

# HELP

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## **Directory of Community Services**

*28th Edition*

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*Brought to you by the*



**Mental Health  
ASSOCIATION**  
in Niagara County, Inc.

“The Information and Referral Specialists”

**Phone: (716) 433-3780**

**Web: [WWW.MHANC.COM](http://WWW.MHANC.COM)**

**County-Wide HELP LINE**

**433-5432**

## ***What is the Help Book?***

You are holding the 28<sup>th</sup> edition of the Help Book, first published in 1981. MHA in Niagara County is proud to be the official information and referral source for all of Niagara County. Our referral services are available anytime of the day or night by phone, through our printed directories and resource guides, and through our website at [www.mhanc.com](http://www.mhanc.com). Our phone referral system, known as the Help Line, is staffed 24/7 so there is always someone standing by to help you with the information in our many directories. One Help Line number serves all of Niagara County: 716-433-5432.

Since our founding in 1964, we have offered a variety of programs and support services for all members of the community. You can learn more about MHA in Niagara County on the following pages, or by visiting our website, dropping by our office, or giving us a call. We look forward to hearing from you!

Good Health to You,

Cheryl Blacklock,  
Executive Director

## ***Membership***

It's easy to become a member of the Mental Health Association in Niagara County. Membership levels begin at \$10 and you even receive special benefits. Most of all, membership offers the opportunity to improve the services provided to individuals with mental illness, help promote mental wellness and deliver important mental health education. Call, stop by or visit our website today.

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Printed June 2013

## Niagara County

**EMERGENCY PHONE NUMBERS**

**Child Abuse Hotline** (New York State).....1-800-342-3720

<b>Crisis Services Hotline</b> ..... 285-3515
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**Domestic Violence Hotlines** (Local)

Lockport (Y.W.C.A. of Niagara) ..... 433-6716

North Tonawanda (Y.W.C.A. of the Tonawandas) ..... 692-5643

Niagara Falls (PASSAGE)..... 285-6984

**Family & Children's Service of Niagara**

Runaway & Youth Services (Casey House) ..... 285-7125

**National Suicide Hotline** .....1-800-784-2433

**Poison Control Center of WNY**.....1-800-222-1222

**Rape Crisis Hotline** ..... 433-6716

**Suicide Prevention Hotline** (Niagara County) ..... 285-3515

**Veterans Suicide Hotline**.....1-800-273-8255

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## ADDICTIONS

**Alcoholics Anonymous**

[www.ny-aa.org/niagara/](http://www.ny-aa.org/niagara/)

- Buffalo ..... 853-0388
- Niagara County (By Appointment Only) ..... 285-5319

**Beacon Center**

[www.beaconcntr.com](http://www.beaconcntr.com)

- Lockport ..... 439-6815
- Niagara Falls ..... 282-4480

**Brylin Hospital** ..... 886-8200

[www.brylin.com](http://www.brylin.com)

**Eastern Niagara Hospital- Lockport**

[www.enhs.org](http://www.enhs.org)

- Reflections Recovery Center ..... 514-5561

**Fellowship House Inc.** ..... 282-8510

- Sundram Manor ..... 284-6228
- Madonna House ..... 438-9131
- Somerset House ..... 795-3719
- Supportive Living ..... 282-0074

**GamAnon** ..... 718-352-1671

[www.gam-anon.org](http://www.gam-anon.org)

**Gambler's Anonymous** ..... 940-3346

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

**Horizon Health Services**

[www.horizon-health.org](http://www.horizon-health.org)

- City Market (Niagara Falls) ..... 505-1060
- Horizon Village ..... 731-2030
- Lockport ..... 836-1767
- Niagara Falls ..... 283-2000
- North Tonawanda Boulevard Counseling Center ..... 833-3708
- Tonawanda Clinic ..... 831-1850

**Jewish Family Service** ..... 883-1914

[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

**Mt. St. Mary's Hospital**

www.msmh.org

Clearview Treatment Services.....	298-2115
General Information.....	297-4800
VanGo.....	298-2370

**Narcotics Anonymous**

www.na.org

Buffalo.....	878-2316
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**Niagara County Al-Anon & AA Information** ..... 285-5319

**Northpointe Council, Inc.**

www.northpointecouncil.org

Lockport .....	433-3846
Niagara Falls.....	278-8110
First Step Alcohol Center .....	285-3421

**The New York Council on Problem Gambling** .....1-800-846-7369

www.nyproblemgambling.org

NYS Addiction HOPEline..... 1-877-8HOPENY (846-7369)

**CHILDREN / YOUTH**

**Big Brothers Big Sisters of Niagara** ..... 434-1855

..... 285-6680

www.bbbsniagaracounty.homestead.com

**Boys and Girls Club, Inc.**..... 282-7181

**Boy Scouts of America – Greater Niagara Frontier Council**..... 891-4073

www.wnyscouting.org

**Catholic Charities**

www.ccwny.org

Lockport Office.....	433-0246
Niagara Falls or North Tonawanda .....	282-2351

***Monsignor Carr Institute Children's Clinic***

Lockport .....	478-0315
Niagara Falls.....	205-0825
North Tonawanda .....	694-7749
Referrals .....	1-877-448-4466

Multi-Systemic Therapy .....	NF 282-4991 / Lockport 478-0035
WIC Program Office .....	NF 285-0975 / Lockport 439-4712
<b>Center for Family Therapy .....</b>	<b>434-7430</b>
<b>Center for Joy, Inc. (at HANCI) .....</b>	<b>285-8224</b>
<b>Child Abuse Hotline</b>	
<a href="http://www.ocfs.state.ny.us/main/cps/">www.ocfs.state.ny.us/main/cps/</a>	
Mandated reporters line.....	1-800-635-1522
New York State.....	1-800-342-3720
<b>Child Health Plus</b>	
<a href="http://www.health.state.ny.us/nysdoh/chplus">www.health.state.ny.us/nysdoh/chplus</a>	
Children's Insurance Program.....	1-800-698-4543
<b>Children's Hospital Dental Clinic.....</b>	<b>878-7183</b>
After Hour Emergencies.....	878-7000
<b>Camp Hope @ Niagara Hospice (summer only).....</b>	<b>439-4417</b>
<a href="http://www.niagarahospice.org">www.niagarahospice.org</a>	
<b>City of Niagara Falls Youth Bureau .....</b>	<b>285-3403</b>
<b>Community Missions.....</b>	<b>285-3403</b>
<a href="http://www.communitymissions.org">www.communitymissions.org</a>	
Aurora House .....	433-1905
Family Services Program .....	285-3403
Kid's Café.....	285-3403
Niagara Falls Juvenile Arrest Diversion Program .....	285-3403
Niagara Falls Juvenile Intensive Case Management.....	285-3403
Onesimus House .....	284-2077
Youth Services.....	285-4668
<b>Compeer Niagara for Kids .....</b>	<b>433-3780</b>
<a href="http://www.mhanc.com/compeer_kids.html">www.mhanc.com/compeer_kids.html</a>	
<b>Cornell Cooperative Extension</b>	
<a href="http://www.cce.cornell.edu/niagara/location.html">www.cce.cornell.edu/niagara/location.html</a>	
Lockport .....	433-8839
Niagara Falls (at Community Missions) .....	285-3403 ext.2255
<b>Family &amp; Children's Service of Niagara</b>	
<a href="http://www.niagarafamily.org">www.niagarafamily.org</a>	

Lockport .....	433-6019
Niagara Falls (PASSAGE).....	285-6984
Casey House - Runaway & Youth Services (Teen Crisis Line) .....	285-7125
<b>Girl Scouts of Niagara County</b> .....	434-6212
www.gswny.org	
<b>Grandparents Advocating &amp; Support Group – GASP</b> .....	831-3235
<b>Health Association of Niagara County, Inc. (Hanci)</b> .....	285-8224
www.hanci.com	
Trott Child Learning Center.....	285-8224
Childhood Obesity Prevention Project .....	285-8224 ext. 131
<b>Hillside Children's Center</b>	
www.hillside.com	
Therapeutic Foster Care Services .....	439-5400
<b>Juvenile Aid Bureau</b>	
Lockport .....	439-6606
Niagara Falls.....	286-4568
North Tonawanda .....	692-4317
<b>Kidspeace National (ITF)</b> .....	1-800-25PEACEor 257-3223
www.kidspeace.org	
<b>Let’s Talk – Support Group for Youth</b> .....	433-3780 ext.309
Meets 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of every month, 6:00 pm to 7:30 pm	
At Eastern Niagara Hospital Cafeteria, 521 East Avenue, Lockport	
<b>Mary C. Dyster Center for Young Parents</b>	
Niagara Falls.....	286-0763
<b>Mental Health Association in Niagara County, Inc.</b> .....	433-3780
www.mhanc.com	
Community Education	
Compeer Kids	
<b>National Center for Missing and Exploited Children</b> .....	1-800-843-5678
www.missingkids.com	
<b>National Runaway Hotline</b> .....	1-800-786-2929
www.nrscrisisline.org	



**New Directions Youth & Family Services**

www.ndyfs.org

Diagnostic Services.....	434-4487
Diversion Respite & Wraparound Services.....	433-4487
Henrietta G. Lewis Campus School .....	433-9592
Wyndham Lawn Home for Children .....	433-4487

