

Resource List

Mental Health/ Crises

211 Lifeline

Address: 422 S Clinton Ave, Rochester, NY 14620

Phone: (800) 310-1160

C-PEP/Rochester Regional Health Mobile Crisis

Address: 89 Genesee St, Rochester, NY 14611

Phone: (585) 368-3614

C-PEP/University Rochester Medical Center Mobile Crisis

601 Elmwood Ave, Rochester, NY 14620

Phone: (585) 529-3721

Behavioral Health Access and Crisis Center

Alternative to the Emergency Room for Mental Health/Chemical Dependency struggles

89 Genesee Street | Rochester, NY 14611

(585) 368-3950

COVID-19 Emotional Support Line

1-844-863-9314

Mental Health Association's Self-Help Drop-In Center and Warm Line

344 N. Goodman Street Rochester, NY 14607 *New Location*

(585) 325-3145 X 300

Open 7 days per week from 5-9 pm

National Crisis Text Line

Text: 741741

National Suicide Prevention Hotline

1-800-273-8255

Rochester/Monroe County Domestic Violence Consortium

Address: 244 S Plymouth Ave, Rochester, NY 14608

Phone: (585) 428-2215

Home-Based Crisis Intervention Program [\(585\) 922-8040](tel:5859228040)

89 Genesee Street | Rochester, NY 14611

Sometimes, meeting someone where they are in their recovery means meeting them in the most comfortable setting. Rochester Regional Health's home-based crisis program assists families with children (5-17), who are in a mental health crisis by providing an alternative to an inpatient stay. The overall goal of the program is to provide short-term, intensive in-home intervention services due to the imminent risk of their child being admitted to a psychiatric hospital.

Recovery alternatives

iMAT

Rochester Regional Health's iMAT Program allows for immediate recovery assistance in a non-traditional setting. We have designed a flexible, community-based program for individuals who may not be able to attend a program at one of our chemical dependency facilities. We know that recovery is difficult, but it is possible - and we are here to help.

Our program includes:

- Medication-assisted therapy
- In-community evaluations to assist with easy access to care
- The option of referral for group therapy, family therapy, stabilization, outpatient detox, inpatient, or residential assistance should an individual continue to struggle and need additional support

iMAT Clinic - Family Medicine at Wilson

(585) 974-5513

800 Carter Street, Second Floor

Rochester, NY 14621

Domestic Violence

Willow Domestic Violence

Provider Address: PO Box 39601, Monroe, Rochester, NY, 14604-

Provider Telephone: (585)-232-5200

Website: <https://willowcenterny.org/about-us/>

Non-emergency Mental Health

Mental Health Respite-Affinity Place

Address: 269 Alexander St, Rochester, NY 14607

Warm Line Phone: (585) 563-7083

Creative outlets/Sober outlets

Creative Wellness Center

Address: 320 Goodman St N, Rochester, NY 14607

Phone: (585) 224-2005

ROcovery Fitness

Address: 1035 Dewey Ave, Rochester, NY 14613

Phone: (585) 484-0234

CCA Monroe Recovery Network Recovery Center- CORE

Phone: 585-328-8230

Website: <http://communityalternatives.org/>

The Mental Health Association's Life Skills:

If you're ready to begin your journey to mental wellness, Life Skills may be the starting point for you.

- With Life Skills you can participate in workshops that assist and guide you as you work through your recovery. Call 585-325-3145 x215
- Life Skills can help connect you to resources in the community.

Give us a call at 585-325-3145!

Front Desk: x210

Hope Johnson, Program Coordinator: x113

LGBTQ

University of Rochester Pride Network

Ruth Miller Center, Wilson Commons, 101K

University of Rochester

Rochester, NY 14627

(585) 275-3068

Gay Alliance of the Genesee Valley

875 E Main St, Suite 500

Rochester, NY 14605

(585) 244-8640

Gay and Lesbian Support Group

34 Meigs Street, Third Presbyterian Church

Phone: (585)338-3466

Pride Center of Western New York

18 Trinity Place, Buffalo, NY 14201

(716) 852-PRIDE (7743)

National Resources and Websites

Bisexual Resource Center

(617) 424-9595

Center For Youth

24-Hour Helpline & Emergency Housing

585-271-7670

Gay and Lesbian Alliance Against Defamation

GLBT National Help Center

Serving the Gay, Lesbian, Bisexual & Transgender Community

National Gay and Lesbian Task Force: Creating Change

Parents, Families, and Friends of Lesbians and Gays

Trevor Hotline

1-866-4-U-TREVOR (1-866-488-7386)

24-hour crisis hotline for Gay, Lesbian, Bisexual, Transgender and Questioning youth.

