

Mental Health Resources for Children & Adolescents

Local Agencies for Outpatient Services

- The first two are only for adolescents, but they can remain linked there until they are 21 years old
- The third is only for adults/students 18 years or older
- Psychiatrists on site, but clients must be linked with a counselor as well
- Accept numerous types of insurance, both public and private

BestSelf Behavioral Health (BBH)

3350 Main Street Buffalo 14214
835-4011

www.bestselfwny.org

Intake is through Open Access hours. If the child is not a former client of BBH, the parent/guardian must call Central Intake (884-0888) to be entered into the system prior to presenting at the office for Open Access. Once completed or if a previous client, simply present at the agency to complete the intake during the times indicated: Tuesday 12:30pm-3:00pm and Wednesday 8:30am-11:30am

Catholic Charities-Monsignor Carr Clinic *Closed on Fridays

1465 Payne Avenue N. Tonawanda 14120
694-7749

www.ccwny.org

Intake is through a central system. You MUST call 1-877-448-4466. They will either schedule an appointment for you or instruct you to come to walk-in hours: Monday, Tuesday and Wednesday between 10:00am-11:00am. They will ask you to arrive at 9:30am to complete paperwork first

Horizon Health Services-Tonawanda Recovery Center *ADULTS ONLY (if the student is 18 years or older)

37 Niagara Street Tonawanda 14150

Intake: 831-1800 Office: 831-1850

www.horizon-health.org

Local Practices for Outpatient Services

- Collection of various providers: social workers, psychologists, psychiatrists and psychiatric nurse practitioners (both of whom can prescribe medication), mental health counselors and others
- The Practice may or may not take public insurance/third party reimbursement, such as Managed Medicaid, Child Health Plus, etc.
- Each provider may accept different insurances
- Each provider may vary in their treatment of adolescents, adults or both
- Websites typically include biographies of all providers, where it may indicate with what age range they work, what they may specialize in and whether or not they are accepting new clients
- May have multiple sites, so be sure the provider you are considering works closer to Tonawanda

Family Counseling Associates

884 Brighton Road Tonawanda 14150
836-9460

www.familycounselingwny.com

UBMD Psychiatry

4955 North Bailey Amherst 14226
835-1246

www.ubmd.com

Suburban Psychiatric Associates

85 S. Bryant Woods Amherst 14228
689-3333

www.suburbanpsych.org

WNY Psychotherapy Services

315 Alberta Dr #211 Amherst 14226
837-6705

www.wnypsychotherapy.com

Check Your Health Insurance Website/Provider Manual

- You can obtain a list of providers covered by your insurance. Start with Mental Health or Behavioral Health. Some websites then have filters, where you can search by specialty areas, such as anxiety, trauma, grief, etc.
- You can contact your child's school counselor or social worker, who may be able to provide suggestions based on your options

Counseling Assistance Program of Tonawanda (CAPT)

- Outpatient mental health services, provided by BestSelf Behavioral Health (BBH), at Tonawanda High School
- Elementary students may be linked, but must be transported to appointments by family
- Similar to other outpatient services, in that families utilize health insurance or private pay
- Only available Wednesday 8:00am-3:00pm and Thursday 8:00am-5:00pm
- Priority is given to families with transportation issues. Limited spots are available and there may be a waitlist
- Contact Joelle Labert, High School Social Worker at 694-7670 x4128

Crisis Intervention

- Available 24 hours/day
- Used for phone consultation
- Can conduct home visits to assess safety and determine if evaluation at the hospital is necessary

CARES: Crisis and Re-Stabilization Emergency Services

882-4357 (882-HELP)

Crisis Services *(18+ years old)

834-3131

Walk-in Mental Health Treatment *(18+ years old)

Erie County Medical Center Help Center

898-1594

8:00am-10:30pm

Emergency Evaluation/ Inpatient Services

- Conduct evaluations at their hospital to assess safety and determine if admission to the psychiatric unit is necessary

Erie County Medical Center-CPEP

462 Grider St, Buffalo 14215

898-3465

*Present at the emergency room and indicate you are seeking a psychiatric evaluation

BryLin Hospital

1263 Delaware Ave, Buffalo 14209

886-8200

*You MUST call first. Do NOT just present there, as they do not have an emergency room. Hours are 7:00am-11:00pm

COMMUNITY RESOURCES

Crisis Services/Hotlines

<p><u>Child Protective Services</u> Public Hotline: 1-800-342-3720 Report Suspected Child Abuse or Maltreatment</p> <hr/> <p><u>Family Helpline</u> 24 Hour Support for Parents/Guardians (716) 892-2172</p>	<p><u>Crisis Services: (716) 834-3131</u> 24 Hour Crisis Hotline Emergency Mental Health Outreach (18+ years old) Domestic Violence/Elder Abuse Advocate Program Trauma Response Program 24 Hour Addiction Hotline: (716) 831-7007 24 Hour Kids Helpline: (716) 834-1144</p>
<p><u>C.A.R.E.S. Spectrum Health and Human Services</u> (716) 882-4357 Crisis and Re-Stabilization Emergency Services (Youth)</p>	<p><u>Crisis Text Line</u> Text HOME to 741741</p>
<p><u>National Suicide Prevention Lifeline</u> 1-800-273-8255 24 Hour Crisis Counseling</p>	<p><u>The Trevor Project (LGBTQ+)</u> 24 Hour Crisis Hotline: 1-866-488-7386 24 Hour Text Line: Text START to 678-678</p>
<p><u>Compass House</u> (716) 886-0935 Emergency Shelter (Ages 12-24)</p>	<p><u>Erie County Medical Center Help Center</u> (716) 898-1594 Walk-in Mental Health Treatment (18+ years old)</p>

Emergency Mental Health Services/Hospitals

<p><u>Erie County Medical Center CPEP</u> (716) 898-3465 Comprehensive Psychiatric Emergency Room and In-Patient Treatment (All ages)</p>	<p><u>BryLin Hospital</u> (716) 886-8200 Emergency Psychiatric Evaluation and In-Patient Treatment (All Ages) *Call first</p>
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Outpatient Mental Health Counseling and Psychiatry

<p><u>BestSelf Behavioral Health</u> Children and Adolescents 3350 Main Street, Buffalo 14214 (716) 835-4011</p>	<p><u>Catholic Charities Monsignor Carr Children's Clinic</u> Children and Adolescents 1465 Payne Avenue, N. Tonawanda 14120 (716) 694-7749</p>
<p><u>Horizon Health Services-Tonawanda Recovery Center</u> ADULTS (18+ years old) ONLY 37 Niagara Street, Tonawanda 14150 (716) 831-1850</p>	<p><u>Family Counseling Associates</u> Youth and Adults 884 Brighton Road, Tonawanda 14150 (716) 836-9460</p>
<p><u>WNY Psychotherapy Services</u> Youth and Adults 315 Alberta Drive #211, Amherst 14226 (716) 837-6705</p>	<p>*Contact your pediatrician, primary medical doctor or insurance company for other options</p>

Contact **Mental Health Advocates of WNY** for information on self-help and support groups on various topics
(716) 886-1242

Dial 2-1-1 or visit 211wny.org for other resources and services