

Important Telephone Numbers

Mental Health & Chemical Dependency Clinics

Dunkirk
716-363-3550

Jamestown
716-661-8330

Adult Single Point of Access(SPOA)
716-661-8862

Health Home Care Management/HHUNY
1-855-613-7659

- C** Call friends, family or crisis help line
- R** Remember the ones that love you and that you love
- I** Initialize support and help
- S** Self-Talk, know that you will get through this
- I** Inhale and Exhale, breathing helps!
- S** Step out, Enjoy a walk while you are relaxing

24 Hour Crisis Services
1-800-724-0461

Fire, Medical or Police emergencies
911

For links to supportive services
211



Certified Recovery Peer Advocacy (CRPA)

Contact CRPA 716-661-8353

Walking with you

on the road to recovery.

What is a peer?

A peer is someone who has made a commitment to their own recovery from a mental health condition or substance use disorder. A peer uses their life experience to help others discover what might help them in their recovery.

The certified recovery peer has completed training with the New York State Academy of Peer Services and maintains certification by taking courses annually

What is peer support?

Peer support is used to help people find and follow their own recovery paths without judgement or expectations.

The CRPA's goal is to support those engaging in treatment by connecting through shared experiences and to assist you in creating a path toward overall wellness.

What are the services provided?

Some examples are...

- developing recovery plans
- identifying goals and mapping out a path to achieve them
- linking to self-help tools and resources (community supports, therapy, etc...)
- assisting in applying for jobs, benefits, continuing education, etc...
- non-clinical crisis support
- accompanying clients to medical or other appointments

Our Mission

**To offer support based on mutual respect;
to inspire hope and walk
the road of recovery together.**

"The support I received truly helped me piece my life back together after hospitalization. I feel like now I have a voice when it comes to my mental health!" -Shauna

"Peer support has helped me to find a safe space where I can be more comfortable with myself and my mental health outside of the typical psychiatric care that's currently available." -Ryder

"Having someone who is there for you and to make sure you're keeping on track really helped steer me in the right direction." -Selena