

Important Numbers + Mental Health Services

Resource Guide

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This resource guide does not include all of the resources available in the Rochester area. For more information please contact your primary health care provider or school staff.

In case of any kind of emergency, call 911

(Refer to p.2-p.3 for more important emergency phone numbers)

Important Numbers / Hotlines

Emergencies	Police, Fire department, Ambulance	911
2-1-1 / LIFE LINE Mobile Crisis	24/7 crisis/suicide intervention program and Information & Referral (I&R) service. Offers assistance and referrals for emergency food, shelter, clothing, crisis counseling, substance abuse issues, employment, financial and legal issues, physical and mental health needs, and more.	(585) 275-5151 (585) 529-3721
NY Child Abuse Hotline and Child Protective Services		1-800-342-3720 (585) 461-5690
Domestic Violence Hotline	Confidential hotlines provide one-on-one support including: Crisis counseling, Safety planning, Assistance with finding shelter, Information about resources, Can assist in any language.	1-800-621-HOPE (4673)
Emergency Respite Bed - Hillside Children's Center	Seeks to provide short-term out-of-home crisis stabilization for youth who are experiencing an emotional crisis	Hillside Family of Agencies 585-256-7500
Monroe County Department of Human Services	Provides various forms of assistance to citizens of Monroe County including income support, medical assistance and comprehensive services designed to promote a higher quality of life for children, families and disadvantaged or elderly adults	(585) 753-6000
National Child Abuse Hotline	Dedicated to the prevention of child abuse, 24/7. Offers crisis intervention, information, literature, and referrals to emergency, social service and support resources.	1-800-422-4453
NY Regional Poison Control Centers	Management information for poison control centers in NY state	1-800-222-1222 (585) 275-0505

		TTY (315) 464-5424
NY State Domestic & Sexual Violence Hotline	Confidential support resources In an emergency CALL 911	1-800-942-6906
National Suicide Prevention Lifeline	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.	1-800-273-TALK (8255) www.suicidepreventionlifeline.org
National Sexual Assault Hotline	Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services.	1-800-656-HOPE (4673)
Trevor Project	Provides crisis intervention and suicide prevention for LGBTQ+ young people.	1-866-488-7386
Trans Lifeline	Confidential hotline that supports any needs of the members of the trans community	1-877-565-8860
Willow Domestic Violence Center	Willow Center offers crisis support and community services: 24/7 Hotline, Emergency Shelter, Safety Planning, Court Accompaniment, Short-term Counseling and Support, Support Groups, Prevention Education and Training.	(585) 222-SAFE (7233) TTY (585) 232-1741

Mental Health Services

If the situation is life threatening call 911

2-1-1/LIFE LINE		
Agape Counseling Associates	Provides therapy and life coaching for individuals, couples, and families.	(585) 385-6030 http://www.agaperoc.org
APA Help Center	Acts as a resource for mental health information and news. Provides a guide of local mental health professionals.	http://www.apahelpcenter.org
Behavioral Health Network	Provides family and child services, mental health emergencies, and impairment services.	(585) 236-8653 Rochester Mental Health Center, 490 East Ridge Road, Rochester, NY 14621
Boike Marriage, Family, and Individual Counseling	Private practice that offers various counseling services.	(585) 385-1950
Brighton Psychological Associates	Private practice that offers various counseling services.	(585) 271-3050
Catholic Family Center, Mental Health Clinic	Provides evaluation, psychotherapy and medication treatment for individuals struggling with Mental Health issues.	(585) 546-7220 https://www.cferochester.org/for-professionals-mental-health-services/ 87 N Clinton Ave Rochester, NY 14604
Depression and Bipolar Support	Provides information about	http://www.dbsalliance.org

