**Crisis Support**

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| Crisis Services 24-Hour Crisis Hotline | 716-285-3519 |
| National Suicide Prevention Lifeline | 1-800-273-8255 |
| National Domestic Hotline | 1-800-799-7233 |
| Crisis Text Line | Text HOME to 741741 |
| Kid’s Helpline | 716-834-1144 1-877-KIDS-400 |
| The Trevor Project A lifeline for LGBTQ youth under the age of 25 | 1-866-488-7386 Text START to 678678 |
| 211 WNY Free and confidential link to health and human services 24/7 | Call: 211 or 888-696-9211 Text your zip code to 898-211 |
| NYS Domestic and Sexual Violence Hotline | 1-800-942-6906 |
| COVID-19 Emotional Support Hotline | 1-844-863-9314 |