**Niagara Cerebral Palsy Association**

www.ucpaofniagara.com

Administrative Office .....	297-0798
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**Niagara Community Action Program (NIACAP)**

www.niagaracap.org

Community Child Care Clearinghouse of Niagara.....	285-8572
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**Niagara County Department of Health**

www.niagaracounty.com

Children & Adults with Special Needs – Lockport .....	439-7460
Children & Adults with Special Needs – Niagara Falls .....	278-8180
Early Intervention/Child Find.....	278-1691
Immunization Program .....	278-1903

**Niagara County Department of Social Services**

www.niagaracounty.com

Lockport, 20 East Avenue .....	439-7600
Niagara Falls, 301 10 <sup>th</sup> St.....	278-8400
Child Protective Service	
Lockport .....	439-7707
Niagara Falls.....	278-8650
North Tonawanda .....	743-4400
Child Support Collection Unit	
Lockport .....	439-7600 (press option 3)
Niagara Falls (Child Welfare).....	278-8400 (press option 3)

**Niagara County Head Start**

Administration .....	285-8883
Donovan Center .....	285-8117
Lockport .....	433-1055
Newfane.....	778-5802
Niagara Falls.....	285-1974
North Tonawanda .....	693-7660
Starpoint Center.....	210-2111
Wilson Center .....	751-9341

**Niagara County Youth Bureau** ..... 278-1978  
[www.niagaracounty.com](http://www.niagaracounty.com)

**Niagara Falls Memorial Medical Center**  
 Child Advocacy Center ..... 285-0045

**Single Point of Access (S.P.O.A.)** ..... 439-7410  
[www.niagaracounty.com](http://www.niagaracounty.com)  
 Children’s S.P.O.A. .... 439-7412

**COMMUNITY SERVICE AGENCIES**

**American Red Cross (Niagara County)** .....434-8876/ 731-4030  
[www.niagararedcross.org](http://www.niagararedcross.org)

**Better Business Bureau** .....881-5222 / 1-800-828-5000  
[www.upstateny.bbb.org](http://www.upstateny.bbb.org)

**Boys and Girls Club, Inc.**..... 282-7181

**Brother's Keeper Outreach (Food & Clothing)**..... 439-9638

**Catholic Charities**  
[www.ccwny.org](http://www.ccwny.org)  
 Lockport Office..... 433-0246  
 Niagara Falls Office / Tonawanda ..... 282-2351

**Center for Joy, Inc. (at HANCI)**..... 285-8224

**Community Missions**..... 285-3403  
[www.communitymissions.org](http://www.communitymissions.org)

**Consumer Credit Counseling of Buffalo, Inc.** ..... 712-2060 / 1-800-926-9685  
[www.cccsbuff.org](http://www.cccsbuff.org)

**Cornell Cooperative Extension**  
[www.cceniagaracounty.org](http://www.cceniagaracounty.org)  
 Lockport ..... 433-8839  
 Niagara Falls (in Comm. Missions office) ..... 285-3403 ext.2255

**Health Association of Niagara County, Inc. (HANCI)**  
[www.hanci.com](http://www.hanci.com)

Lockport .....	433-2664
Niagara Falls .....	285-8224
North Tonawanda .....	692-4855
<b>Heart, Love &amp; Soul</b> .....	282-5681
www.heartloveandsoul.org	
<b>Independent Living of Niagara County</b> .....	284-4131 / 1-855-366-1042
www.ilnc.org	
<b>Mental Health Association in Niagara County, Inc.</b> .....	433-3780
www.mhanc.com	
Allies 4 Life	
Community Education	
Consumer Planning Advisory Committee (C.P.A.C.)	
Compeer Niagara for Adults and Kids	
County-Wide Helpline.....	433-5432
In-Home Respite	
Legal Advocacy	
Peer Advocate (NFMCC) .....	278-4748
Support Groups: Anxiety/Depression · Grief Share · Family Meetings (for parents of children with a mental health diagnosis · Alzheimer’s Support Group	
<b>Niagara Community Action Program (NIACAP)</b>	
www.niagaracap.org	
Community Child Care Clearinghouse of Niagara.....	285-8572
Lockport Neighborhood Center and Food Pantry .....	433-6632
Niagara Falls Neighborhood Center.....	282-4375
North Tonawanda Neighborhood Center .....	694-9727
Nutrition Outreach and Education .....	439-1322
Weatherization Assistance Program.....	285-9681
<b>Niagara County Sheriff’s Office Victim Assistance Unit</b> .....	438-3306
www.niagarasheriff.com	
<b>Niagara Falls Community Health Worker Program</b> .....	278-4623
www.nfmcc.org/services/communityhealthworker	
<b>Niagara Frontier Family Network</b> – see listing for the Mental Health Association, Family Meetings	
<b>Salvation Army</b>	
Lockport .....	434-1276
Niagara Falls .....	283-7697

North Tonawanda .....	692-7323
<b>Save a Pet Niagara</b> .....	559-3020
www.saveapetniagara.com	
<b>Society for the Prevention of Cruelty to Animals (SPCA)</b> .....	731-4368
www.niagaraspca.org	
<b>St. John's Food Pantry and Outreach</b> .....	433-5252
www.stjohnslockport.org/outreach.html	
<b>United Way of Greater Niagara</b> .....	285-8461
www.uwgn.org	
Community Service Center .....	434-1190
<b>United Way of the Tonawandas</b> .....	693-0895
www.uwayt.com	

## COUNSELING

### **Catholic Charities**

www.ccwny.org

Lockport Office.....	433-0246
Niagara Falls Office or North Tonawanda.....	282-2351
Multi-Systemic Therapy .....	NF 282-4991 / Lockport 478-0035

### ***Monsignor Carr Institute Children's Clinic***

Lockport .....	478-0315
Niagara Falls.....	205-0825
North Tonawanda .....	694-7749
Referrals .....	1-877-448-4466

<b>Center for Family Therapy</b> .....	434-7430
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<b>Christian Counseling Ministries of WNY, Inc.</b> .....	632-3200
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www.ccmwny.org

Fee according to sliding scale; Licensed Mental Health Counselors  
Williamsville/Clarence Location

<b>Camp Hope (summer only)</b> .....	280-0777
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Niagara Hospice .....	439-4417
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www.niagarahospice.org

<b>Consumer Credit Counseling of Buffalo, Inc.</b> .....	712-2060 / 1-800-926-9685
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[www.cccsbuff.org](http://www.cccsbuff.org)

### **Dale Association**

[www.daleassociation.com](http://www.daleassociation.com)

Administrative Offices.....	433-4440
Mental Health Peer Specialist.....	433-3344
Outpatient Counseling and Treatment Center .....	693-9961
PROS Center for Wellness.....	433-1937

**Everywoman Opportunity Center** ..... 282-8472

[www.everywoman.org](http://www.everywoman.org)

### **Family & Children's Service of Niagara**

[www.niagarafamily.org](http://www.niagarafamily.org)

Lockport .....	433-6019
Niagara Falls (PASSAGE).....	285-6984
Family Outreach Intervention Services	

**Hillside Children's Center** (Therapeutic Foster Care Services) ..... 439-5400

[www.hillside.com](http://www.hillside.com)

24 Hour Service & General Information .....	585-256-7500
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### **Horizon Health Services**

[www.horizon-health.org](http://www.horizon-health.org)

City Market (Niagara Falls).....	505-1060
Horizon Village .....	731-2030
Lockport .....	836-1767
Niagara Falls.....	283-2000
North Tonawanda Boulevard Counseling Center .....	833-3708
Tonawanda Clinic.....	831-1850

**Jewish Family Service**..... 883-1914

[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

**Lockport Care Net Pregnancy Center** ..... 434-0251

[www.lockportcarenet.com](http://www.lockportcarenet.com)

**Mental Health Association in Niagara County, Inc.** ..... 433-3780

[www.mhanc.com](http://www.mhanc.com)

Grief Center	
Referral to counseling services (Help-Line) .....	433-5432

### **Niagara County Department of Mental Health**

[www.niagaracounty.com](http://www.niagaracounty.com)

Outpatient Clinic - Lockport (Mount View).....	439-7400
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Outpatient Clinic - Niagara Falls (Trott Access Center) ..... 278-1940  
 Suicide Prevention Hotline ..... 285-3515

**Niagara Falls Memorial Medical Center**

www.nfmcc.org

Community Mental Health Clinic..... 278-4541  
 General Information ..... 278-4000

**Northpointe Council, Inc.**

www.northpointecouncil.org

Lockport ..... 433-3846  
 Niagara Falls ..... 282-1228  
 North Tonawanda ..... 694-3214  
 First Step Crisis Center ..... 285-3421

**Rape Crisis Services (YWCA) & Domestic Violence HotLine**..... 433-6716

**Recovery Plus** ..... 694-1225

**Samaritan Counseling Center of WNY**..... 743-9117 / 1-800-660-5053

www.wnycounseling.org

Fees based on sliding scale; Multiple locations in Niagara County

**CRISIS HOTLINES / EMERGENCY SERVICES**

**AIDS Hotline**.....1-800-541-2437

www.nyaidslines.org

**American Red Cross (Niagara County)**..... 434-8876/ 731-4030

www.niagararedcross.org

**Child Abuse Hotline** (mandated reporter’s line).....1-800-635-1522

www.ocfs.state.ny.us/main/cps/

**Child Abuse Hotline** (New York State).....1-800-342-3720

www.ocfs.state.ny.us/main/cps/

**Community Missions**..... 285-3403

www.communitymissions.org

Crisis Shelter..... 285-3403

**Community Services for the Developmentally Disabled**

www.csdd.info  
 Project COACH (Community Outreach and Crisis Hotline) ..... 883-8002

