

## Emergency Phone Numbers

### Mental Health/Behavioral Health

Agency	Number	Description				
Suicide & Crisis Life	988	Call or Text				
Erie County Crisis Services 24/7 Hotline	716-834-3131	Call				
Niagara County Crisis Services 24 Hour Hotline	716-285-3515	Call				
Spectrum C.A.R.E.S.	716-822-4357	Call				
Spectrum 24/7 Helpline	7160710-5172	Call				
Spectrum Urgent Care	716-539-6743	Call -open 8:30-4:30 on weekdays -18+				
Local Emergency Department: Erie County Medical Center (ECMC)	(716) 898-3000	Call				
Veterans Crisis Line	800 273 8255 press 1					

### LGBTQIA+ Crisis Hotlines

Agency	Number	Description				
Trevor Lifeline *Crisis Intervention & Suicide Prevention	1-866-488-7386	Call				
Trans Lifeline	START to 678-678	Text				
	1-877-565-8860	Call				

### Substance Use

Agency	Number	Description				
24hr Addiction Hotline	716-831-7007	Call				