

Wellness Services



Adam J. Bello
SUPPORTS SERVICES

Mental Health, Addiction, and Intellectual & Developmental Disabilities

Many services and supports can help you with your health and wellness

Click on the icons below to see a list of providers. Dial 988 to reach the Suicide & Crisis Lifeline

Dialing 988 connects you to the Suicide & Crisis Prevention Lifeline, which provides 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.



Mental Health



Drug, Alcohol &
Addiction Recovery



School-based



Peer Support



Care Management



Inpatient



Residential



Office for People with Developmental Disabilities



Other Community
Services


Crisis?

Call 211 or Go to the Crisis Services List
—at the links below:

English: click [HERE](#)

Spanish: click [HERE](#)

Call 211 or scan
QR code with
smartphone for
full service list



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SUPPORTS SERVICES



Mental Health Services

Mental health challenges can sometimes get in the way of everyday functioning, but outpatient services can help people better cope with symptoms. They can meet with a therapist one-on-one or in a group. Education and medication could also be a part of services.

Service	Age Group	Contact Information
<u>Catholic Charities Family and Community Services</u>	5+	79 North Clinton Ave. Rochester, NY 14604 (585) 262-7000
T,W: 8:30am-11:00am <u>Endeavor Health Services</u>	13+	150 Mt. Hope Ave. Rochester, NY 14620 (585) 445-5310
M,W,F: 9am-5pm T,Th: 9am-7pm <u>FLACRA</u>	18+	339 East Ave., Suite 303 Rochester, NY 14604 (585) 434-2633
Monday - Thursday: 8am to 8pm Friday: 8am to 4pm Saturday: 8am to 2pm <u>Gavia LifeCare Center</u>	18+	1343 Long Pond Rd., Suite A Rochester, NY 14626 (585) 371-6464
Monday-Thursday 8am-4:30pm Friday 8am-4pm <u>Healing Connection, Inc.</u>	12+	1320 University Ave. Rochester, NY 14607 (585) 641-0281
Monday-Friday – 8:30am-5pm <u>Liberty Resources</u>	5+	175 North Winton Rd. Rochester, NY 14610 (585) 410-3370
Monday-Thursday: 8:30am-7pm Friday: 8:30am-5pm		



Service	Age Group	Contact Information
<u>Rochester Psychiatric Center-</u> <u>The Steve Schwarzkopf Community Mental Health Center</u>	18+	1111 Elmwood Ave. Rochester, NY 14620 (585) 241-1200
Visitation Hours: Tuesday – Friday: 6pm-8pm Saturdays and Holidays: 1pm-4pm, 6pm-8pm <u>Rochester Rehabilitation</u>	5+	975 Elmwood Ave. Rochester, NY 14620 (585) 271-2520
Monday-Friday: 8am-5pm <u>Rochester Regional Health - Rochester Mental Health Center</u>	18+	490 East Ridge Rd. Rochester, NY 14621 (585) 922-2500
Monday-Friday: 8:30am-5pm <u>Rochester Regional Health –</u> <u>Genesee Behavioral Health Center & PROS</u>	5+	224 Alexander St. Rochester, NY 14607 (585) 922-9900
Monday-Friday: 8:30am-5pm <u>Rochester Regional Health –</u> <u>Genesee Behavioral Health Center (Children & Adolescents)</u>	5-18	224 Alexander St. Rochester, NY 14607 (585) 922-7770
Monday-Thursday: 8am-7pm Friday: 8am-5pm <u>Rochester Regional Health –</u> <u>Greece Behavioral Health Center/Pinewild, Adult Mental Health</u>	18+	100 Pinewild Dr., 2 nd Floor Rochester NY 14606 (585) 368-6700
Monday-Thursday: 8am-8pm Friday: 8am-5pm <u>University of Rochester Medical Center – Pediatric Behavioral Health & Wellness</u>	0-18	TWO LOCATIONS: 200 East River Road, 3 rd floor. Rochester, NY 14623 (585) 275-2986
Monday-Friday: 8am-4:30pm		1860 South Ave., 1 st Floor Rochester, NY 14620 (585) 279-7800



