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| **Crisis Support Services:** | **Contact Information:** |
| **Cattaraugus County OGH 24 Hour Crisis Hotline** | 1-800-339-5209 |
| **Chautauqua County Suicide Prevention and Crisis Hotline** | 1-800-724-0461 |
| **Crisis Text Line (text to connect with a volunteer Crisis Counselor) Free 24/7** | Text “Talk” to 741741 |
| **24-Hour Crisis Services** | 716-834-3131 |
| **National Suicide Prevention Lifeline** (24-hour help) | 1-800-273-8255 |
| **Outpatient Providers:** | **Contact Information/Location:** |
| **Chautauqua County Mental Hygiene**  200 E. Third St., Fifth Floor, Jamestown 319 Central Ave., Dunkirk | Jamestown: (716) 661-8330Dunkirk: (716) 363-3550 |
| **Jamestown Psychiatric, PC** 305 E Fairmount AvenueJamestown, NY 14750 | (716) 526- 4041 |
| **The Chautauqua Center** 107 Institute St., Jamestown 319 Central Ave., Dunkirk | Jamestown: (716) 484-4334Dunkirk: (716) 363-6050 |
| **The Resource Center** 890 East Second St., Jamestown 186 Lake Shore Drive, West, Dunkirk | Jamestown: (716) 661-1590Dunkirk: (716) 366-7660 |
| **UPMC Chautauqua Outpatient Mental Health Program** 207 Foote Ave., Jamestown 306 Central Ave., Dunkirk | Jamestown: (716) 664-8641Dunkirk: (716) 363-0018 |
| **Best Self Behavioral Health** 2101 Spruce St., North Collins 625 Delaware Ave. #204, Buffalo 140 Pine St., Hamburg | North Collins: (716) 337-3706Buffalo: (716) 882-3151Hamburg: (716) 646-4991 |
| **Olean Counseling Center** 1 Leo Moss Dr. #4308, Olean | (716) 373-8040 |
| **Salamanca Counseling Center** 117 ½ Main St., Salamanca | (716) 945-5211 |
| **Catholic Charities** 42 Dunham Ave., Jamestown 425 Main St., Dunkirk | Jamestown: (716) 484-9188Dunkirk: (716) 366-3533 |
| **Zoar Valley Mental Health Center** 49 South Water St., Gowanda *(West Senca office only is accepting adolescent referrals at this time)*  | (716) 532-2231(716) 832-0720  |
| **Home and Community based support:**  | **Contact Information:** |
| **Compeer** *(Volunteer based program using mentors to help with those with a mental health diagnosis by peer support)* 97 Forest Avenue Jamestown, NY 14701 | (716)-487-2956 |
| **Hospice Grief Support** 20 W Fairmount AvenueLakewood, NY 14750 | (716) 338-0033  |
| **Hillside Children’s Center** *(Work with a credentialed family peer advocate to navigate mental health, care coordination and respite care)*  | (585)256-7500 |