis workers will listen to you and direct you to the resources you need.

### **OMH Emotional Support Line: 1-844-863-9314**

The New York State Office of Mental Health (OMH) Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

### **Niagara County Recovery Line: (716) 433-6543**

The program provides the peer adult, through phone support, the opportunity to prevent the onset of an emotional crisis. The Recovery Line is a key strategy for Niagara County adults with psychiatric disabilities to recognize and deal with their own mental health triggers. Our ultimate goal is to keep adults in their communities of support while minimizing the use of the emergency room and offering hospital diversion as a desired outcome.

### **Cazenovia Recovery Systems: (716) 852-4331**

Finding care and treatment for substance use disorders can be a complicated process, but Cazenovia Recovery is here to help. If you or someone you know needs support for their substance use disorder, call us at the number above.

### **FeedMore WNY Food & Pantry Locator: [www.foodbankwny.org/pantry-locator](http://www.foodbankwny.org/pantry-locator)**

If you are in need of food assistance, our pantry locator tool is updated daily.

### **Meals on Wheels WNY: [mealsonwheelswny.org/home-delivered-meals](http://mealsonwheelswny.org/home-delivered-meals)**

For information about our home-delivered meals program please visit the link above.

### **Community Missions' Community Kitchen**

During the COVID-19 crisis, Community Missions is continuing its Community Kitchen program by providing to-go meals on our front stoop. This is open Monday-Saturday from 11:15 a.m. - 12:45 p.m. to anyone that visits the program.

### **Hope for Niagara: [www.HopeForNiagara.org](http://www.HopeForNiagara.org)**

Community Missions' Agency Pastor, Rev. Mark Breese, and the Niagara Ministerial Council has launched a site offering spiritual reflections, online weekly chapel services, and other resources.