



Recovery
Options
Made Easy

Crisis Support Information

Call or text 988

988 lifeline is a national network of local crisis centers that **provide free and confidential** emotional support services to people experiencing emotional distress or are in suicidal crisis.

Chautauqua & Cattaraugus County	Erie County
<p data-bbox="197 1066 651 1111">Eagle's Nest Respite</p> <p data-bbox="97 1155 751 1323">Providing a peaceful environment that promotes health and wellness for individuals experiencing a mental health crisis to focus on mental health recovery.</p> <p data-bbox="288 1368 568 1413">Open 24/7, 365</p> <p data-bbox="134 1451 715 1496">716-241-4605 or 1-844-421-1114</p>	<p data-bbox="863 1066 1465 1111">Refreshing Waters Respite</p> <p data-bbox="839 1155 1493 1323">Providing a peaceful environment that promotes health and wellness for individuals experiencing a mental health crisis to focus on mental health recovery.</p> <p data-bbox="1031 1368 1310 1413">Open 24/7, 365</p> <p data-bbox="860 1451 1481 1496">716-248-2886 or 1 844-588-8427</p>

Peer Support Warmline

Confidential phone lines for people who are having difficulty coping with life experiences.

Free for all callers- Open 4pm – 11pm Daily

716-241-4606

716-248-2941

1-844-749-3848

1-877-426-4373