WHAT YOU CAN DO

There are several things you can do to live a healthy life, so that you can achieve your goals. (Don’t forget that your community is here to help!) Here are some basics:

- Take care of your reproductive and sexual health with the help of a caring adult or healthcare provider
- Make informed decisions with the help of a teacher, parent, caring adult or community leader
- Share what you learn from HOPE Buffalo with friends
- Become a peer educator through our PATCH Program
- Join the Youth Leadership Team (YLT) or start a youth leadership group at your school, in your favorite organization, or elsewhere in your community

VISIT HOPERUFFALO.ORG/TAKEACTION TODAY TO LEARN HOW YOU CAN HELP:

- Join the movement
- Help other teens (just like you) set and reach their own health goals
- Make informed decisions about your future
- Positively impact your community
- Improve the future of Buffalo’s health
- Take The Pledge for Healthy Teens!
HELPFUL RESOURCES

HOPE Buffalo offers a network of resources relating to the initiative’s four pillars—Health, Opportunity, Prevention, Education—including articles, studies, social networks and local services that help teens succeed, plus these health centers throughout Western New York:

REPRODUCTIVE HEALTH CARE

Healthcare providers accept most insurance, including Medicaid.

Buffalo Women Services 2500 Main St. (at Birdseye Ave.), Buffalo 716.856.2510 | buffalowomenservices.com

Community Health Center of Buffalo 34 Brown Ave. (at Main St.), Buffalo 716.896.9199 | ccb.net

Erie County Department of Health 608 William St. (at Kettner St.), Buffalo 716.858.2779 | eriq.gov/health

Kaleida Health—Family Planning Center 1331 Main St. (at Riley St.), Buffalo 716.748.6988 | yourbodyyourfirst.org

Planned Parenthood of Central and Western New York, Inc.—Buffalo Health Center 2697 Main St. (at Amherst St.), Buffalo 716.859.2229 | buffalobaby.org

Children’s Hospital—Niagara Street OB/GYN 554 Niagara St. (near Jersey St.), Buffalo 716.768.7700 | buffalobaby.org

EDUCATIONAL SERVICES

Buffalo Public School District—Adult Education Division 389 Virginia St. (at l.S. Elmwood Ave.), Buffalo 716.888.7088 ext. 100 | upsill.org

Offering high school equivalency program, college preparation assistance, English as a Second Language (ESL) programs, and computer skills for those ages 17 and up.

HEALTHY RELATIONSHIPS TRAINING

Planned Parenthood of Central and Western New York, Inc.—Health Education 2697 Main St. (at Amherst St.), Buffalo 716.200.5925 | ppewny.org

Talk with educators in private, one-on-one sessions about healthy relationships and sexual health.

HIV/AIDS RESOURCES

NYS HIV/AIDS Information Line 800.541.2437 (English) | 800.233.7432 (Spanish)

Erie County Department of Health—Sexual Health Clinic 608 William St. (at Kettner St.), Buffalo 716.858.7687 | 716.858.7942 (PrEP Phone Line) | eriq.gov

Available for testing, HIV partner status, pre-exposure prophylaxis (PrEP), walk-in appointments and more, for those ages 12 and up.

INTIMATE PARTNER VIOLENCE SERVICES AND PREVENTION

24-Hour Crisis Hotline 716.834.3311 | Available 24 hours a day, 365 days a year

24-Hour Erie County Domestic Violence Hotline 716.882.HELP (4357) | 716.884.6000 (Shelter)

Available 24 hours a day, 365 days a year

24-Hour NYS Domestic & Sexual Violence Hotline 800.842.6906

Child and Family Services—Haven House 330 Delaware Ave. (at Tracy St.), Buffalo 716.842.2750 | 716.884.6000 (Shelter) | cbftny.org

Providing emergency shelter, long-term transitional housing, emergency services, and counseling, advocacy and support groups.