**Crisis Services Hotline** ..... 285-3515

**Domestic Violence Hotlines (Local)**

    Lockport ..... 433-6716  
 North Tonawanda ..... 692-5643  
 Niagara Falls (PASSAGE)..... 285-6984

**Domestic Violence Hotline (National)** ..... 1-800-799-7233 - TTY – 1-800-787-3224  
 www.ndvh.org

**Family & Children’s Service of Niagara**  
 www.niagarafamily.org

    Casey House - Runaway & Youth Services..... 285-7125  
 Domestic Violence Services (PASSAGE) ..... 285-6984

**Grad Student Hotline (GRADHLP)** .....1-800-472-3457

**HIV Counseling Hotline** .....1-800-872-2777

**Hopeline (Suicide Hotline)** ..... 1-800-442-HOPE / 1.800.442.4673  
 www.hopeline.com

**Mental Health America**  
 www.mentalhealthamerica.net

    Crisis Hotline .....1-800-784-2433

**National Suicide Hotline** .....1-800-784-2433

**National Suicide Prevention Lifeline** .....1-800-273-8255  
 www.suicidepreventionlifeline.org

**New York State Coalition Against Domestic Violence** .....1-800-942-6906  
 www.nyscadv.org

**Option Line** .....1-800-395-4357  
 24 Hour National Pregnancy Center Emergency Helpline

**Poison Control Center of WNY**.....1-800-222-1222  
 www.upstate.edu/poison

**Postpartum Depression Hotline (PPD MOMS)**.....1-800-773-6667

<b>Rape Crisis Hotline</b> .....	433-6716
<b>Spanish Speaking Suicide Hotline</b> .....	1-800-784-2432
<b>Suicide Prevention Hotline (Niagara County)</b> .....	285-3515
<b>The Trevor Project</b> .....	1-866-488-7386
www.thetrevorproject.org	
Crisis intervention and suicide prevention for Lesbian, Gay, Bisexual, Transgender, & Questioning youth.	
<b>Veterans Peer Support Line (Vet2Vet)</b> .....	1-877-838-2838
<b>Veterans Suicide Hotline</b> .....	1-800-273-8255
<b>Youth Line (Teen to Teen Peer Counseling Line)</b> .....	1-877-968-8454
<b>Y.W.C.A. of Niagara</b>	
www.ywcaniagara.org	
Domestic Violence Hotline .....	433-6716
<b>Y.W.C.A. of the Tonawandas</b>	
www.ywca.org/tonawandas	
Domestic Violence Hotline .....	692-5643

## EDUCATION / TRAINING

<b>Allies 4 Life – Training Program for Youth Suicide Prevention</b> .....	433-3780
www.allies4life.com	
<b>Center for Joy, Inc. (at HANCI)</b> .....	285-8224
<b>Community Missions</b> .....	285-3403
www.communitymissions.org	
Kid’s Café .....	285-3403
<b>Cornell Cooperative Extension</b>	
www.ccenigaracounty.org	
Lockport .....	433-8839
Niagara Falls (at Community Missions) .....	278-8131
<b>Everywoman Opportunity Center</b> .....	285-3403 ext.2255
www.everywoman.org	



**Literacy Volunteers**

www.niagarareads.org

Lockport ..... 433-7014  
 Niagara Falls ..... 278-8224

**Mary C. Dyster Center for Young Parents**

Niagara Falls ..... 286-0763

**Mental Health Association in Niagara County, Inc. .... 433-3780**

www.mhanc.com

Community Education (workshops and presentations on mental health topics)

**New Directions Youth & Family Services**

www.ndyfs.org

Henrietta G. Lewis Campus School ..... 433-9592  
 Wyndham Lawn Home for Children ..... 433-4487

**Niagara County Community College**

www.niagaracc.suny.edu

Continuing Education ..... 614-6470  
 Learning Pathways Program ..... 614-6236  
 Vocational Counseling, Pre-Collegiate Studies ..... 278-8151  
 Workforce Training & Community Development Office ..... 433-1857

**Niagara County Head Start**

Donovan Center ..... 285-8117  
 Lockport ..... 433-1055  
 Newfane ..... 778-5802  
 Niagara Falls ..... 285-1974  
 North Tonawanda ..... 693-7660  
 Starpoint Center ..... 210-2111  
 Wilson Center ..... 751-9341

**Orleans-Niagara BOCES (Transitional Services) ..... 1-800-836-7510**

www.onboces.org

**EMPLOYMENT**

**Community Missions ..... 285-3403**

www.communitymissions.org

Psychiatric Vocational Rehab. Competitive Employment Program ..... 282-4232

Supported Employment.....	282-3227 / 284-1164
<b>New York State Department of Labor</b>	
www.labor.state.ny.us	
Lockport .....	433-6766
Niagara Falls.....	278-8258
<b>Niagara County Department of Employment &amp; Training.....</b>	
www.worksource1.com	
Lockport One-Stop Center .....	433-6766
Niagara Falls (Trott) One-Stop Center .....	278-8108
<b>VESID.....</b>	<b>1-888-652-7062</b>
www.vesid.nysed.gov	

## FAMILY

**Catholic Charities**

www.ccwny.org	
Lockport Office.....	433-0246
Niagara Falls Office .....	282-2351
North Tonawanda Office.....	692-1440
Multi-Systemic Therapy .....	NF 282-4991 / Lockport 478-0035
WIC Program Office .....	NF 285-0975 / Lockport 439-4712

**Center for Joy, Inc. (at HANCI).....** 285-8224

**Community Missions.....** 285-3403

www.communitymissions.org	
Family Services Program .....	285-3403

**Cornell Cooperative Extension**

www.ceniagaracounty.org	
Lockport .....	433-8839
Niagara Falls (atCommunity Missions) .....	285-3403 ext.2255

**Doris W. Jones Family Resource Center .....** 285-5374

**Family & Children’s Service of Niagara**

www.niagarafamily.org	
Lockport .....	433-6019
Niagara Falls (PASSAGE).....	285-6984
Casey House - Runaway & Youth Services.....	285-7125
Family Outreach Intervention Services.....	285-6984
Healthy Families Niagara – Moms Net .....	278-1605

**Focus on Families** ..... 286-0745

**Jewish Family Service** ..... 883-1914  
[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

**Lockport Care Net Pregnancy Center** ..... 434-0251  
[www.lockportcarenet.com](http://www.lockportcarenet.com)

**Mary C. Dyster Center for Young Parents**  
 Niagara Falls ..... 286-0763

**Mental Health Association in Niagara County, Inc.** ..... 433-3780  
[www.mhanc.com](http://www.mhanc.com)  
 Compeer Niagara for Adults and Kids  
 In-Home Respite  
 Support Groups: Family Meetings (Formerly S.M.I.L.E., for parents,)

**Niagara County Department of Health**  
[www.niagaracounty.com](http://www.niagaracounty.com)  
 Children & Adults with Special Needs – Lockport ..... 439-7460  
 Children & Adults with Special Needs – Niagara Falls ..... 278-8180  
 Early Intervention ..... 278-1691 or 278-8180  
 Healthy Neighborhoods Program ..... 278-8292  
 Immunization Program ..... 278-1903  
 Nursing Division & Home Care..... 278-1900  
 Nursing Division - After Hours ..... 439-7430  
 Nursing Division – Lockport ..... 439-7470

**Niagara County Department of Social Services**  
[www.niagaracounty.com](http://www.niagaracounty.com)  
 Lockport ..... 439-7600  
 Niagara Falls ..... 278-8400

**Niagara Falls Community Health Worker Program**..... 278-4623  
[www.nfmmc.org/services/communityhealthworker](http://www.nfmmc.org/services/communityhealthworker)

**Niagara Frontier Family Network** – see listing for the Mental Health Association, Support Groups: Family Meetings

**FINANCIAL**

**Consumer Credit Counseling of Buffalo, Inc.**.....1-800-926-9685

[www.cccsbuff.org](http://www.cccsbuff.org)

**H.E.A.P. (Home Energy Assistance Program)** .....1-800-342-3009

[www.otda.state.ny.us/otda/heap](http://www.otda.state.ny.us/otda/heap)

Lockport (NCDSS) ..... 439-7744

Niagara Falls (NCDSS)..... 278-8645

Office for Aging (over 60) (NCOFA)..... 438-4020

**New York State Unemployment Insurance** .....1-888-209-8124

[http://qaiw.labor.state.ny.us/ui/ui\\_index.shtm](http://qaiw.labor.state.ny.us/ui/ui_index.shtm)

**Niagara Community Action Program (NIACAP)**

[www.niagaracap.org](http://www.niagaracap.org)

Lockport Neighborhood Center ..... 433-6632

Niagara Falls Neighborhood Center..... 282-4375

North Tonawanda Neighborhood Center..... 694-9727

Nutrition Outreach and Education ..... 439-1322

**Niagara County Department of Social Services**

[www.niagaracounty.com](http://www.niagaracounty.com)

Lockport ..... 439-7600

Niagara Falls ..... 278-8400

Program Eligibility Department (Family Assistance, Safety Net, Temporary Disability Assistance-  
TDA, Food Stamps-EBT)

Lockport ..... 439-7743

Niagara Falls ..... 278-8400

Child Support Collection Unit

Lockport ..... 439-7600

Niagara Falls ..... 278-8400

HEAP (Home Energy Assistance Program) ..... 439-7744 / 278-8645

Non Public Assistance Daycare (Lockport) ..... 439-7656

**United States Social Security Administration**

[www.ssa.gov](http://www.ssa.gov)

