

COVID-19 Patient Resource List

University at Buffalo School of Dental Medicine C.A.R.E.S.

For 24/7 **free, confidential** information on local organizations that can help you address needs including food, shelter, energy assistance, housing, parenting resources, health care, employment, etc. **contact 2-1-1 (or 888-892-1162).**

Applying for Unemployment

File a claim online at www.ny.gov. If you are temporarily out of work or your working hours have been reduced due to COVID-19, choose "coronavirus" as your reason for separation when filing your claim. You can also contact the Telephone Claim Center at (888) 209-8124.

Emergency Assistance (Utilities, Rent, Food)

Contact your **local county social services agency**, or call the United Way COVID-19 Economic Relief Fund at 1-866-211-9966.

School Districts Providing Meals for Students

Buffalo Public Schools are providing breakfast and lunch to families with students in the Buffalo Community. Schools will be open from 11a.m. to 1p.m., Monday, Wednesday, and Friday. Any child under 18 years and younger may receive these meals. For more information or concerns call the Food Services Department at (716) 816-3688.

Childcare

For "essential" workers: If you are a parent who provides necessary services to, or cares for, members of our communities and you need childcare, visit the **Child Care Resource Network** to begin the Matching Process or call (716) 877-6666 ext. 3064 to speak with a Child Care Navigator.

If you are not working, but you are interested in childcare options visit the **Child Care Resource Network** or call (716) 877-6666 ext. 3064.

Support for Parents

- National Parent Hotline: 1-855-427-2736
- Childhelp National Hotline: 1-800-4-A-CHILD
- **The Child Mind Institute**
- **Prevent Child Abuse America**
- **World Health Organization: Parenting Tools and Tips**
- **National Association of School Psychologists: Helping Children Cope**

Educational Resources for Children

- **US Department of Education**
- **Online Education Resources and Programs**
- **List of education companies offering free subscriptions due to school closings**
- **PBS Kids** (videos, games)

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- **For Students** (virtual classroom of assignments, projects, classes)
- **Google Arts and Culture** (virtual tours of museums, cities, space)
- **Audible** (free audio books for families and children)

Mental Health Resources

Mental Health Crisis Services

For non-crisis support:

- If you have private insurance, call your insurance company for a list of providers near you accepting patients.
- If you have Medicaid or are uninsured, call your local LME-MCO to find out who your local mental health provider is and how to access their services.

National Hotlines:

Crisis Text Line: Text GOT5 to 741741

An anonymous texting service available 24/7. Starting a conversation is easy.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call.

National Alliance on Mental Illness Helpline: 1-800-950-NAMI (6264)

HelpLine volunteers answer questions, offer support and provide practical next steps Monday through Friday from 10a.m. to 6p.m.

- Text "NAMI" to 741741 for 27/7 crisis support

SAMHSA Disaster Distress Hotline: 1-800-985-5990

Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Additional forms of communication include:

- Text: "TalkWithUs" to 6746
- TTY: 1-800-846-8517
- Website: www.samhsa.gov

24 Hour Addiction Hotline Buffalo and Erie County: 1-716-831-7007

Resources Related to Interpersonal Violence, Elder/Child Abuse and Neglect

Domestic Violence

- 24/7 National Domestic Violence Hotline: 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)
- New York State Domestic Violence 24 Hour Hotline: 1-800-942-6906 or 711 for Deaf or Hard of Hearing
- **NY Coalition Against Domestic Violence**

Sexual Assault

- 24/7 National Sexual Assault Hotline: 1-800-656-HOPE (4673) or **Online Hotline**

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- **New York State Coalition Against Sexual Assault**
- List of rape **crisis centers by county** with 24/7 hotlines

Domestic Violence Services in Erie County (For shelter in Erie County call (716) 884-6000)

- **Crisis Services** (716) 834-3131 - Provides non-residential domestic violence services. OCFS Licensed and Approved.
- **Erie County District Attorney's Office – Domestic Violence Bureau** (716) 858-4630 - Provides non-residential domestic violence services. OCFS Licensed and Approved.
- **Erie County Sheriff's Office Domestic Violence Hotline** (716) 858-7999 - Provides non-residential domestic violence services. OCFS Licensed and Approved.
- **Family Justice Center of Erie County, Inc.** (716) 558-SAFE (7233) - Provides non-residential domestic violence services. OCFS Licensed and Approved.
- **Haven House- Child & Family Services, Inc.** (716) 884-6002 - Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- **Hispanos Unidos de Buffalo, Inc.** (716) 481-8867 - Provides non-residential domestic violence services. OCFS Licensed and Approved.

If you suspect abuse or neglect of an elderly person or child:

Contact law enforcement or report it to your **local county Department of Social Services.**