



# BUFFALO STATE

The State University of New York

**Counseling Center**  
WHC 219  
1300 Elmwood Avenue  
Buffalo, NY 14222-1095  
Tel: (716) 878-4436  
Fax: (716) 878-3333

Dear Student in Quarantine:

We know this is a stressful time for you and we want you know that the Buffalo State Counseling Center is here to support you. One of the ways we have been offering mental health support for students in quarantine is calling daily to do a check-in. When you receive your first check-in call, a counselor will ask if you would like daily calls to continue, or if you prefer not to get called daily. You always have the option to reach out to us, regardless of whether you choose to continue to receive daily calls.

The Counseling Center offers free and confidential individual counseling via telehealth to all registered students. Some students need to talk to someone once to get support for a hard situation, others meet regularly for a while. Our goal is to make it as easy as possible for you to talk to someone when you need to, then we work with you to adapt to your needs. If you are interested in setting up a counseling appointment now or any time in the future, please call (716) 878-4436 and request to schedule an initial phone screening.

We also encourage you to check out our website for more information:

[www.counselingcenter.buffalostate.edu](http://www.counselingcenter.buffalostate.edu)

## 24-hour Emergency Numbers

- If in Erie county, Crisis Service Number- 716-834-3131
- Outside of Erie County, National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Crisis Text Line by texting “GOT5” to 741741
- University Police (716) 878-6333 for on-campus emergencies, 911 for off-campus emergencies

## Additional Resources

- Warm line offers peer support and non-crisis services to Erie County residents. Individuals can utilize the warm line to identify services in their area or to speak with a peer support specialist. Ph# 1-844-749-3848 or visit <https://www2.erie.gov/mentalhealth/index.?q=warm-line> for flyer and additional information.
- ECMC Help Center is a mental health urgent care service that is another option if you would like to seek services after hours or over weekends when experiencing a mental health crisis or needing referrals. <http://www.ecmc.edu/health-services-and-doctors/behavioral-health/outpatient-behavioral-health-services/help-center/>
- NY Project Hope Emotional Support Helpline Ph# 1-844-864-9314 or visit <https://nyprojecthope.org/>
- Central Referral Services Inc. 211 or 1-888-696-9211 - <http://www.211wny.org> for quick & easy access to community human services.

Warm Regards,  
The Staff of the Counseling Center