Hotline and Information .....1-800-772-1213

Niagara Falls ..... 283-1066

**FOOD**

**Brother's Keeper Outreach (Food & Clothing)** ..... 439-9638

**Catholic Charities**

[www.ccnny.org](http://www.ccnny.org)

Lockport Office..... 433-0246

Niagara Falls Office .....	282-2351
North Tonawanda Office.....	692-1440
WIC Program Office .....	285-0975 / 439-4712

**Meals on Wheels**

Lockport .....	433-6811
Niagara Falls.....	282-3468
North Tonawanda .....	693-1663
www.ntmow.com	

**Niagara Community Action Program (NIACAP)**

[www.niagaracap.org](http://www.niagaracap.org)

Lockport Neighborhood Center .....	433-6632
Niagara Falls Neighborhood Center.....	282-4375
North Tonawanda Neighborhood Center.....	694-9727
Nutrition Outreach and Education .....	439-1322

**Niagara County Department of Social Services**

[http://www.niagaracounty.com/socialservice/food\\_stamps.asp](http://www.niagaracounty.com/socialservice/food_stamps.asp)

Food Stamps.....	Lockport 439-7749 / NF 278-8680
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**Niagara County Food Pantries - (By Zip Code)**

Faith United Methodist Church (14012).....	795-9945
Brother's Keeper Outreach (14094).....	439-9638
NIACAP – Lockport (14094).....	433-6632
Raymond Community Church (14094) .....	434-3175
St. John’s Food Pantry (14094) .....	433-5252
St. Vincent DePaul, Lockport (14094).....	434-6316
Salvation Army – Lockport (14094).....	434-1276
Newfane Community Food Pantry (14108).....	778-9822
First Baptist Church in Newfane (14108).....	778-9216
Pendleton Food Pantry (14120).....	692-3382
North Tonawanda Inter Church Food Pantry (14120) .....	692-8552
YWCA of the Tonawandas (14120) .....	692-5580
St Paul’s Church of the Nazarene (14132) .....	990-2018
Christian Food Pantry (14172).....	751-6057
Heart, Love and Soul (14301).....	285-0794

St. Joseph Outreach (14301).....	282-1379
Community Missions, Inc., Pantry (14303).....	285-3403
Independent Church of God in Christ (14303).....	284-1501
Salvation Army – Niagara Falls (14304) .....	283-7697
Heart, Love & Soul Food Pantry (14305) .....	282-5681
Word of Life Ministries (14305).....	297-2951

**Niagara County Office for Aging**

www.niagaracounty.org

Home-Delivered Meals .....	438-4031
Nutrition Education and Counseling.....	438-4020
Nutrition Site Information .....	438-4020

**GAYS, LESBIANS, BI-SEXUAL, TRANS-GENDERED**

<b>Gay &amp; Lesbian Youth Services of WNY, Inc.</b> .....	855-0221
www.glyswny.org	

<b>Niagara County Coalition for Gay, Lesbian, and Trans-gendered</b> .....	297-0407
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<b>P-FLAG</b> (Parents, Families & Friends of Lesbians & Gays) .....	883-0384
www.pflag-buffalo-niagara.org	

<b>The Trevor Project</b> .....	1-866-488-7386
www.thetrevorproject.org	
Crisis intervention and suicide prevention for Lesbian, Gay, Bisexual, Transgender, & Questioning youth.	

**GOVERNMENT**

**Clerks**

**City**

Lockport .....	439-6676
Niagara Falls.....	286-4393
North Tonawanda .....	695-8555

**Town**

Cambria .....	433-7664
Hartland .....	735-7179

Lewiston .....	754-8213
Lockport .....	439-9524
Newfane .....	778-8822
Niagara .....	297-2150
Pendleton .....	625-8833
Porter .....	745-3730
Royalton .....	772-2431
Somerset .....	795-3575
Wheatfield .....	694-6440
Wilson .....	751-6704

**Village**

Barker .....	795-3777
Lewiston .....	754-8271
Middleport .....	735-3303
Wilson .....	751-6764
Youngstown .....	745-7721

**New York State Department of Motor Vehicles**

[www.nydmv.state.ny.us](http://www.nydmv.state.ny.us)

Lockport .....	438-4000
Niagara Falls .....	278-1970
North Tonawanda .....	743-4500

**Niagara County Department of Health**

[www.niagaracounty.com](http://www.niagaracounty.com)

Children & Adults with Special Needs – Lockport .....	439-7460
Children & Adults with Special Needs – Niagara Falls .....	278-8180
Director .....	439-7435
Environmental Health .....	439-7444
Environmental Health - After Hours .....	439-7430
Early Intervention/Child Find .....	278-1691
Healthy Neighborhoods Program .....	278-8292
Immunization Program .....	278-1903
Nursing Division & Home Care .....	278-1900
Nursing Division - After Hours .....	439-7430
Nursing Division – Lockport .....	439-7470
Public Health Educator .....	439-7438

**Niagara County Department of Social Services**

[www.niagaracounty.com](http://www.niagaracounty.com)

Lockport .....	439-7600
Niagara Falls .....	278-8400
Adult Protective Services .....	278-8621

Child Protective Services.....	278-8650
HEAP (Home Energy Assistance Program).....	439-7744 / 278-8645
Home Care Department.....	278-8605
Investigative/Fraud Department.....	278-8476
Investigative/Fraud Department/Hotline.....	278-8640
Managed Care Department .....	278-8625
Medicaid Department.....	439-7600 / 278-8400
Medical Transportation .....	1-866-753-4430
Non Public Assistance Daycare Program .....	439-7656
Nursing Home Unit – Lockport only.....	439-7728
Program Eligibility Department .....	439-7743 / 278-8400
Support Collection Unit (Child Support) .....	439-7676 / 278-8466
TOP Department .....	278-8201
Work Relief-PWP/Employment Department.....	278-8592

**Niagara County Government**

[www.niagaracounty.com](http://www.niagaracounty.com)

Aging, Office for .....	438-4020
Board of Elections - Voter Registration	
Democrat.....	438-4041
Republican .....	438-4040
Center for Economic Development .....	278-8750
Civil Service .....	438-4071
Commissioner of Jurors .....	439-7239
County Attorney.....	439-7105
County Clerk.....	439-7022
Court Clerk .....	439-7145
District Attorney.....	439-7085
Employment & Training .....	278-8140
Health Department.....	439-7435
Legislature Office .....	439-7117
Mental Health .....	439-7410
Parks.....	439-7950
Pistol Permit Office .....	439-7168
Probation – Lockport .....	438-4055
Probation - Niagara Falls (Adult).....	278-8122
Probation - Niagara Falls (Juvenile) .....	278-8241
Probation - North Tonawanda .....	743-4526
Public Defender.....	439-7071
Public Works .....	439-7242
Sheriff Department .....	438-3393
Social Services – Lockport.....	439-7600
Social Services - Niagara Falls .....	278-8400
Social Services - North Tonawanda.....	743-4400



Veterans Service Agency..... 438-4090  
 Youth Bureau ..... 278-6886

## HEALTH INSURANCE

### Child Health Plus

[www.health.state.ny.us/nysdoh/chplus](http://www.health.state.ny.us/nysdoh/chplus)  
 Children's Insurance Program.....1-800-698-4543

### Family Health Plus

[www.health.state.ny.us/nysdoh/fhplus](http://www.health.state.ny.us/nysdoh/fhplus)  
 Adult Insurance Program .....1-877-934-7587

### Healthy NY

Low-cost health insurance for individuals/small businesses.....1-866-432-5849

**Medicaid** .....1-800-541-2831  
[www.health.state.ny/health/Medicaid/index.htm](http://www.health.state.ny/health/Medicaid/index.htm)

### Medicare Information

[www.medicare.gov](http://www.medicare.gov)  
 Information Line.....1-800-633-4227  
 TTY/TTD.....1-877-486-2048

### New York State Department of Health COMPLAINT LINE

[www.health.state.ny.us](http://www.health.state.ny.us)  
 Complaints about health plan services.....1-800-206-8125

### Niagara County Department of Social Services

[www.niagaracounty.com](http://www.niagaracounty.com)  
 Lockport ..... 439-7600  
 Niagara Falls ..... 278-8400  
 Medicaid Department..... 439-7777

**Niagara County Rx Card** .....1-866-561-1926  
[www.countyrxcard.com/niagara](http://www.countyrxcard.com/niagara)

**Partnership for Prescription Assistance** .....1-888-477-2669  
[www.pparx.com](http://www.pparx.com)

**RX Assist**.....1-401-729-3284  
[www.rxassist.org](http://www.rxassist.org)

## HEALTH SERVICES

<b>Alzheimer's Association of WNY</b> .....	626-0600
www.alz.org/wny	
24 Hour Helpline .....	1-800-272-3900
 <b>Amedisys Home Health Care</b> .....	297-3310
www.amedisys.com	
 <b>American Cancer Society</b>	
www.cancer.org	
Road to Recovery (transportation service).....	1-800-227-2345
 <b>Angel Flight NE</b> .....	1-800-549-9980
 <b>Blind Association of Western New York</b> .....	882-1025
 <b>DeGraff Memorial Hospital</b> .....	694-4500
degraff.kaleidahealth.org	
 <b>Eastern Niagara Hospital- Lockport</b> .....	514-5700
www.enhs.org	
Emergency Services .....	514-5800 ext. 3601
Health Connections (Information & Referral) .....	514-5784
Imaging Center & Outpatient Lab.....	439-4374
Reflections Recovery Centre.....	514-5561
 <b>Eastern Niagara Hospital- Newfane Rehabilitation &amp; Health Care Center</b> .....	778-5111
www.enhs.org/newfane/the-newfane-rehabilitation-and-health-care-center/	
 <b>Eating Disorders Association of WNY</b> .....	819-1338
 <b>GuildCare Adult Day Care Program</b> .....	285-3499
 <b>Health Association of Niagara County, Inc. (HANCI)</b>	
www.hanci.com	
Lockport .....	433-2664
Niagara Falls.....	285-8224
North Tonawanda .....	692-4855
Adult Day Services.....	285-8224
Healthy Living Partnership .....	215-0553
 <b>Home Helpers, Lewiston</b> .....	654-8585
www.homehelpers.cc	

