



This Guide is dedicated to those afflicted with mental illness who struggle bravely to find a life of dignity and worth despite their disabilities.

To those who have lost their battle but are lovingly remembered.

To those families who work with great energy, determination, and faith to better the lives of those they love.

And to the researchers who will one day make such a guide unnecessary.

2008





Preface

No other affliction so devastates the lives of victims and families as major mental illness. The limited treatment available, the long-term nature of these diseases, and the difficulty in securing timely, appropriate care and treatment are unique in modern medicine.

In addition, the lack of support and understanding from other members of the family, and the larger community, create an enormous, heartbreaking burden for families, leaving us often struggling alone and isolated.

The purpose of this *Guide* is to provide families with information that will assist them in mastering the complex systems in which the mentally ill individual is often involved. We hope such knowledge will make life a little easier for those who must thread the maze of the mental health, penal, social service, and community bureaucracies which families must learn to use.

Our thanks to our corporate sponsors and the Erie County Department of Mental Health whose generous support has made possible the publication and distribution of this *Guide*. A special thanks as well to committee members Marcy Rose, JoEllen Pennella, Herman Szymanski, M.D., and Mary Jeffords. Without them, this guide would not have become a reality.

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Co-Editors
NAMI in Buffalo & Erie County



HOW TO USE THIS GUIDE

This booklet has been designed for families by families of the mentally ill. It has been produced entirely by volunteer effort, and includes the collective work of many who have given long hours to its preparation.

The *Guide* is divided in sections listed in the Table of Contents. We provide the names and locations of services, addresses, phone numbers and the name of a contact person. Such people may change. If the person you want to speak to is no longer there, ask for the professional who has taken his/her place.

Outpatient services are identified by program type. Listed first are those provided by non-profit mental health corporations; then those provided by the Buffalo Psychiatric Center; and finally those provided by other non-profit agencies.

Hours and days are generally 8:00 to 4:00 or 9:00 to 5:00, Monday through Friday. Most medication clinics also have evening hours by appointment or by request. Call a particular service to find out the current hours.

We have worked very hard to produce a directory that is as accurate and comprehensive as possible. However, we may have unintentionally omitted an available agency or service. If you know of some service or agency not included which should be a part of a revised edition, please let us know by calling 832-4035, emailing us at namibuffalo@aol.com or writing:

NAMI in Buffalo & Erie County
302 Parkhurst Boulevard
Buffalo, NY 14223
716-832-4035
www.namibuffalony.org

Private providers and professional services which do not accept Medicaid are not generally included in this Guide.

If you do not find the information here that you seek, call NAMI in Buffalo & Erie County at 832-4035 and we will attempt to assist you.

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