Mental Health Resources
https://www.namiroc.org/trusted-resources

National Suicide Prevention Hotline:
1-800-273-TALK (8255)

Self Help Drop-In Support Services:
Mental Health Association
5PM – 9PM
344 N. Goodman St.
Rochester, NY 14607
(585) 325-3145 x300
mharochester.org

Respite for Individuals Experiencing a Psychiatric Crisis:
East House: Affinity Place
269 Alexander St.
Rochester, NY 14607
(585) 563-7083
24/7 Warm Line: (585) 563-7470
easthouse.org/affinity-place

Crisis Text Line: TEXT ‘Got5’ to 741-741

Black Emotional and Mental Health Collective (BEAM) is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Black Girls Smile Inc. promotes positive mental health for young African American girls.

Black Mental Health Alliance develops, promotes, and sponsors trusted, culturally-relevant educational forums, trainings, and internal services that support the health and wellbeing of Black people and other vulnerable communities.

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community.

Inclusive Therapists aims to make the process of seeking therapy simple and safe for all people, especially marginalized populations.

Mental Health Association connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latino/Hispanic communities.

American Foundation for Suicide Prevention

National Organization for People of Color Against Suicidality. Founded by suicide loss survivors, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

State Alya Community Mental Wellness sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

The AAKOMA Project helps diverse teenagers and their families achieve optimal mental health through dialogues, learning, and the understanding that everyone deserves care and support.

The Loveland Foundation provides financial support for therapy for Black women and girls.

The National Queer & Trans Therapists of Color Network (NQTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QITPs).

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Therapy for Black Men is a directory to help men of color in their search for a therapist.

We’re Here for You:
Mental Health Resources for Latinx and Hispanic Communities

Life is Precious™ provides suicide prevention services in young Latino/Latinx by offering counseling, art therapy, academic support, and nutritional and fitness activities.

Therapy for Latinx is a new online directory that helps Latinx people find mental health professionals in their own communities.

San Antonio Each Mind Matters is a California non-profit mental health movement, which offers culturally focused information and resources on mental health and wellness in Spanish on their website.

Estamos aqui para usted:
Recursos de salud mental para las comunidades hispanas y latinas
A typical depression test may ask you the following questions that require you to be honest and up front:

- Do you have a sense of hopelessness?
- Do you look at everything from a negative point of view?
- Do you feel restless?
- Are you always low on energy?
- Do you have a feeling of anxiety, sadness/emptiness?
- Do you have a hard time concentrating and focusing?
- Are you irritable?
- Have you lost interest in activities, hobbies you used to find fun and enjoyable?
- Do you have a loss of appetite or are you overeating?
- Do you have insomnia?
- Do you have suicidal thoughts?

If you think you are depressed, please call the office at 585-441-9941 or email us at hope@iamisiah.org

Depression is nothing to be taken lightly, although highly treatable, so many people remain in the dark to the fact that they are actually suffering from clinical depression.

Please call the suicide hotline at 1-800-273-8255 or 211 (TALK)

* Please note that only a licensed professional can diagnose depression.
MENTAL HEALTH SERVICES

24 Hour Crisis Hotline
LIFELINE 275-5151

CATHOLIC FAMILY CENTER – 232-1840
- Provides a full range of mental health services with special expertise in sexual abuse and co-occurring disorders. Sliding fee and most insurances accepted.