<b>Lockport Care Net Pregnancy Center</b> .....	434-0251
www.lockportcarenet.com	
<b>Medic Alert</b> .....	1-888-633-4298
www.medicalert.org	
<b>Medicaid Dentists Information</b> .....	1-800-541-2831
<b>Medical Society of Niagara County, Inc.</b> .....	285-5789
<b>Mt. St. Mary's Hospital</b> .....	297-4800
www.msmh.org	
Clearview Treatment Services .....	298-2115
Van Go.....	298-2370
<b>Niagara County Department of Health</b>	
www.niagaracounty.com	
Children & Adults with Special Needs – Lockport .....	439-7460
Children & Adults with Special Needs – Niagara Falls .....	278-8180
Director .....	439-7435
Environmental Health .....	439-7444
Environmental Health - After Hours .....	439-7430
Early Intervention/Child Find.....	278-8180
Healthy Neighborhoods Program .....	278-8292
Immunization Program .....	278-1903
Nursing Division & Home Care.....	278-1900
Nursing Division - After Hours .....	439-7430
Nursing Division – Lockport .....	439-7470
Public Health Educator.....	439-7438
<b>Niagara County Department of Social Services</b>	
www.niagaracounty.com	
Lockport .....	439-7600
Niagara Falls.....	278-8400
Home Care Department.....	278-8605
Managed Care Department .....	278-8625
Medicaid Department.....	439-7600 / 278-8400
Medical Transportation .....	1-866-753-4430
Nursing Home Unit .....	439-7728 / 278-8615
<b>Niagara Falls Community Health Worker Program</b> .....	278-4623
<b>Niagara Falls Memorial Medical Center</b> .....	278-4000
www.nfmmc.org	

CareExpress.....	278-4444
Community Mental Health Clinic.....	278-4541
Healthy Homes.....	278-4647
24 Hour Psychiatric Emergency Department.....	278-4405
<b>Niagara Hospice</b> .....	439-4417
<a href="http://www.niagarahospice.org">www.niagarahospice.org</a>	
<b>NY Connects</b> .....	438-3030
<a href="http://www.niagaracounty.com/nyconnects.asp">www.niagaracounty.com/nyconnects.asp</a>	
<b>Palliative Home Care of Niagara</b> .....	215-2085
<a href="http://www.phcn.org">www.phcn.org</a>	
<b>Planned Parenthood of Western New York</b> .....	1-800-230-PLAN
<a href="http://www.ppwny.org">www.ppwny.org</a>	
Niagara Falls.....	282-1221
North Tonawanda.....	694-6454
Wheatfield, surgical procedure.....	205-0708
Mobile Unit (Scheduling & Programs).....	531-6540
The Connection Teen Site.....	205-0028
<b>Roswell Park Cancer Institute</b> .....	1-877-275-7724
<a href="http://www.roswellpark.org">www.roswellpark.org</a>	
<b>Tuscarora Community Health Workers Program</b> .....	297-0598
<b>University of Buffalo Dental Clinic</b> .....	829-2821
<a href="http://dental.buffalo.edu/patients.aspx">dental.buffalo.edu/patients.aspx</a>	
<b>Venture Forthe, Inc.</b> (traumatic brain-injured individuals).....	285-8070 / 1-800-701-1233
<a href="http://www.ventureforthe.com">www.ventureforthe.com</a>	
<b>Visiting Nurses Association</b> .....	433-1912
<a href="http://www.vna-wny.org">www.vna-wny.org</a>	
<b>WNY Occupational Medicine</b> .....	433-2025

## HOUSING

### Belmont Shelter Corporation

[www.belmontshelter.org](http://www.belmontshelter.org)

    Belmont Housing Resources for WNY Northtowns Office..... 213-2784

    Cambria Commons Apartments..... 884-7791

Niagara Village Apartments .....	731-2965
Shawnee Landing .....	694-3105
<b>Community Missions</b> .....	285-3403
www.communitymissions.org	
Aurora House .....	433-1905
CHOICES (Housing Program).....	285-3425
Crisis Shelter.....	285-3403
Onesimus House .....	284-2077
Respite Bed Services .....	285-3403
Supported Housing .....	285-5201
<b>Habitat for Humanity</b>	
www.habitat.org	
Lockport .....	433-5073
Niagara Falls.....	285-2877
<b>Lockport Housing Authority</b> .....	434-0001
<b>Lockport CARES</b> .....	438-2273
www.lockportcares.org	
<b>Niagara County Department of Social Services</b>	
www.niagaracounty.com	
Lockport .....	439-7600
Niagara Falls.....	278-8400
Program Eligibility Department (Family Assistance, Safety Net, Temporary Disability Assistance - TAD, Food Stamps - EBT).....	439-7743 / 278-8400
<b>Niagara Falls Housing Authority</b> .....	285-6961
www.nfha.org	
<b>Niagara Falls Neighborhood Housing Service</b> .....	285-7778
www.niagarafallsnhs.org	
<b>Section 8 Housing</b>	
Lockport .....	434-3627
Niagara Falls.....	286-8820
North Tonawanda (Belmont Shelter).....	213-2784
<b>Y.W.C.A. of Niagara</b>	
www.ywcaniagara.org	
Carolyn's House.....	278-9662

## LAW ENFORCEMENT

**New York State Police**

[www.troopers.state.ny.us](http://www.troopers.state.ny.us)

Lockport .....	434-5588
Niagara Falls .....	297-8831

**Niagara County Family Court**

[www.niagaracounty.com](http://www.niagaracounty.com)

Lockport .....	439-7172
Niagara Falls .....	278-1880

**Niagara County Juvenile Aid Bureau**

Lockport .....	439-6602
Niagara Falls .....	286-4568
North Tonawanda .....	692-4317

**Niagara County Sheriff's Office..... 438-3393**

[www.niagarasheriff.com](http://www.niagarasheriff.com)

**Police (Information)**

Lockport .....	433-7700
<a href="http://www.lockportpolice.org">www.lockportpolice.org</a>	
Niagara Falls .....	286-4711
<a href="http://www.nfpolice.com">www.nfpolice.com</a>	
North Tonawanda .....	692-4111
<a href="http://www.northtonawanda.org">www.northtonawanda.org</a>	

**Weed and Seed Program – N.F.Police Substation ..... 285-4789**

[purple.niagara.edu/nfweedandseed/info.htm](http://purple.niagara.edu/nfweedandseed/info.htm)

## LEGAL ISSUES

**Center for Resolution and Justice..... 297-3083**

**Community Missions..... 285-3403**

[www.communitymissions.org](http://www.communitymissions.org)

- Niagara Falls Juvenile Arrest Diversion Program
- Niagara Falls Juvenile Intensive Case Management

**Lawyer Referral & Information Services .....1-800-342-3661**

**Mental Health Association in Niagara County, Inc. - Neighborhood Legal Services** ..... 433-3780  
[www.mhanc.com](http://www.mhanc.com)

**Mental Hygiene Legal Services** ..... 845-3650 / 1-800-922-6457

**Neighborhood Legal Service** ..... 847-0650  
[www.nls.org](http://www.nls.org)

**New York State Office of the Attorney General**

[www.oag.state.ny.us](http://www.oag.state.ny.us)

Buffalo Office ..... 853-8400

Consumer Helpline & Crime Victim Hotline ..... 1-800-771-7755

Medicaid Fraud Reporting ..... (212) 417-5397

**Niagara County Family Court**

[www.niagaracounty.com](http://www.niagaracounty.com)

Lockport ..... 439-7172

Niagara Falls ..... 278-1880

**Niagara County Juvenile Aid Bureau**

Lockport ..... 439-6606

Niagara Falls ..... 286-4568

North Tonawanda ..... 692-4317

**Niagara County Legal Aid Society** ..... 284-8831

**State University of New York at Buffalo** ..... 645-2167

Legal Assistance Clinic (Special Education and Domestic Violence)

**MENTAL HEALTH**

**Buffalo Psychiatric Center** ..... 885-2261

[www.omh.ny.gov](http://www.omh.ny.gov)

Recovery Plus ..... 694-1225

**Catholic Charities**

[www.ccwny.org](http://www.ccwny.org)

