## Helpful Family Resources



Supporting emotional/behavioral challenges

https://www.accesscny.org/

(315)-463-1100



Community Services
Advocate. Counsel. Teach.

Crisis counseling/chat, suicide prevention

https://www.contactsyracuse.org/ (315)-251-0600

CPEP- St. Joseph's
Psych Emergency Services
CPEP

(315)-462-1080 Mobile Crisis: (315)-569-4129

## **OCMBOCES**\*

Health, wellness, education resources
BOCES Health

Hardeko Helping Paws Support for pet food needs (315) 410-1278



Triage Line for Covid 19 1-(866)-211-9966



Childcare Support/Info
<a href="https://childcaresolutionscny.org/">https://childcaresolutionscny.org/</a>
(315)-446-1220
Other childcare Survey/Info



Families may call with emergency food needs

https://foodbankcny.org/ (315)-437-1899 ext. 232



Support with bills, rent, food. Call and provide zip code. 1-(866)-211-9966



## **Child Protective Services**

https://ocfs.ny.gov/main/cps/ 1-(800)-342-3720

Domestic Violence Hotline 1-(800)-942-6906

## **NY Health Department**

https://www.health.ny.gov/diseases/com municable/coronavirus/ 1-(888)-364-3065



Connects people to many local resources & support services https://211cnv.com/

Dial 211



Emotional support for parents <a href="https://www.nationalparenthelpline.org/">https://www.nationalparenthelpline.org/</a>
1-(855)-427-2736



Mental Health Resources https://www.mhanational.org/



COVID-19 Resource Guide for Mental Health

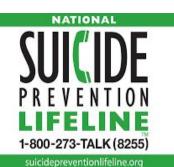
NYS Unemployment Assistance https://www.ny.gov/services/get-unemp

loyment-assistance

1-(888)-469-7365



Spectrum Free Internet Info (844)-488-8395



Other Local Resources:

St. Elizabeth Ann Seton Food Pantry: M/W 9-12

County West Family Resource Center (PEACE Inc.) (315)-638-1051

B'ville First United Methodist Contact for food needs M-F 10am-1pm (315)-635