Service	Age Group	Contact Information
<u>University of Rochester Medical Center – Deaf Wellness Center</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	17+	300 Crittenden Blvd. Rochester, NY 14642 (585) 273-5050
<u>University of Rochester Medical Center – Family Therapy Services</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	All	300 Crittenden Blvd. Rochester, NY 14642 (585) 275-3535
<u>University of Rochester Medical Center – General Adult Outpatient Services</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	18+	300 Crittenden Blvd. Rochester, NY 14642 (585) 273-5050
<u>University of Rochester Medical Center – Lazos Fuertes</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	18+	150 N. Chestnut St. Rochester, NY 14604 (585) 273-5050
<u>University of Rochester Medical Center - Older Adult Services Outpatient Clinic</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	65+	315 Science Pkwy. Rochester, NY 14620 (585) 602-1000
<u>University of Rochester Medical Center - Strong Ties</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	18+	2613 W. Henrietta Rd. Rochester, NY 14623 (585) 279-4900
<u>University of Rochester Medical Center - Perinatal Consultation Clinic</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm		125 Lattimore Rd. Rochester, NY 14642 (585) 275-3750
<u>Villa of Hope Outpatient Clinic</u> Monday - Friday: 8am - 5pm	5+	1099 Jay St. Building J, Suite 202 Rochester, NY 14611 (585) 328-0834
Monday - Thursday: 8am - 7pm Friday: 8am - 5pm		







Drug, Alcohol & Addiction Recovery

People struggling with drugs, alcohol, or other addictions can learn new ways to recover. Outpatient services include counseling, education, Medication-Assisted Treatment (MAT) and links to community services.

Addiction affects the whole family, so services can also help family members.

For more information, please visit: <https://ncadd-ra.org/>

Service	Age Group	Contact Information
<u>Action for A Better Community</u> Monday - Friday: 8:30am -5pm	18+	33 Chestnut St. Rochester NY 14604 (585) 325-5116
<u>Baden St. Settlement of Rochester</u> Monday - Thursday: 8am – 4:30pm Friday: 8am - 4pm	18+	585 Joseph Ave. Rochester, NY 14621 (585) 325-4910 ext. 1200
<u>Catholic Charities Family and Community Services</u> Walk-in hours: Monday – Friday: 8am - 5pm	18+	79 North Clinton Ave. Rochester, NY 14604 (585) 262-7000
<u>Conifer Park</u> Monday - Thursday: 7am – 7:30pm Friday: 8am - 5pm	18+	556 South Clinton Ave. Rochester, NY 14620 (585) 442-8422
<u>Delphi Rise</u> Monday - Friday: 8am – 4:30pm Accessible 24/7	12+	72 Hinchey Road Rochester, NY 14624 (585) 467-2230
<u>Endeavor Health Services</u> M,W,F: 9am-5pm T,Th: 9am-7pm	18+	150 Mt. Hope Ave. Rochester, NY 14620 (585) 445-5310
<u>Helio Health</u> Monday – Friday: 8am – 4:30pm	18+	150 Mt. Hope Ave. Rochester, NY 14620 (585) 287-5626



Service	Age Group	Contact Information
<u>Huther Doyle</u> Monday - Thursday: 8am – 8pm Friday: 8am - 5pm <u>Lifespan- Geriatric Addiction Program</u>	18+	360 East Ave. Rochester, NY 14604 (585) 325-5100
Monday - Thursday: 8:30am – 4:30pm	55+	1900 S. Clinton Ave. Rochester, New York 14618 (585) 244-8400
<u>Pathways - Rochester (Sisters of Charity Hospital/Catholic Health)</u> Monday - Saturday: 6am – 2pm	18+	435 E. Henrietta Rd. Rochester, NY 14620 (585) 424-6580
<u>Rochester Regional Health - Brighton Chemical Dependency Clinic</u> Monday - Thursday: 8am – 8pm Friday: 8am - 12pm	13+	2000 Winton Rd. South, Bldg 2 Rochester, NY 14618 (585) 922-9900
Rochester Regional Health - <u>Evelyn Brandon Chemical Dependency Clinic & PROS</u>	13+	81 Lake Ave. Rochester, NY 14608 (585) 922-9900 (585) 368-6901 (PROS)
Monday - Thursday: 8am – 8pm Friday: 8am - 5pm <u>Rochester Regional Health - Greece Chemical Dependency Center</u>	13+	1565 Long Pond Rd. Rochester, NY 14624 (585) 922-9900
Monday - Thursday: 8am – 7pm Friday: 8am - 5pm <u>University of Rochester Medical Center - Strong Recovery</u>	18+	2613 W. Henrietta Rd. Rochester, NY 14623 (585) 275-5400
Monday - Thursday: 6:30am – 7pm Friday: 6:30am - 5pm <u>University of Rochester Medical Center - Strong Recovery</u> Adolescent and Young Adult	14+	2613 W. Henrietta Rd. Rochester, NY 14623 (585) 275-5400
Monday - Thursday: 6:30am – 7pm Friday: 6:30am - 5pm		



