



HelpCenter Confidential Outpatient Clinical Services

You Don't Need an Appointment

Immediate Mental Health Crisis Support and Treatment

An urgent care service for walk-in mental health treatment of adults in crisis who do not require psychiatric emergency treatment or inpatient care.

Individualized services addressing each patient's needs with a focus on wellness to aid those experiencing:

- anxiety
- depression
- obsessive thoughts and behaviors
- hallucinations
- feelings of hopelessness / helplessness

HelpCenter | **716-898-1594**

462 Grider Street, Buffalo, NY 14215

(Behavioral Health Outpatient Center)

7 Days a Week & Holidays; 8:00am-10:30pm

ECMC Virtual Help Center

You can also access the Help Center through our website at

ecmc.edu/ecmc-virtual-helpcenter-visits/

3 easy steps:

1. Select a timeslot for your virtual visit.
2. An ECMC representative will contact you via phone to confirm your timeslot and to collect additional information.
3. Follow the instructions provided to connect to your virtual visit via phone or video.

