**Rochester Area Mental Health Therapy/Resource Information (Updated 8/18/20)**

*\*Have your photo ID and insurance information accessible*

*\*Please note that this is not an exhaustive list of resources and providers are not listed in any particular order. Additionally, business hours/practices may change; Contact each provider to confirm the most up to date information.*

**Catholic Family Center** 87 North Clinton Ave., Rochester, NY 14604

For Children aged 5+/Youth and Adults Hours of operation: Monday through Friday 9am-5pm

(585)546-7220 x 7000 \*Walk-in designated hours only: Monday 1pm-3pm, & Tuesday, Wednesday, and Thursday 9am-11am

\*Combination of tele-health and face-to-face appts available

**Liberty Resources Behavioral Health Clinic** 175 Humboldt St., Rochester, NY 14610

For Children aged 5+/Youth and Adults Hours of operation: Monday through Friday 9am-4:30pm

(585)410-3370 \*Press 0 \*No walk-ins at this time

\*Fill out new patient referral forms online first, and then wait for a phone call to schedule an appt via tele-health

**Genesee Mental Health** 224 Alexander St., Rochester, NY 14607

For Children aged 5+/Youth and Adults 18+ Hours of operation: Monday through Friday 8am – 5pm

(585)922-7770 (main clinic #) \*No walk-ins for adults at this time

\*Walk-in hours for children/youth: Monday, Wednesday, and Friday 8:30-10:30am

\*Adults - call 585-922-7790 to schedule either a tele-health or face-to-face appt (on an as needed basis)

\*Children/Youth - call 585-922-7270 to schedule an intake appt, or attend walk-in hours

**Rochester Rehabilitation Center**  1000 Elmwood Ave., Rochester, NY 14620, door #5

For Adults Hours of operation: Monday through Friday 8am-5pm

(585)271-2520 \*Walk-in hours for intakes only: Thursdays 8am – 9:30am

\*All follow up appts are conducted via tele-health

\*Walk-in intakes during designated times (Allow 2-4 hours for initial appt, for paperwork and meeting with therapist)

**Evelyn Brandon** 81 Lake Ave., Rochester, NY 14608

For Adults Hours of operation: Monday through Friday 8am-5pm

(585)368-6900 \*Follow prompts for mental health \*No walk-ins

\*Call to schedule either a tele-health or a face-to-face appt (on an as-needed basis)

**Unity Pinewild Mental Health** 100 Pinewild Dr. #2a, Rochester NY 14606

For Adults Hours of operation: Monday through Friday 8am-5pm

(585)368-6700 \*No walk-ins

\*Call to schedule either a tele-health or a face-to-face appt (on an as-needed basis)

**Rochester Mental Health** 490 E. Ridge Rd., Rochester, NY14621

For AdultsHours of operation: 8:00am-5pm

595-922-2500 \*No walk-ins

\*Call to schedule either a tele-health or a face-to-face appt (on an as-needed basis)

**Villa of Hope**  1099 Jay St., Bldg J, Suite 202, upper floor

For Children 5+/Youth and Adults Hours of operation: Monday through Friday 8am-4pm

585-328-0834 \*No walk-ins

\*Tele-health only unless significant need for face-to-face (determined on a case-by-case basis)

**Rochester Regional Health Centralized Intake** Telephone line

For Adults Hours of operation: Monday through Friday 8am-5pm

585-922-9900

\*Instead of calling the mental health clinics directly, adults may also call here to schedule an appointment at one of four clinics (Rochester Mental Health, Evelyn Brandon, Genesee Mental Health, or Unity Pinewild Mental Health).

**Strong Behavioral Health**  300 Crittenden Blvd., Rochester, NY 14642

For Adults Hours of operation: Monday through Friday 7:30am-4pm

585-275-3535 \*No walk-ins

\*All new patient appts are via tele-health

\*Follow up appts are tele-health or occasionally face-to-face

**Behavioral Health Access & Crisis Center** St. Mary’s Campus/Rochester Regional Health

585-368-3950 89 Genesee St., Rochester, NY 14611

 Hours of operation: Monday through Friday 8am-10pm

\*Accepting walk-ins, phone calls, and they have a mobile crisis team.

**Strong Memorial Hospital Psychiatric Emergency Department** Emergency Department

585-275-4501 601 Elmwood Ave., Rochester, NY 14620

 Hours of operations: 24 hours/7 days per week

\*In-person emergency services are provided and patients are evaluated to determine whether inpatient Psychiatric hospitalization is needed or to identify next steps for support.

\*If interested in connecting with a private practice therapist in your area, **Psychologytoday.com** is a useful place to search for a provider by insurance type, therapy background etc.

**Additional Safety Contact Information**

*\*When struggling with safety concerns, enter important numbers into your phone for reliable access*

**•911:** For immediate safety concerns including suicidality or severe violence, calling 911 is the best first option

•**Monroe County Lifeline:** Call 585-275-5151 (available 24 hours)

•**Rochester Community Mobile Crisis Team:** Call 585-529-3721 to access telephone services which are provided to individuals and families in crisis 24/7. When necessary, a mobile crisis intervention team visit can occur.

•**National Suicide Prevention Lifeline:** Call 1-800-273-TALK (8255)

•**Crisis Text line:** Text ‘Got5’ to 741-741

**•Veterans Crisis Line:** Call 1-800-273-8255 (press 1)

•**National Text line for Students of Color:** Text STEVE to 741-741

•**Willow Domestic Violence Center:** Call the 24-hour hotline at 585-222-SAFE (7233)

**•National Trans Lifeline:** 1-877-565-8860