Service	Age Group	Contact Information
<u>Villa of Hope - Outpatient Clinic</u>	5+	1099 Jay St. Building J, Suite 202 Rochester, NY 14611 (585) 328-0834
Monday - Thursday: 8am - 7pm Friday: 8am - 5pm		
<u>Westfall Associates</u>	12+	919 Westfall Rd. #60 Rochester, NY 14618 (585) 473-1500
Monday - Thursday: 9am - 5pm Friday: 9am - 4pm		



School-based

School-Based Health Centers provide medical and behavioral health services within a safe, comfortable school environment. Mental health disorders can sometimes get in the way of everyday functioning; accessing services within the school setting can help students and families better cope with symptoms.

Service	Age Group	Contact Information
<u>Healing Connection, Inc.</u>	12+	1320 University Ave. Rochester, NY 14607 (585) 641-0281
Monday - Friday: 8:30am - 5pm		
<u>Liberty Resources</u>	5+	175 North Winton Rd. Rochester, NY 14610 (585) 410-3370
Monday-Thursday: 8:30am-7pm Friday: 8:30am-5pm		
<u>Rochester Regional Health –Genesee Behavioral Health Center (Children & Adolescents)</u>	5-18	224 Alexander St. Rochester, NY 14607 (585) 922-9900 (585) 922-7242 (RCSD)
Monday-Friday: 8:30am-5pm		
<u>Rochester Regional Health –Genesee Behavioral Health Center (Children & Adolescents)</u>	5-18	224 Alexander St. Rochester, NY 14607 (585) 922-9900 (585) 922-7242 (RCSD)
Monday-Friday: 8:30am-5pm		



Service	Age Group	Contact Information
<u>University of Rochester Medical Center - Pediatric Behavioral Health & Wellness</u> Monday-Friday: 7:30am-5:30pm	0-18	TWO LOCATIONS: 601 Elmwood Ave. Rochester, NY 14642 (585) 279-7800 1860 South Ave., 1 st Floor Rochester, NY 14620 (585) 279-7800
<u>Villa of Hope</u> Monday - Thursday: 8am - 7pm Friday: 8am - 5pm	5+	1099 Jay St. Building J, Suite 202 Rochester, NY 14611 (585) 328-0834



Peer Support

Sometimes it is easier to talk to people who have been through the same things. Peer Support Specialists or “Peers” have done well in recovery and now help others going through the same things, individually or in groups, by phone or in person. They can provide support and connect people to care. Peers may also be family members with familial lived experience.

Service	Age Group	Contact Information
<u>Affinity Place Respite and Warm-Line Service - East House</u> Monday - Friday: 8am - 4pm	18+	Warm Line (585) 563-7470 269 Alexander St Rochester, NY 14607 (585) 563-7083
<u>Al-Anon/Alateen Family Groups</u> Thursday: 9am - 11am Friday 9am – 12pm, 1pm-3pm	All	Monroe County Main Office 2480 Browncroft Blvd., Suite 140 Rochester, NY 14625 (585) 288-0540
<u>Alcoholics Anonymous (AA) of Rochester</u> Monday - Friday: 9am – 7pm Saturday: 9am – 1pm	All	1000 Elmwood Ave., Greenhouse Rochester, New York 14620 (585) 232-6720