Alliance (DBSA)	the difference between a sad mood and depression. Also provides a workbook that you can fill in to help you better understand how to manage your depression and track your progress throughout treatment.	
Genesee Mental Health Center/Rochester General Behavioral Health	Provides inpatient, outpatient, and crisis services for adults and children facing emotional/behavioral problems and/or mental health challenges.	(585) 922-2500 (585) 922-7770 https://www.rochesterregional.org/services/behavioral-health/
Healthy Minds (a part of American Psychiatric Association)	Provides an information about common mental disorders, including symptoms, risk factors and treatment options. You can find answers to your mental health questions written by leading psychiatrists, stories from people living with mental illness, and links to additional resources.	http://www.healthyminds.org
Help Guide	An informational website that provides mental, social, and	http://www.helpguide.org

	emotional health information.	
Hillside Family of Agencies - Center for Child and Family Therapy, Outpatient Clinic	Provides an array of mental health services to children, adolescents and adults. Services include individual family therapy, crisis intervention, psychiatric evaluations, pharmacotherapy and outreach and linkage to community resources.	(585) 256-7500 http://www.hillside.com
Hope Herting Counseling Services	Private practice that provides professional counseling services. Specialization in crisis counseling, stress management, blended families, children families with a history of sexual abuse.	(585) 420-7966 http://www.hopcherting.com
Liberty Resources Behavioral Health Clinic	Provides services for children, youth, family, individual and adults.	(585) 410-3370 http://www.liberty-resources.org 175 Humboldt Street Rochester, NY 14610
Linden Oak Therapy Offices	Provides individual, couples, family, and child adolescent therapy.	(585) 586-1600 http://www.lindenoaktherapyoffices.com
Mental Health	Community-based	http://www.mentalhealthamerica.net

<p>America</p>	<p>nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. The website provides information, screening tools, answers to mental health questions, and a search tool to find mental health professionals.</p>	
<p>Mental Health Association</p>	<p>Promotes mental wellness through a spectrum of culturally competent programs and services</p>	<p>(585) 325-3145 320 N. Goodman Street Rochester, NY 14607</p>
<p>Monroe Mobile Crisis Team</p>	<p>A mobile psychiatric emergency team for individuals and families within Monroe County who are experiencing a crisis in mental health</p>	<p>(585) 529-3721 http://www.urmc.rochester.edu/mental-health-wellness/emergency-services/monroe-mobile-crises-team.aspx</p>
<p>More Than Sad (American Foundation for Suicide Prevention program)</p>	<p>Access to information for educators, parents, and students on recognizing and treating depression including a fact sheet and resource list.</p>	<p>http://www.afsp.org/our-work/education/more-than-sad/</p>
<p>National Alliance on Mental Illness</p>	<p>Information about mental illness</p>	<p>1-800-950-(NAMI)</p>

	including how to find support.	Crisis Text Line: Text NAMI to 741-741 http://www.nami.org
Rochester Psychiatric Center	Provides services for those with serious mental health challenges.	(585) 241-1200 http://www.omh.ny.gov/omhweb/facilities/ropc/
Rochester Regional Health-Mental Health Emergency and Inpatient Services	Provides a full range of comprehensive behavioral health services	(585) 922-4698 http://www.rochesterregional.org Behavioral Pediatrics - Joseph C. Wilson Medical Building 800 Carter Street Suite 260 Rochester, NY 14621
Strong Behavioral Health	Provides a full range of mental health, primary medical care and addiction treatment services for adults, families, children, and adolescents including inpatient and outpatient services.	Family Therapy Services (585) 275-0320 Child & Adolescent Services (585) 279-7800 http://www.urmc.rochester.edu/mental-health-wellness.aspx 300 Crittenden Blvd. Rochester, NY 14642
The Center for Youth	Delivers prevention counseling as part of its continuum of care for youth. Offers an intervention program, Teen Intervene, intended for youth who want to reduce or eliminate drug, alcohol, and tobacco use. Services are	(585) 271-7670 http://centerforyouth.net 905 Monroe Avenue. Rochester, NY Availability: (9 a.m. and 8 p.m. Monday through Friday)

	free, confidential and based on the voluntary participation of youth.	
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