Advocates for Youth

(202) 419-3420

National Center for Transgender Equality

(202) 903-0112

HIV

Trillium Health

259 Monroe Avenue Rochester, NY 14607

Phone: (585) 545-7200

Catholic Charities Community Services – Supportive Services

1099 Jay Street, Building J Rochester, NY 14611

Phone: (585) 339-9800 Fax: (585) 339-9377

Unity Infectious Disease

89 Genesee Street Rochester NY 14611

Phone: (585) 368-3411

Strong Infectious Disease

601 Elmwood Avenue Ambulatory Care Center, 3rd Floor Rochester NY 14642

Phone: (585) 275-0526

Monroe County STD Clinic

111 Westfall Road Rochester NY 14620

Phone: (585) 753-5391

Care Management Resources

Health Home of Upstate New York

1099 Jay St, Rochester, NY 14611

Phone: (855) 613-7659

Greater Rochester Health Home Network, LLC

2100 Brighton Henrietta Town Line Rd, Rochester, NY 14623

Phone: (585) 350-1400

Children & Family Services

Pathways Inc.

160 Allens Creek Rd Suite 250, Rochester, NY 14618

Phone: (585) 434-3166

Hillside Children's Center

Address: 1183 Monroe Ave, Rochester, NY 14620

Phone: (585) 256-7500

Villa of Hope

3300 Dewey Ave, Rochester, NY 14616

Phone: (585) 865-1550

Healthy Moms

89 Genesee Street Rochester, NY 14611

(585) 368-3490 healthymoms@rochesterregional.org

OTHERS AND MORE

The group seeks to support women who have altered their careers to care for their children at home. The group offers a variety of activities both during the day and in the evenings. Monthly meetings include a formal program, playgroups, book club, craft club, \"seasoned moms\" group and community service opportunities.

Meeting Details

Location: Highland Hospital, Staff Dining Room

Time: 7:30 PM 2nd Tuesdays and 4th Wednesdays of the month

Fee: \$45 annual membership fee

Facilitation: Member Facilitators

Eligibility: For moms

Contact Information

No specific contact person, Call 585-234-6498, No e-mail available

PARENT GROUP AT PETER CASTLE FAMILY RESOURCE CENTER

Supportive groups for parents of young children with an educational focus on parenting skills, child development, relationships, and communication skills.

Meeting Details

Location: Peter Castle Resource Center, 555 Avenue D, Rochester

Time: Mondays, 5:30-7:30 PM. Some Wednesdays from 9:30-11:30 a.m. at 1337 E. Main Street – Spanish speaking group. Call first.

Fee: No fee

Facilitation: Professionally facilitated

Eligibility: For parents of young children

Contact Information

Contact Sicily Mitchel, 585-339-3214, smitchel@hillside.com

555 Avenue D Rochester, NY 14621

Sponsored by: Family Resource Centers of Crestwood Children's Center

PARENT GROUP AT SOUTHWEST FAMILY RESOURCE CENTER

Supportive groups for parents of young children with an educational focus on parenting skills, child development, relationships, and communication skills.

Meeting Details

Location: Southwest Family Resource Center, 89 Genesee Street, Rochester

Time: Tuesdays and Thursdays, 11:30 a.m. – 1:30 p.m.

Fee: No fee

Facilitation: Professionally facilitated

Eligibility: For parents of young children

Contact Information

Contact April Baker, 436-0370 ex 301, arbaker@hilldise.com

Bishop Kearney Building 2nd floor 89 Genesee Street Rochester, NY 14611

Parent to Parent of New York State (Finger Lakes Region)

Parent-to-Parent provides one-to-one phone support.

Meeting Details

Location: No meetings; phone support only

Time: No meetings; phone support only

Fee: No fee

Facilitation: Members provide phone support

Eligibility: For parents of children with disabilities or special health care needs.