Service	Age Group	Contact Information
<u>Compeer Rochester</u> Monday - Friday: 9am - 5pm	5+	259 Monroe Ave. Rochester, NY 14607 (585) 546-8280
<u>CORE Center</u> Monday - Friday: 9am - 5pm	18+	130 Andrews St. Rochester, NY 14604 (585) 328-8230
<u>Villa of Hope - Hope Place</u> Monday - Sunday: 3pm-11pm	18+	1099 Jay St., Building P Rochester, NY 14611 (585) 325-3599
<u>Liberty Resources</u> Monday-Thursday: 8:30am-7pm Friday: 8:30am-5pm	18+	175 North Winton Rd. Rochester, NY 14610 (585) 410-3370
<u>Mental Health Association</u> <u>Consumer Self-Help/ Family & Peer Support Services</u>	18+	344 N. Goodman St, Suite 202 Rochester, NY 14607 (585) 325-3145
<u>Mental Health Association</u> <u>Creative Wellness Opportunities</u>	18+	320 N. Goodman St, Suite 202 Rochester, NY 14607 (585) 325-3145
<u>Mental Health Association</u> <u>Life Skills</u>	18+	320 N. Goodman St, Suite 202 Rochester, NY 14607 (585) 325-3145
<u>Mental Health Association</u> <u>Self-Help Drop in Center</u>	18+	344 N. Goodman St. Rochester, NY 14607 (585) 325-3145 x300
<u>National Alliance on Mental Illness (NAMI) Rochester</u>	All	346 N. Goodman St, Rochester, NY 14607 (585) 423-1593
<u>Narcotics Anonymous (NA), Rochester Area Service</u> <u>Committee</u>	18+	P.O. Box 31845 Rochester, NY 14604 (585) 235-7889 24 Hour Hotline
24/7 Hotline		



Service	Age Group	Contact Information
<u>Overeaters Anonymous of Greater Rochester</u>	18+	P.O. Box 20683 Rochester, NY 14602 RochesterOA@gmail.com
See online meeting options <u>Person Centered Housing Options</u>	16+	400 West Ave., Suite 200 Rochester, NY 14611 (585) 736-4663
Monday-Friday: 8am-4:30pm <u>Recovery Options Made Easy</u>	18+	274 N. Goodman St., Suite D102 Rochester, NY 14607 585 442-7811
Monday-Friday: 8am-4pm <u>ROcovery Fitness</u>	18+ unless accompanied by a Parent/Guardian	1035 Dewey Ave. Rochester, NY 14613 (585) 484-0234
Monday-Thursday: 8am-7pm Friday-Saturday: 8am-1pm <u>SMART Recovery</u>	18+	https://meetings.smartrecovery.org/meetings/location/
See online meeting options <u>Veterans Outreach Center</u>	18+	447 South Ave. Rochester, NY 14620 (585) 546-1081 Call toll-free (866) 906-8387
Monday-Friday: 8:30am-5pm		



Care Management

Care Management brings together everyone supporting an individual's health. A Care Manager helps to coordinate not just medical, mental health and substance abuse services, but social service needs as well.

Service	Age Group	Contact Information
<u>CHUNNY- Children's Health Home of Upstate New York</u>	0-21	855-209-1142 referrals@childrenshealthhome.org
Monday-Friday: 7:30am-4:30pm <u>Encompass Health Home</u>	0-21	232 Main St. Binghamton, NY 13905 844-884-4999 Fax: 607-584-0122 Attn: Referrals
Monday-Friday: 8:30am-4:30pm		



Service	Age Group	Contact Information
<u>HUNNY- Health Homes of Upstate New York: Finger Lakes</u> Monday-Friday: 8am-4:30pm	18+	855-613-7659 referrals@hhuny.org
<u>GRHNN- Greater Rochester Health Home Network</u> Monday-Friday: 8:30am-5pm	All	2100 Brighton Henrietta Townline Rd., Suite 200 Rochester, NY 14623 585-350-1400 grhhnintake@flpps.org
<u>Children's Non-Medicaid Care Coordination- Monroe County Office of Mental Health</u> Monday-Friday: 8am-5pm	5-21	1099 Jay St., Bldg J, 3rd Floor Rochester, NY 14611 585-753-2881
<u>Adult Behavioral Health Care Management- Monroe County Office of Mental Health</u> Monday-Friday: 8am-5pm	18+	Monroe County SPOA 1099 Jay St., Bldg J, 3rd Floor Rochester, NY 14611 585-753-2874