Lockport Office ..... 433-0246

Niagara Falls Office ..... 282-2351

North Tonawanda Office ..... 692-1440

Multi-Systemic Therapy ..... NF 282-4991 / Lockport 478-0035

Monsignor Carr Institute Children's Clinic

Lockport ..... 478-0315

Niagara Falls .....	205-0825
North Tonawanda .....	694-7749
Referrals .....	1-877-448-4466
<b>Community Missions</b> .....	285-3403
www.communitymissions.org	
Aurora House .....	433-1905
CHOICES .....	285-3425
Drop In Center.....	433-6543
Family Services Program .....	285-3403
Kid’s Café.....	285-3403
Niagara Falls Juvenile Arrest Diversion Program .....	285-3403
Niagara Falls Juvenile Intensive Case Management .....	285-3403
Niagara Visions PROS .....	205-8708
Onesimus House .....	284-2077
Psychiatric Vocational Rehab. Competitive Employment Program .....	282-4232
Respite Bed Services .....	285-3403
Supported Housing .....	285-3425
Transportation .....	282-5403
Youth Services.....	285-4668
<b>Dale Association</b>	
www.daleassociation.com	
Administrative Offices.....	433-4440
Care Management .....	433-4422
Geriatric Community Mental Health Nurse .....	433-3344
Mental Health Peer Specialist.....	433-3344
Outpatient Counseling and Treatment Center .....	693-9961
PROS Center for Wellness.....	433-1937
<b>Family &amp; Children’s Service of Niagara</b>	
www.niagarafamily.org	
Lockport .....	433-6019
Niagara Falls (PASSAGE).....	285-6984
Family Outreach Intervention Services.....	285-6984
<b>Horizon Health Services</b>	
www.horizon-health.org	
City Market (Niagara Falls).....	505-1060
Horizon Village .....	731-2030
Lockport .....	836-1767
Niagara Falls.....	283-2000
North Tonawanda Boulevard Counseling Center .....	833-3708
Tonawanda Clinic .....	831-1850



**Jewish Family Service** ..... 883-1914  
[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

**Mental Health Association in Niagara County, Inc.** ..... 433-3780  
[www.mhanc.com](http://www.mhanc.com)

- Allies 4 Life Suicide Prevention Program
- Community Education
- Consumer Planning Advisory Council (C.P.A.C.)
- Compeer Niagara for Adults and Kids
- County-Wide Helpline ..... 433-5432
- In-Home Respite
- Legal Advocacy
- Peer Advocate (NFMMC) ..... 278-4748
- Support Groups: Anxiety/Depression · Grief Share · Family Meetings (Formerly S.M.I.L.E., for parents of children with a mental health diagnosis ) · Let’s Talk for Youth

**Mental Hygiene Legal Services** ..... 845-3650 / 1-800-922-6457

**New Directions Youth & Family Services**

[www.ndyfs.org](http://www.ndyfs.org)

- Henrietta G. Lewis Campus School ..... 433-9592
- Wyndham Lawn Home for Children ..... 433-4487

**Niagara County Department of Mental Health**

[www.niagaracounty.com](http://www.niagaracounty.com)

- Outpatient Clinic - Lockport (Mountview) ..... 439-7400
- Outpatient Clinic - Niagara Falls (Trott Access Center) ..... 278-1940
- Suicide Prevention Hotline ..... 285-3515

**Niagara Falls Memorial Medical Center** ..... 278-4000

[www.nfmmc.org](http://www.nfmmc.org)

- Community Mental Health Clinic ..... 278-4541

**POST OFFICES**

[www.usps.com](http://www.usps.com)

- Appleton ..... 778-7787
- Barker ..... 795-3684
- Gasport ..... 772-7535
- Lewiston ..... 754-8000
- Lockport ..... 434-1440

Middleport .....	735-3300
Newfane.....	778-8111
Niagara Falls - La Salle Station .....	297-1820
Niagara Falls - Main Street.....	285-7561
Niagara Falls - Market Station.....	284-0233
Niagara University.....	285-2655
North Tonawanda .....	695-2458
Olcott .....	778-8992
Ransomville.....	791-3223
Sanborn.....	731-3414
Wilson .....	751-9340
Youngstown .....	745-9743

## PUBLIC LIBRARIES

[www.nioga.org](http://www.nioga.org)

Barker.....	795-3344
Lewiston.....	754-4720
Lockport .....	433-5935
Middleport .....	735-3281
Newfane.....	778-9344
Niagara Falls - La Salle Branch.....	283-8309
Niagara Falls - Main Street Branch .....	286-4894
North Tonawanda .....	693-4132
Ransomville.....	791-4073
Sanborn.....	731-9933
Wilson .....	751-6070
Youngstown .....	745-3555
NIOGA Library System.....	434-6167

## SENIOR CITIZENS

<b>Alzheimer's Association of WNY.....</b>	<b>626-0600</b>
<a href="http://www.alz.org/wny">www.alz.org/wny</a>	
24 Hour Helpline .....	1-800-272-3900

### Dale Association

<a href="http://www.daleassociation.com">www.daleassociation.com</a>	
Administrative Offices.....	433-4440
Care Management .....	433-4442
Center for Lifelong Learning .....	433-1886

Center for Travel .....	433-1222
Dial-a-Lift Transportation to Senior Center .....	433-1886
Geriatric Community Mental Health Nurse .....	433-3344
INCHARGE Home Care .....	433-4442
Lockport Housing Authority Resident Advisor .....	433-3344
Lockport Senior Center .....	433-1886
NYS Long-term Care Ombudsman .....	433-3344
PROS Center for Wellness .....	433-1937
Transportation Shuttle for Medical Appointments .....	433-1939
Volunteer Services .....	433-1089
<b>EPIC (Elderly Pharmaceutical Insurance Coverage) .....</b>	<b>1-800-332-3742</b>
<a href="http://www.health.state.ny.us/health_care/epic">www.health.state.ny.us/health_care/epic</a>	
<b>Health Association of Niagara County, Inc. (HANCI)</b>	
<a href="http://www.hanci.com">www.hanci.com</a>	
Lockport .....	433-2664
Niagara Falls .....	285-8224
North Tonawanda .....	692-4855
Programs:	
Council for Older Adults .....	285-8224
Foster Grandparent Program .....	285-8224
Golden Age Program .....	285-8148
Retired and Senior Volunteer Program .....	285-8224
Senior Companion Program .....	285-8224
<b>Lifeline .....</b>	<b>1-800-380-3111</b>
<a href="http://www.lifelinesys.com">www.lifelinesys.com</a>	
<b>Meals on Wheels</b>	
Lockport .....	433-6811
Niagara Falls .....	282-3468
North Tonawanda .....	693-1663
<a href="http://www.ntmow.com">www.ntmow.com</a>	
<b>Medic Alert .....</b>	<b>1-888-633-4298</b>
<a href="http://www.medicalert.org">www.medicalert.org</a>	
<b>Medicare Information .....</b>	<b>1-800-633-4227</b>
<a href="http://www.medicare.gov">www.medicare.gov</a>	
<b>Mental Health Association in Niagara County, Inc. ....</b>	<b>433-3780</b>
<a href="http://www.mhanc.com">www.mhanc.com</a>	
Art for Relaxation	

Community Education	
Consumer Planning Advisory Committee (C.P.A.C.)	
Compeer Niagara for Adults and Kids	
County-Wide Helpline.....	433-5432
Legal Advocacy	
Peer Advocate (NFMCC) .....	278-4748
Support Groups: Anxiety/Depression · Grief Share · Family Meetings (Formerly S.M.I.L.E., for parents of children with a mental health diagnosis) · Alzheimer's Support Group	

### Niagara County Department of Social Services

[www.niagaracounty.com](http://www.niagaracounty.com)

Lockport .....	439-7600
Niagara Falls.....	278-8400
Adult Protective Services .....	278-8621
Home Care Department.....	278-8605
Managed Care Department .....	278-8625
Medicaid Department.....	439-7600 / 278-8400
Medical Transportation .....	304-3335
Nursing Home Unit .....	278-8615
Program Eligibility Department (Family Assistance, Safety Net, Temporary Disability Assistance, Food Stamps).....	439-7743 / 278-8400

### Niagara County Office for Aging .....

[www.niagaracounty.com](http://www.niagaracounty.com)

Aging Services .....	438-4023
Caregiver Program .....	438-4033
EISEP.....	438-4013
Home Delivered Meals.....	438-4031
Home Energy Assistance Program (HEAP).....	438-4020
Legal Services .....	438-4020
Medical Van .....	438-4038
Nutrition Education and Counseling.....	438-4020
Nutrition Site Information .....	438-4020
Senior Van Service .....	438-4038
Weatherization Referral and Packaging (WRAP).....	438-4020

### NY Connects.....

[www.niagaracounty.com/nyconnects.asp](http://www.niagaracounty.com/nyconnects.asp)

### Senior Citizens Centers and Clubs

Lockport Senior Center .....	433-1886
John Duke Senior Center (Niagara Falls).....	297-9324
Lewiston Senior Center.....	754-2071

Newfane Golden Age Club .....	778-9470
Senior Center of North Tonawanda .....	695-8582
Town of Niagara Community Center .....	297-5243
Wheatfield Senior Center .....	694-8504
Youngstown Senior Center .....	745-3443

**United States Social Security Administration**

[www.ssa.gov](http://www.ssa.gov)

Hotline and Information .....	1-800-772-1213
Niagara Falls .....	283-1066

**SPECIAL INTERESTS**

**Alzheimer's Association of WNY** ..... 626-0600 / 1-800-272-3900  
[www.alz.org/wny](http://www.alz.org/wny)

**Americans with Disabilities Act Information** ..... 1-800-514-0301  
[www.ada.gov](http://www.ada.gov)

**Children’s Single Point of Access (C.S.P.O.A.)** ..... 439-7412  
[www.niagara county.com](http://www.niagara county.com)