Contact Information

546-1700 ex.242, fingerlakesp2p@frontiernet.net

www.parenttoparentnys.org

PARENTING TECHNIQUES GROUP

The group provides support for parents of school or pre-school age children. Groups are ten sessions in length. The group seeks to equip parents with effective parenting techniques. (Parents must abstain from and not possess mood altering chemicals prior to and during group sessions) Must be homeless or a veteran to attend.

Meeting Details

Location: Salvation Army, 300 E. Main Street, Rochester

Time: Wednesdays, 1-2:30 PM

Fee: No fee

Facilitation: Professionally facilitated

Eligibility: Must be a parent to attend (but not custodial if that applies). Must abstain from and not possess mood altering chemicals prior to and during group sessions. Only homeless individuals and veterans can attend.

Contact Information

No specific contact person, 987-9500 Ext. 2353, No e-mail available

300 E. Main Street Rochester, NY 14604

Sponsored by: Salvation Army

Monroe County WIC

Address: 273 Upper Falls Blvd, Rochester, NY 14605

Phone: (585) 454-2630

Monroe County Youth & Family

1099 Jay St, Rochester, NY 14611

Phone: (585) 697-3316

Society for the Care & Protection of Children

148 S Fitzhugh St, Rochester, NY 14608

Phone: (585) 325-6101

House Hold/ Supplies/needs

Foreclosure Prevention- Urban League (585) 325-4663

The Housing Counsel- (585) 546-3700

Southwest Area Neighborhood Council-(585) 328-1940

Hope Ministries

1450 Ridge Road, Webster, NY

(585) 265-6694

Asbury House

1050 East Ave, Rochester, NY 14607

Phone: (585) 271-1050

Mothers in Need of Others (MINO)

Ministry under Project Urge that collects and disperses maternity and baby items/toddlers (preemie to 5T), personal and feminine products, and cleaning products which are dispersed through human service agencies.

Resource Room Hours

BY APPOINTMENT ONLY

Monday, Wednesday, Friday

11 a.m. to 4 p.m.

Maria Wehrle, Ministry Leader

(585) 348-8596

MothersInNeedofOthers@gmail.com

Soup Kitchen Food Pantries (may be limited to utilized based on your zip code and COVID Restrictions)

Central Church Of Christ – Soup Kitchen/Pantry/clothing

(585) 325-6043

Project FISH- Honeoye Falls - (585) 453-2370

The Community Food Cupboard of Rochester

11 Nester St #3 Rochester, NY 14621

Phone: (585) 325-4990

St Andrew's Food Cupboard

890 Portland Ave Rochester, NY 14621

Brighton Food Cupboard

Address: 220 Idlewood Rd, Rochester, NY 14618

Phone: (585) 271-5355

Joseph's Place

287 Flower City Park, Rochester, NY 14615

food is distributed the 2nd, 3rd and 4th Wednesday of each month, BY APPOINTMENT ONLY.

To obtain an appointment, call (585) 505-7800 during the following times.

Mondays 1:00 - 3:00 pm Tuesdays 9:00 - 11:00 am Saturdays 9:00 - 11:00 am

Rochester Family Mission

388 Tremont St, Rochester, NY 14608

Phone: (585) 436-7523

Loop Ministries

Address: 111 N Chestnut St, Rochester, NY 14604

Phone: (585) 454-3367

Irondequoit Community Cupboard

Address: 4275 Culver Rd, Rochester, NY 14622

Phone: (585) 336-9107

Greece Ecumenical Food Shelf

Address: 500 Maiden Ln, Rochester, NY 14616

Phone: (585) 683-9674

Maplewood Edergton Emergency

Church of the Ascension, 2 Riverside Drive, 121 Driving Park Ave, Rochester, NY 14613

Phone: (585) 458-4682

St. Peter's Soup Kitchen

681 Brown Street - Rochester, NY 14611

(585) 235-6511

Staff Training

Free classes on working with someone in crisis/showing suicidal ideation:

Safe Talk

<https://www.livingworks.net/saving-lives>

MHFA

<https://www.mentalhealthfirstaid.org/2018/12/how-to-help-someone-who-is-suicidal/>