Inpatient and Partial Hospitalizations

Inpatient - A 24 hours per day hospital based program which includes psychiatric, medical, nursing, and social services required for assessment and/or treatment. **Partial Hospitalization** - A program for adults or adolescents. Provides active treatment designed to stabilize or ameliorate acute symptoms

Mental Health

Service	Age Group	Contact Information
<u>Rochester General Hospital- Inpatient Mental Health and Emergency/Crisis Center</u> Accessible 24/7	18+	1425 Portland Ave. Rochester NY, 14621 (585) 922-4000



Service	Age Group	Contact Information
<u>Rochester Psychiatric Center-Inpatient Psychiatric Unit</u>	18+	1111 Elmwood Ave. Rochester NY, 14620 (585) 241-1200
Visitation Hours: Tuesday – Friday: 6pm-8pm Saturdays and Holidays: 1pm-4pm, 6pm-8pm		
<u>Strong Memorial Hospital- Inpatient Psychiatric Unit</u>	18+	300 Crittenden Blvd. Rochester NY, 14642 (585) 273-5050
Monday - Thursday: 7:30am - 6pm Friday: 7:30am – 5pm		
<u>Strong Memorial Hospital - Child and Adolescent Partial Hospitalization Service</u>	12-18	1860 South Ave., 2 nd Floor Rochester, NY 14620 (585) 273-1776 or (585) 273-1779
Monday - Friday: 7:30am - 4pm		
<u>Strong Memorial Hospital-Adult Partial Hospitalization Program</u>	18+	2617 West Henrietta Rd. Rochester, NY 14623 (585) 256-2805
Monday - Thursday: 7am - 6pm Friday: 7am - 5pm		
Drug, Alcohol & Addiction Recovery		

Service	Age Group	Contact Information
<u>Helio Health</u>	18+	1850 Brighton Henrietta Townline Road Rochester, NY 14623 (585) 287-5622
Accessible 24/7		
<u>John L. Norris Addiction Treatment Center</u>	18+	1732 South Ave. Rochester NY, 14620 (585) 461-0410
Monday - Friday: 8am - 4pm		
<u>Rochester Regional Health - Greece Chemical Dependency</u>	18+	1565 Long Pond Rd. Rochester, NY 14624 (585) 723-7366
Monday - Thursday: 7:30am - 8pm Friday: 7:30am - 5pm Saturday: 8am - 2pm		





Residential

Residential services help people focus on recovery in a setting that offers full support, often living with others struggling with the same needs. Staffing is based on the level of care, and services can include group counseling, learning new skills, and other services to help recovery.

Mental Health

Service	Age Group	Contact Information
<u>Child and Youth Single Point of Access (SPOA) - Monroe County Office of Mental Health</u>	18	1099 Jay St., Bldg J, 2 nd Floor Rochester, NY 14611 585-753-2881 childspoa@monroecounty.gov
Monday – Friday: 8am – 5pm		
<u>Adult Single Point of Access (SPOA)- Monroe County Office of Mental Health</u>	18+	1099 Jay St., Bldg J, 2 nd Floor Rochester, NY 14611 585-753-2874
Monday – Friday: 8am – 5pm		

Drug, Alcohol & Addiction Recovery

Service	Age Group	Contact Information
<u>Catholic Charities Family and Community Services</u>	18+	79 N Clinton Ave. Rochester, NY 14604 585-546-7220 x5030 (for men) 585-546-7220 x5053 (for women)
Monday - Friday: 8am - 5pm		
<u>East House</u>	18+	259 Monroe Ave., Suite 200 Rochester, NY 14607 585-238-4800
Monday - Friday: 8am - 4pm		
<u>Villa of Hope- LIFE Residential Program</u>	13-21	3300 Dewey Ave. Rochester NY 14616 585-865-1550 Ext. 262
<u>Veterans Outreach Center</u>	Veterans 18+	290 South Ave. Rochester, NY 14602 585-506-9060
<u>YWCA- Steppingstone Supportive Living</u>	Women 18+	175 North Clinton Ave. Rochester, NY 14604 585-368-2225



