

# Helpful Family Resources



Community | Possibility | Success

Supporting emotional/behavioral challenges

<https://www.accesscny.org/>

(315)-463-1100

## CONTACT

Community Services  
Advocate. Counsel. Teach.

Crisis counseling/chat, suicide prevention

<https://www.contactsyracuse.org/>

(315)-251-0600

**CPEP- St. Joseph's**  
Psych Emergency Services

CPEP

(315)-462-1080

Mobile Crisis: (315)-569-4129

## OCMBOCES

Health, wellness, education resources

[BOCES Health](#)

**Hardeko Helping Paws**

Support for pet food needs

(315) 410-1278



Triage Line for Covid 19

1-(866)-211-9966



Childcare Support/Info

<https://childcaresolutionscny.org/>

(315)-446-1220

[Other childcare Survey/Info](#)



Families may call with emergency food needs

<https://foodbankcny.org/>

(315)-437-1899 ext. 232



Support with bills, rent, food.

Call and provide zip code.

1-(866)-211-9966



**Child Protective Services**

<https://ocfs.ny.gov/main/cps/>

1-(800)-342-3720

**Domestic Violence Hotline**

1-(800)-942-6906

**NY Health Department**

<https://www.health.ny.gov/diseases/com>

[municable/coronavirus/](https://www.health.ny.gov/diseases/com/municable/coronavirus/)

1-(888)-364-3065



[Spectrum Free Internet Info](#)

(844)-488-8395



Connects people to many local resources & support services

<https://211cny.com/>

Dial 211



Emotional support for parents

<https://www.nationalparenthelpline.org/>

1-(855)-427-2736



Mental Health Resources

<https://www.mhanational.org/>



[COVID-19 Resource Guide for Mental Health](#)

**NYS Unemployment Assistance**

<https://www.ny.gov/services/get-unemployment-assistance>

[loyment-assistance](https://www.ny.gov/services/get-unemployment-assistance)

1-(888)-469-7365

**Other Local Resources:**

St. Elizabeth Ann Seton Food Pantry: M/W 9-12

County West Family Resource Center (PEACE Inc.)

(315)-638-1051

B'ville First United Methodist Contact for food needs

M-F 10am-1pm

(315)-635

NATIONAL  
**SUICIDE  
PREVENTION  
LIFELINE**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)