<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Adult Ambulatory Services</td>
<td>275-3812</td>
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<tr>
<td>Child &amp; Adolescent Outpatient Program</td>
<td>279-7800</td>
</tr>
<tr>
<td>Crisis Call Center</td>
<td>275-8686</td>
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<tr>
<td>Clinical Coordinating Center</td>
<td>275-3812</td>
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<td>Crisis Outpatient Services</td>
<td>275-3812</td>
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<tr>
<td>Deaf Wellness Center</td>
<td>275-6785</td>
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<tr>
<td>Family Programs</td>
<td>275-8321</td>
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<tr>
<td>Group Therapy Services</td>
<td>275-8575</td>
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<tr>
<td>Highland Family Medicine</td>
<td>279-4858</td>
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<tr>
<td>HIV Mental Health Service</td>
<td>275-3812</td>
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<tr>
<td>Insomnia and Behavioral Health Medicine Service</td>
<td>275-4901</td>
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<tr>
<td>Lazos Fuertes</td>
<td>244-6643</td>
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<tr>
<td>Older Adult Service</td>
<td>279-7849</td>
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<tr>
<td>Partial Hospitalization Program (Adult)</td>
<td>279-7850</td>
</tr>
<tr>
<td>Partial Hospitalization Program (Child)</td>
<td>273-1776</td>
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<tr>
<td>Psychiatric Emergency Department</td>
<td>275-4501</td>
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<tr>
<td>Strong Recovery Addictions Psychiatry Program</td>
<td>275-7545</td>
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<tr>
<td>Strong Ties (Chronic Mental Illness)</td>
<td>279-4900</td>
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FAMILY RESTORATION PROJECT – 328-9270 – 360 Wellington Avenue
- faith-based group and individual counseling. Offers sliding scale, no insurance.

JEWISH FAMILY SERVICES OF ROCHESTER – COUNSELING – 461-0110 or 586-6190 – 441 East Avenue or 3300 Monroe Avenue
- accepts most insurances. Offers sliding scale based on income. Can meet in office or home visit.

LIFESPAN'S GERIATRIC ADDICTIONS PROGRAM – 244-8400, Ext. 176 – Fax 244-9114 – 1900 South Clinton Avenue
- Comprehensive in-home intervention, assessments, linkage and intensive geriatric case management; supportive counseling and education for families and caregivers.

MEMORY DISORDERS CLINIC – University of Rochester at Monroe Community Hospital – 760-6221 – 435 East Henrietta Road
- Comprehensive assessments of memory problems. Current information regarding treatment options. Links with community resources and support services.
MENTAL HEALTH ASSOCIATION – 325-3145 - 320 North Goodman Street – (www.mharochester.org)

MERCY OUTREACH CENTER - 288-2634 – 142 Webster Avenue – Free health, mental health, and dental care, and advocacy services.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) – 423-1593 OR 1-800-950-FACT

ROCHESTER COMMUNITY MOBILE CRISIS TEAM (RCMCT) – A community based mental health mobile crisis service available to youth and adults in Monroe County.

Strong Behavioral Health

2-1-1 of the Finger Lakes Region 211

LIFELINE 275-5151 TDD: 275-2700 800-310-1160

ROCHESTER REHABILITATION CENTER – 271-2520 – Provides a full range of outpatient mental health services to adults, older adults, individuals with disabilities, families, and persons with HIV/AIDS. Services include individual, group, family therapy, and specialized services including Bio Feedback. Mindfulness, EMDR, Dialectical Behavioral Therapy and the Men’s Education for Non-Violence (MEN’s) Workshop (an education program for men who have been abusive to their partners). Sliding scale fee available based on income.

SPIRITUS CHRISTI MENTAL HEALTH CENTER – 325-1180, Fax 325-1191

121 N. Fitzhugh Street

- Free mental health care, medications and the necessary social services.

ST. JOSEPH’S NEIGHBORHOOD CENTER – 325-5260 – 417 South Avenue – Comprehensive health-care services in a primary-care setting to people without health insurance.

UNITY HEALTH SYSTEM

Greece – 368-6700

Psychiatric Emergency Center – 368-3950 – Located at the Unity St. Mary’s Campus (89 Genesee Street), the Psychiatric Emergency Center provides 24/7 psychiatric services.

Rochester/Bullshead – 368-6550

Rochester/Lake Avenue (Evelyn Brandon Health Center) – 368-6900

Unity Chemical Dependency – 723-7740


VIAHEALTH AFTER HOURS EMERGENCY CARE – 922-4000 OR 258-3307

VIAHEALTH GENESEE MENTAL HEALTH CENTER – 922-7770 – 224 Alexander Street

VIAHEALTH GEROPSYCHIATRY SERVICES - 922-7770 – 224 Alexander Street and 922-2500 – 490 East Ridge Road

VIAHEALTH ROCHESTER MENTAL HEALTH CENTER- 922-2500 – 490 East Ridge Road – Emergency services are provided between 9 AM and 5 PM.

Rochester General Hospital Emergency Department – 922-2300

VETERANS OUTREACH CENTER – 442-7160