

## VETERAN RESOURCES

Are you a Veteran in crisis or concerned about one?

Find support anytime day or night

If these symptoms lead to thoughts of death or suicide, it's important you talk to someone right away.

The Veterans Crisis Line offers free, confidential support, 24 hours a day, 7 days a week, 365 days a year.

- Dial 988 and Press 1
- Chat online
- Text 83825

## ADDITIONAL LINKS

Veterans One-stop Center - Veteran Services

[vocwny.org](http://vocwny.org)

716-898-0110

One-Stop Center of Western New York, connecting veterans and their families to the appropriate services, resources, and programs.

If are interested in joining PFC Joseph P. Dwyer Peer Support Program, email Program Manager Dan Arnold at [darnold@vocwny.org](mailto:darnold@vocwny.org) or call 716-898-0110 ext. 118.

Jennifer Helie, a woman Veteran and Outreach Navigator for the Southern Tier, coordinates all Women Veteran Peer Support events. If you are interested in joining our Women Veteran Peer Support, please contact Jennifer Helie.

Jennifer Helie

Outreach Navigator- Southern Tier

716-507-3361

[jhelie@vocwny.org](mailto:jhelie@vocwny.org)

The Veterans One-stop Center Caregiver Coaches find the best resources for the caregiver and care recipient. Our Caregiver Coaches are people who have “walked the walk” and understand the unique challenges associated with caring for a veteran. A special bond develops between coach and caregiver because of this strong peer connection.

If you are interested in joining Veteran Caregiver Support Services, email Daniel, Caregiver Coach, at [darnold@vocwny.org](mailto:darnold@vocwny.org)

or call 716-898-0110 ext. 118.

National Call Center for Homeless Veterans

If you are or know a Veteran who is homeless or at risk of becoming homeless, you may contact the National VA Call Center for Homeless Veterans. These resources are also available to Veterans' family members and friends, VA medical centers, VA partners, community agencies, and service providers.

Dial +1-877-424-3838 and Press 1, 24/7.

Mental Health

[mentalhealth.va.gov](http://mentalhealth.va.gov)

VA has a variety of mental health resources, information, treatment options, and more — all accessible to Veterans, Veterans' supporters, and the general public. Explore health topics on the site to learn more about a specific mental health topic or to find information specifically tailored to your needs.

Buffalo VA Regional Benefit Office

130 South Elmwood Ave, Suite 601 Buffalo, NY 14202 Copy Address

Main Number: 800-827-1000

Facility Type: Veterans Benefits Administration Offices

[www.benefits.va.gov](http://www.benefits.va.gov)

Buffalo VA Medical Center

3495 Bailey Avenue Buffalo, NY 14215-1129

3495 Bailey Avenue Buffalo, NY 14215

Main Number: 716-834-9200

After Hours Number: 888-838-7890

Facility Type: VA Medical Center

[www.va.gov](http://www.va.gov)

VETERAN crisis line

<https://www.veteranscrisisline.net>

Veterans Crisis Line

24/7, confidential crisis support for Veterans and their loved ones. Contact the Veterans Crisis Line: Dial 988 then Press 1, chat online, or text 838255