

GROUP COUNSELING & HEALING CIRCLES

The Association of Black Psychologists (ABPsi), Inc in conjunction with the NYS Office of Mental Health are providing virtual "Sawubona" healing circle support groups for individuals and families seeking support. The Black-led healing circles, which are non-clinical, provide culturally relevant ways for people to express thoughts, feelings, and stories in a healing way. Culturally grounded in African-centered practices, the model helps address racial and other forms of trauma in communities of color. Here is the web address to register to join a circle: <https://abpsi.site-ym.com/general/?type=BSHCA>

ORGANIZATIONS COORDINATING SERVICES & ASSISTING WITH COVERING COSTS OF SERVICES

Black Love Resists in the Rust: Food and Mental Health Support Request Form:

<http://docs.google.com/forms/d/e/1FAIpQLSfbjlEhlvOZwKFa-577hoVHsOeVJSyFx2dX6GnFukcBpsNaQ/viewform?fbclid=IwAR1e9QamBndTKoaQeqDXIPHRFWka0Lj9MNaqtFunSxlq23I2kJhpxCFLwis>

Up-to-date info:

Black Love Resists In the Rust - Home | Facebook: <https://www.facebook.com/BLRRbuffalo/>
716-402-8318; bflolacresiliency@gmail.com

CRISIS SERVICES

- Suicide and Crisis Help Line:** call or text 988
- Erie County Crisis Services:** 716-834-3131
- ECMC Help Center:** 716-898-1594
- NY Project Hope Line:** at 844-863-9314 to speak to a crisis counselor, seven days a week from 8 a.m. to 10 p.m.
- Suicide Prevention Hotline:** 1-800-273-8255 or text/call 988
- Spectrum Cares** (children & adolescents): 716-882-4357
- Niagara County Crisis Services** 716-285-3515

INDIVIDUAL COUNSELING SERVICES

-Best Self: 716-884-0888 :

Kelly D. Dumas, LCSW, Chief Operating Officer

BestSelf Behavioral Health, Inc

255 Delaware Avenue Suite 300

Buffalo, NY 14202

(716) 842-0440 ext. 1338 (716) 842-4069 (fax)

-Buffalo Urban League- Project Hope:

Program Director: Melissa Spikes-Archer: mspikes-archer@bulny.org

-Endeavor Health Services: 716-895-6700

-Spectrum Health & Human Services: 716-566-6506

-Mental Health Advocates of WNY: 716-886-1242

-Therapeutic Sanctuary (African American non profit counseling agency providing sensitive and responsive trauma informed services to the African American community in Buffalo.) 716-446-4168; <https://www.therapeuticsanctuaryinc.org/>

-Western New York Trauma Collaborative- Donate 1 program: trauma therapists in and around WNY dedicating one space on their caseloads for free trauma therapy to an individual affected by the racially motivated violence in Buffalo on May 14th. wynsteeringcommittee@gmail.com