**Community Missions**..... 285-3403  
[www.communitymissions.org](http://www.communitymissions.org)

Aurora House .....	433-1905
CHOICES .....	285-3425
Drop In Center.....	433-6543
Family Services Program .....	285-3403
Kid’s Café.....	285-3403
Niagara Falls Juvenile Arrest Diversion Program .....	285-3403
Niagara Falls Juvenile Intensive Case Management .....	285-3403
Niagara Visions PROS .....	205-8708
Onesimus House .....	284-2077
Psychiatric Vocational Rehab. Competitive Employment Program .....	282-4232
Respite Bed Services .....	285-3403
Supported Employment.....	282-3227 / 284-1164
Supported Housing .....	285-3425
Transportation .....	282-5403
Youth Services.....	285-4668

**Community Services for the Developmentally Disabled** ..... 883-8002  
[www.csdd.info](http://www.csdd.info)

Project COACH (Community Outreach and Crisis Hotline)

**Dale Association**

www.daleassociation.com

Care Management .....	433-4422
Geriatric Community Mental Health Nurse .....	433-3344
INCHARGE Home Care .....	433-4442
Lockport Housing Authority Resident Advisor .....	433-3344
Mental Health Peer Specialist .....	433-3344
NYS Long-term Care Ombudsman .....	433-3344
Outpatient Counseling and Treatment Center .....	693-9961
PROS Center for Wellness .....	433-1937

**Deaf Adult Services of WNY, Inc.** ..... (V) 833-1637 (TTY 716-833-5234)

www.wnydas.org

**Developmental Disabilities Alliance of WNY** ..... 877-7007

www.ddawny.org

**GuildCare Adult Day Care Program** ..... 285-3499

**Hispanic Access Foundation** ..... 202-640-4342

www.hispanicaccess.org

**Independent Living of Niagara County** ..... 284-4131 / 1-855-366-1042

www.ilnc.org

**International Institute of Buffalo** ..... 833-1900

www.iibuff.org

**Learning Disabled Association of WNY** ..... 874-7200

www.ldaofwny.org

**Lifeline** ..... 1-800-380-3111

www.lifelinesys.com

**Mental Health Association in Niagara County, Inc.** ..... 433-3780

www.mhanc.com

- Allies 4 Life Suicide Prevention Program
- Community Education
- Consumer Planning Advisory Committee (C.P.A.C.)
- Compeer Niagara for Adults and Kids
- In-Home Respite
- Legal Advocacy

Peer Advocate (NFMCC) ..... 278-4748  
 Support Groups: Anxiety/Depression · Grief Share · Family Meetings (Formerly  
 S.M.I.L.E.), for parents of children with a mental health diagnosis · Alzheimer’s  
 Support Group

**National Alliance for Hispanic Health**

www.hispanichealth.org/sufamilia

The National Hispanic Family Health Helpline.....1-866-783-2645

**Native American Independent Living Services (N.A.I.L.S.)** ..... 836-0822

www.wnyil.org/oahiio

**Niagara Cerebral Palsy Association**

www.ucpaofniagara.com

Administrative Office ..... 297-0798  
 Audiology/Hearing Aid Dispensing Clinic - Lkpt..... 439-7461  
 Audiology/Hearing Aid Dispensing Clinic - N.F. .... 278-8190  
 Clinics - Dental, Podiatry, Speech, OT,PT, Social Work..... 297-1478  
 Clinic and Diagnostic Treatment Center ..... 297-1478  
 Job Placement ..... 284-6441  
 Niagara Children's ETC ..... 297-1478  
 Recreational Programs..... 284-6441  
 Residential Services ..... 297-0798  
 Service Coordination..... 205-0021  
 Vocational Programs..... 285-5761

**Niagara County Department of Health**

www.niagaracounty.com

Children & Adults with Special Needs – Lockport ..... 439-7460  
 Children & Adults with Special Needs – Niagara Falls ..... 278-8180  
 Nursing Division & Home Care..... 278-1900  
 Nursing Division - After Hours ..... 439-7430  
 Nursing Division – Lockport ..... 439-7470

**Niagara Frontier Family Network** – see listing for the Mental Health Association, Support  
 Groups, Family Meetings

**Opportunities Unlimited of Niagara**

www.opportunitiesunlimited.org

Central Intake..... 504-2625  
 Niagara Falls ..... 297-6400  
 Lockport ..... 434-4050  
 Wheatfield ..... 504-2617

**People, Inc.** ..... 634-8132 or 1-888-773-6753  
www.people-inc.org

**Rivershore Inc.** ..... 754-7272  
www.rivershore.org

**Single Point of Access (S.P.O.A.)** ..... 439-7410  
www.niagaracounty.com  
Children’s S.P.O.A. .... 439-7412

**Self-Reliance Foundation**

www.selfreliancefoundation.org  
Acceso Hispano - Online Community Service Directory (in English and Spanish)  
http://www.accesohispano.org/  
Email: ayuda@accesohispano.org  
For service providers: www.serviceproviders.accesohispano.org

**Venture Forthe, Inc.** (traumatic brain-injured individuals)..... 285-8070  
www.ventureforthe.org

**VESID**.....1-888-652-7062  
www.vesid.nysed.gov

**SUPPORT GROUPS**

Before attending a meeting for the first time, please call the Mental Health Association to confirm date, time and location of meeting..... 433-3780

**Alzheimer’s Support Group**

Meets 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month, 1pm-3pm  
At the Mental Health Association, 36 Pine Street, Lockport

**Anxiety/Depression**

Meets every Thursday of the month, 6 pm - 8 pm  
At the Mental Health Association, 36 Pine Street, Lockport

\* \* \* \* \*

Meets 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month, 6 pm - 7:30 pm  
At DeGraff Hospital, 445 Tremont Street, North Tonawanda

**Art for Relaxation** - Free and open to everyone

Meets Every Wednesday, 12 noon – 3 pm  
At Urban Park Towers, 77 Main St., Lockport



**Grief Share**

Niagara Falls:

Meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 6 pm - 7:30 pm  
 Niagara Falls Memorial Medical Center, 6th floor

Lockport:

Meets 2nd and 4th Wednesday of each month, 6 pm - 7:30 pm  
 At the Mental Health Association, 36 Pine Street, Lockport

**Family Meetings (Formerly S.M.I.L.E.)** –Family directed support groups for families with children up to age 18 who have a mental health diagnosis. For questions, contact Lydia Szafranski, Family Support Coordinator at (716) 439-1179, ext. 493

Wheatfield:

Meets 2<sup>nd</sup> & 4<sup>th</sup> Mondays of each month, 7:00 pm - 8:30 pm  
 Wheatfield Community Center, 2790 Church Road, North Tonawanda  
 Childcare is provided

Lockport:

Meets 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of each month, 7:00 pm - 8:30 pm  
 At the Dale Association, 33 Ontario Street, Lockport  
 Childcare is provided

Niagara Falls:

Meets 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month, 12:30pm - 2:00pm  
 311 First St., Niagara Falls  
 No childcare provided

**Let’s Talk – Support Group for Youth**

Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month, 6:00 pm to 7:30 pm  
 At Eastern Niagara Hospital Cafeteria, 521 East Avenue, Lockport

**Niagara Frontier Family Network** – see Family Meetings

**TRANSPORTATION**

**Carrier Coach, Inc.** ..... 731-1699

**Community Missions**

www.communitymissions.org ..... 285-3403

Transportation ..... 282-5403

**Dale Association**

www.daleassociation.com

Dial-a-Lift Transportation to Senior Center ..... 433-1886

**Health Association of Niagara County, Inc. (HANCI) Check out – transportation for seniors**

www.hanci.com

Lockport .....	433-2664
Niagara Falls .....	285-8224
North Tonawanda .....	692-4855

**Mt. St. Mary's Hospital**

www.msmh.org

Van Go.....	298-2370
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**Niagara County Department of Social Services**

www.niagaracounty.com

Medical Transportation .....	304-3335
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**Niagara County Office for Aging**

www.niagaracounty.com

Medical Van .....	438-4038
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**Niagara Falls Memorial Medical Center**

www.nfmcc.org

CareExpress.....	278-4444
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**Niagara Frontier Transportation Authority-Metro Bus ..... 855-7286 or 285-9319**

metro.nfta.com

Para-transit Service (curb- to-curb service for disabled).....	855-7202
General Information .....	855-7300
Customer Service .....	855-7268

**Rural Metro Medical Services (wheelchair transportation) ..... 284-4228 or 882-8400**

www.ruralmetrowny.com

**Rural Niagara Transportation (wheelchair transportation) ..... 285-9357**

**Tri Community Ambulance Service ..... 731-2604**

**Tri-Town Ambulance Service, Inc. .... 772-7711**

**Twin City Ambulance (wheelchair service) ..... 692-2342**

**Union Cab (wheelchair service) ..... 433-2222**

**We Care Transportation..... 614-1114**

**We Care Wheelchair Van ..... 433-1119 / 278-3333**

## UTILITIES

**Assurance Wireless** (Federal lifeline assistance program) ..... **1-888-898-4888**

<http://www.assurancewireless.com>

**Care and Share** (utility bill assistance through the American Red Cross)

Lockport ..... 434-8876

Niagara Falls ..... 731-4030

**H.E.A.P.** (Home Energy Assistance Program)

[www.otda.state.ny.us/otda/heap](http://www.otda.state.ny.us/otda/heap)

1-800-342-3009

Lockport ..... 439-7744

Niagara Falls ..... 278-8645

Office for Aging (over 60) ..... 438-4020

**National Fuel**

[www.natfuel.com](http://www.natfuel.com)

Billing & Service Information ..... 1-800-365-3234

Gas Emergencies ..... 1-800-444-3130

Quality Assurance / Unresolved Complaints & Concerns ..... 1-800-453-3513

**National Grid**

[www.nationalgridus.com/niagaramohawk](http://www.nationalgridus.com/niagaramohawk)