Catholic Charities—Amherst Office 3392 Main St. (near Ingert Rd.), Amherst 716.839.4066 | ccwny.org

Catholic Charities—Cheektowaga Office 3719 Union Rd., Ste. 214 (near Gallera Dr.), Cheektowaga 716.641.7294 | ccwny.org

Catholic Charities—Kenmore Office 3370 Delaware Ave. (at Westchester Blvd.), Kenmore 716.877.8822 | ccwny.org

Catholic Charities—Kenmore Office 3370 Delaware Ave. (at Westchester Blvd.), Kenmore 716.877.8822 | ccwny.org

LOBTQ RESOURCES

The Pride Center of WNY 200 S. Elmwood Ave. (near W. Chippewa St.), Buffalo 716.852.7743 | pridecentereny.org

Offering support services, linkage to care, HIV testing and more.

MENTAL HEALTH SERVICES

24 Hour Crisis Hotline 716.814.3131 | citriservices.org

Available 24 hours a day, 365 days a year

BestSelf Behavioral Health—East Branch 1000 Main St. (near North St.), Buffalo 716.884.0888 | lake-shore.org

BestSelf Behavioral Health—University Branch 3350 Main St. (at Niagara Falls Blvd.), Buffalo 716.884.0888 | lake-shore.org

BestSelf Behavioral Health—Westside Branch 420 Niagara St., Buffalo 716.884.0800 | lake-shore.org

Catholic Charities—Monsignor Carr Clinic 20 Rich St. (near Genesee St.), Buffalo 716.895.1033 | ccwny.org

Catholic Charities—Amherst Office 3392 Main St. (near Ingert Rd.), Amherst 716.839.4066 | ccwny.org

Catholic Charities—Cheektowaga Office 3719 Union Rd., Ste. 214 (near Gallera Dr.), Cheektowaga 716.641.7294 | ccwny.org

Catholic Charities—Kenmore Office 3370 Delaware Ave. (at Westchester Blvd.), Kenmore 716.877.8822 | ccwny.org

The Summit Center 415 N. French (near John Glenn Dr.), Amherst 716.629.3400 | thesummitcenter.org

SUBSTANCE USE SERVICES

24 Hour Addiction Hotline 716.831.7007

Available 24 hours a day, 365 days a year

Erie County Council for the Prevention of Alcohol and Substance Abuse (ECPPASA)—Project CHOICES and Student Assistance/Teen Intervene 1625 Hertel Ave. (near Parkside Ave.), Buffalo 716.872.2228 | ecppasa.org

Providing one-on-one counseling and prevention for those ages 14 and up.

Horizon Health Services—Boulevard Recovery Center 1370 Niagara Falls Blvd. (at Brigantine Rd.), Tonawanda 716.833.3708 | horizon-health.org

Outpatient services for those ages 12 and up.

Horizon Health Services—Broadway Recovery Center 77 Broadway (at Elm St.), Buffalo 716.856.6420 | horizon-health.org

Offering substance use disorder counseling.

Horizon Health Services—Horizon Family Recovery Center 6435 Transit Rd. (near Miles Rd.), Amherst 716.648.8521 | horizon-health.org

Offering substance use disorder and mental health services for those ages 12 and up.

Renaissance Addiction Services—Kids Escaping Drugs 920 Harney Rd. (near Clinton St.), Buffalo 716.827.9462 | led.org

Providing residential treatment.

Young Adult Recovery Clubhouse 66 Englewood Ave. (at Cornell St.), Buffalo 716.812.2141 ext. 217 | restoration-societyinc.org

Offering peer support, linked support for harm reduction, treatment and recovery for those ages 16 to 23.

WNY Alateen 716.856.2520 | alateen.org

Providing support for teens affected by alcoholism in family or friend.

VOCATIONAL EDUCATION/WORKFORCE DEVELOPMENT

Buffalo Public School District—Adult Education Division 389 Virginia St. (at l.S. Elmwood Ave.), Buffalo 716.888.7088 ext. 100 | upsill.org

Providing job and computer training for those ages 17 and up.

HOMELESS/UNSTABLY HOUSED SERVICES

211 Western New York Hotline 211 | 211wny.org

Available 24 hours a day, 365 days a year

VISIT HOPEBUFFALO.ORG TO ACCESS AND LEARN MORE ABOUT THESE RESOURCES AND PROGRAM PARTNERS.