

Services provided during Peer Support Sessions include:

- Peer Support
- Coping Skills
- WRAP
- Crisis Prevention Plan
- SMART Goal Setting
- Setting Healthy Boundaries
- Respite Service Information
- Community Based Program Referrals

This is not intended to be a replacement or a substitute for your Mental Health Provider.

1-833-361-6130

12pm - 10pm

Service is for 18yrs and older



Eagles Nest Respite

Located in Jamestown, NY

Serving Cattaraugus and Chautauqua Counties



Refreshing Waters Respite

Located in Buffalo, NY

Serving Erie County



Housing Options Made Easy, INC.

75 Jamestown St.

Gowanda, NY 14070

716-532-5508

Alternative Virtual Respite

A program for those who may be in crisis or who are having difficulties coping with life experiences



Serving All Counties of WNY

1-833-361-6130

Email address required for teleconferencing

12pm-10pm Daily

Benefits of The Virtual Respite:

Take a tour of the respite
and
meet our amazing staff

People
Helping
People

By having a face to face teleconferencing support session, callers are able to talk with a trained peer to work towards goal setting, creating WRAP and Crisis prevention plans along with learning to set healthy boundaries.

1-833-361-6130

Daily Hours

12pm – 10pm

Our Mission Statement:

To achieve social equality for individuals with mental illness by providing housing and other services so individuals may live with dignity and have choices in the community.

Why teleconference?

Face to Face live-

See the person who you are talking with right on your computer, tablet or cellphone.

Longer support sessions-

Teleconferencing allows for extended support sessions.

Person Centered-

Support sessions are based on the Callers goals and needs.

Extended Hours of Support-

Get support from a trained Peer available daily 12pm-10 pm.