Customer Service ..... 1-800-642-4272

Emergencies ..... 1-800-892-2345

Payment Arrangements ..... 1-800-443-1837

Power Outages ..... 1-800-867-5222

**Neighbor for Neighbor** (utility assistance from National Fuel) ..... 1-800-365-3234

[www.natfuel.com/ForHome/n4n\\_faq.aspx](http://www.natfuel.com/ForHome/n4n_faq.aspx)

Catholic Charities (Niagara Falls) ..... 282-2351

Catholic Charities (Lockport) ..... 433-0246

Salvation Army (Niagara Falls) ..... 283-7697

Salvation Army (Lockport) ..... 434-1276

Salvation Army (North Tonawanda) ..... 693-3110

**New York Public Service Commission**

[www.dps.state.ny.us](http://www.dps.state.ny.us)

Cable TV Complaints ..... 1-800-342-3377

Energy Service Company Complaints ..... 1-888-697-7728

Gas, Electric Shutoff ..... 1-800-342-3355

HEAP grants for people aged 60+ ..... 1-800-342-9871

Service, billing complaints ..... 1-800-342-3377

**New York Relay Service**..... 711 or 1-800-676-3777  
[www.nyrelay.com](http://www.nyrelay.com)

**Niagara Community Action Program (NIACAP)**

[www.niagaracap.org](http://www.niagaracap.org)

Lockport Neighborhood Center ..... 433-6632  
 Niagara Falls Neighborhood Center..... 282-4375  
 North Tonawanda Neighborhood Center..... 694-9727

**Niagara County Department of Social Services**

[www.niagaracounty.com](http://www.niagaracounty.com)

HEAP Department (Home Energy Assistance Program) ..... 439-7744 / 278-8645

**NYSEG (New York State Electric & Gas)**

[www.nyseg.com](http://www.nyseg.com)

Billing inquiries, turn-ons/turn-offs, information .....1-800-572-1111  
 Credit assistance, payment arrangements .....1-888-315-1755  
 Electricity Interruptions/emergencies .....1-800-572-1131  
 Natural Gas odors/emergencies .....1-800-572-1121

**Safelink (Free cell phone and minutes for income eligible)**.....1-800-977-3768  
[www.safelinkwireless.com](http://www.safelinkwireless.com)

**Time Warner**..... 558-8921  
[www.timewarnercable.com](http://www.timewarnercable.com)

**Verizon Lifeline Services**

[www.lifelinesupport.org](http://www.lifelinesupport.org)

Low-cost telephone service .....1-800-924-0585

**Verizon**.....1-800-837-4966  
[www22.verizon.com](http://www22.verizon.com)

Customers with Disabilities Voice & TTY ..... 890-0550  
 New Service, Changes or Billing Questions..... 890-7100  
 Payment Information/Arrangements .....1-800-698-3545  
 Repairs ..... 890-6611

**VETERANS**

**Buffalo Veteran’s Center**..... 862-7350  
[buffalo.va.gov](http://buffalo.va.gov)

**Niagara County Veteran's Service Agency** ..... 438-4090

[www.niagaracounty.com](http://www.niagaracounty.com)

**U. S. Department of Veterans Affairs** .....1-800-827-1000

[www.va.gov](http://www.va.gov)

Education (GI Bill).....1-888-442-4551

Special Issues Helpline .....1-800-749-8387

Health Care Benefits .....1-877-222-8387

Income Verification and Means Testing .....1-800-929-8387

Life Insurance .....1-800-669-8477

Mammography Helpline .....1-888-492-7844

Status of Headstones and Markers.....1-800-697-6947

Telecommunications Device for the Deaf (TDD) .....1-800-829-4833

**Veterans Administration Transportation Services**..... 862-6544

[www.visn2.va.gov/vet/dav.asp](http://www.visn2.va.gov/vet/dav.asp)

**Veterans Administration WNY Healthcare System**.....834-9200 or 1-800-532-8387

Buffalo VA Medical Center ..... 834-9200

Lockport VA Clinic ..... 438-3890

Niagara Falls VA Clinic..... 862-8580

24 Hour Medical Advice for Enrolled Veterans .....1-888-838-7890

**Veteran’s Peer Support Line (Vet2Vet)** .....1-877-838-2838

**Veterans Suicide Hotline** .....1-800-273-8255

# MHA PROGRAMS AND SERVICES

The Mission of The Mental Health Association in Niagara County, Inc. is to promote mental wellness by sponsoring and implementing advocacy, education and community service programs.

## *Information and Referral*

We offer information and referral 24-hours a day, 7 days a week, 365 days a year.

- **Help Line** – We have one phone number for all of Niagara County: 433-5432. Staff from the Mental Health Association and the Niagara County Department of Mental Health Crisis Hotline will offer information about the organizations listed in this booklet
- **Help Book** – We update and print this book regularly. You are using the 28<sup>th</sup> edition. Access it online at [www.mhanc.com](http://www.mhanc.com).
- **Lockport Family Resource Guide and Niagara Self-Help Clearinghouse** - These directories provide a central collection of all self-help mutual-aid support groups in the Niagara County and Lockport Community. Facilitator training and technical assistance offered as well.



## *Educational Services*

### **Presentations**

We provide FREE educational programs, presentations, trainings and workshops for all ages on a variety of mental health topics. We promote mental wellness while educating about mental illness.

- Programs for community organizations, schools, volunteers, professionals in any field, families and consumers of mental health services.
- Booths at health fairs and community events.
- **Allies 4 Life** - our Youth Suicide Prevention Program. We provide workshops to schools and other youth-oriented organizations on how to prevent and respond to a suicide crisis. Visit [www.allies4life.com](http://www.allies4life.com) to learn more.

## Resources

- Free lending library of books and videos available at our office on 36 Pine Street in Lockport.
- Free brochures and pamphlets – just call or stop in to see what we have! Also, you can visit our Links page at [www.mhanc.com](http://www.mhanc.com) for a list of informational websites.
- News and updates through Facebook, Twitter, and our email list. Visit our website to sign up!
- The Belry, our official blog at <http://mhaniagara.wordpress.com/>



## Hearing Distressing Voices Simulation Training

This unique 3-hour training helps health care professionals and others understand more clearly the challenges that face people with psychiatric disabilities. Headphones allow participants to experience the distraction and confusion of hearing voices while performing unrelated tasks. The cost of \$20 per participant covers materials.

Call us a 433-3780 to request materials or schedule a training or presentation.

## *Compeer Niagara*

### Adult Program – Youth Program

- We match trained volunteers in a one-to-one friendship relationship with men, women and children receiving mental health services.
- The program is regarded as an adjunct to therapy.
- Monthly activities are offered to clients and volunteers

### Volunteer Program

An hour of your time can make a huge difference in the life of an adult or child.

- Compeer will match you with someone of the same gender who shares your interests.
- Free training is provided.
- Volunteers are asked to make a one year commitment, if possible
- Also needed: volunteers who can transport a client and attend a social activity sponsored by Compeer.



## Consumer Services

**Peer Advocacy** - We provide an outreach program for recipients of mental health services in the community and for patients receiving treatment at Niagara Falls Memorial Medical Center, in the Behavioral Health Service Unit. Peer-Linkage Advocates work with the patients, family members and outside sources, providing reassurance and notifying patients of all available services.

**Consumer Planning Advisory Committee (CPAC)** The CPAC Committee is comprised of mental health consumers who meet once a month to provide input into the local planning process. The mission of CPAC is to promote and advocate for comprehensive services within Niagara County that foster recovery, rehabilitation, and respect for the rights of the consumers they serve.



**In-Home Respite** – We provide a planned break for parents in Niagara County raising a child or children 18 years of age or younger with a serious emotional disorder. Childcare workers are screened and trained.

**Legal Advocacy Services** - A service for individuals with a mental illness, offered by MHA through a contract with Neighborhood Legal Services, Inc. CSS eligible clients can receive legal assistance with SSI/SSD, Medicaid and food stamps, public assistance, landlord tenant problems, divorce, support, custody and visitation, orders of protection and bankruptcy. Legal Advocacy seeks to:

- Assure continuity of care and to protect the rights of consumers of the community mental health system in Niagara County.
- Help consumers obtain essential public benefits, obtain necessary services, and protect their legal rights. Both administrative and judicial services are offered.

All investigations, reports, recommendations and services are confidential and provided without fee to eligible clients.





## ***Support Groups and More***

We sponsor several Support Groups throughout Niagara County, including *Depression & Anxiety*, *Alzheimers Caregivers*, and *Let's Talk* for youth. See the section on Support Groups in this book.

**Niagara Grief Center** - We provide sustained emotional support to people of all ages who are affected by death and grief. We offer educational materials, referrals and Grief Share support groups, with locations in Lockport and Niagara Falls.

**Art Classes** - *Art for Relaxation* is a free weekly class open to all. You can also sign up for our monthly art class where you will learn how to do a specific craft. Call 433-3780 for a list of upcoming classes, or visit us at [www.mhanc.com](http://www.mhanc.com).









**Mental Health  
ASSOCIATION**  
in Niagara County, Inc.

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36 PINE STREET · LOCKPORT, NY 14094  
(716) 433-3780

**[WWW.MHANC.COM](http://WWW.MHANC.COM)**

For information on our programs or additional copies of this booklet,  
please contact us.

*The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the United Way of Greater Niagara, the United Way of the Tonawandas, grants, memberships and voluntary contributions.*

The Mental Health Association in Niagara County is a United Way Agency