Respite

Service	Age Group	Contact Information	Specialties
<u>East House - Affinity Place</u> Monday - Friday: 8am - 4pm	18+	269 Alexander St. Rochester, NY 14607 585-563-7083	
<u>Elmira Psychiatric Center - Child & Adolescent Crisis Respite House</u> Accessible 24/7	10-17	100 Washington St. Elmira, NY 14901 607-737-4990	
<u>Hillside Family of Agencies - Emergency Respite Bed</u> Accessible 24/7	5-22	1 Mustard St. Rochester, NY 14609 585-256-7500 info@hillside.com	



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For serious medical emergencies, contact **911**
For Crisis Services click [Here](#)
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New York State Office for People With Developmental Disabilities

OPWDD coordinates services for New Yorkers with developmental disabilities, including intellectual disabilities, cerebral palsy, Down syndrome, autism spectrum disorders, Prader-Willi syndrome and other neurological impairments. People with developmental disabilities and their families can access a wide variety of supports and services.

For information on services not listed below, please contact the Front Door if you have not already been determined eligible or your care manager if you already have eligibility. **Eligibility:** <https://opwdd.ny.gov/get-started/front-door>

Service	Age Group	Contact Information
<u>Front Door Office Finger Lakes Regional Office</u>	All	855-679-3335

Monday - Friday: 9am - 5pm

Care Management: <https://opwdd.ny.gov/providers/care-management>

Service	Age Group	Contact Information
<u>Person Centered Services</u>	All	560 Delaware Ave., Suite 400, Buffalo, NY 14202 1-888-977-7030 intake@personcenteredservices.com
Monday - Friday: 8am – 4:30pm		
<u>Prime Care</u>	All	860 Hard Rd. Webster, NY 14580 1-844-347-3168 info@primecareny.org
Monday - Friday: 8am – 5pm		

Self-Advocacy/Peer Services

Service	Age Group	Contact Information
<u>Self-Advocacy Association of New York State, Inc.</u>	All	Western Region https://sanys.org/region/western-finger-lakes/
Monday - Friday: 9am – 5pm		
<u>Parent to Parent of NYS</u>	All	Finger Lakes Region http://parenttoparentnys.org/index.php/offices/finger-lakes/ 1-800-305-8817 (585) 424-7200
Monday - Friday: 8am – 5pm		
<u>In The Driver's Seat</u>	All	Connect through online portal



Family Support Services Programs: <https://www.facebook.com/groups/Region1FSS/>

Service	Age Group	Contact Information
<u>OPWDD Region 1 Finger Lakes Family Support Services</u>	All	Amanda Bishi, 585-461-8886 amanda.l.bishi@opwdd.ny.gov Melissa Jordan, 585-241-5855 melissa.j.jordan@opwdd.ny.gov
Monday - Friday: 9am - 5pm		



Other Community Services

People can reach their life goals and be more involved in their communities with community-based services. Support helps people do the things they want such as building better social lives, maintaining employment, or working on life skills. Services are provided where people are most comfortable at their homes or in the community.

Child & Family Treatment & Support Services, Home & Community Based Services, & HARP:

New York State Children’s Medicaid Children and Family Treatment and Support Services Brochure (ny.gov)

Childrens HCBS Brochure (ny.gov)

BC HCBS Brochure (ny.gov)

Service	Age Group	Contact Information
<u>ARC Wayne</u>	0-21	150 Van Buren St. Newark, NY 14513 315-331-7741
Monday - Friday: 8am - 4pm <u>AspireHope NY Inc.</u>	0-21	25 West Steuben St. Bath, NY 14810 607-776-2164
Monday - Friday: 8am – 4:30pm <u>Baden St. Settlement of Rochester</u>	18+	585 Joseph Ave. Rochester, NY 14621 585-325-4910 ext. 1200
Monday - Thursday: 8am – 4:30pm Friday: 8am - 4pm <u>Berkshire Farm</u>	0-21	975 Hertel Ave. Buffalo, NY 14216 716-862-4212
Monday - Friday: 9am – 5pm <u>Catholic Charities Family and Community Services</u>	18+	1099 Jay St, Building J, Rochester, NY 14611 585-339-9800
Monday - Friday: 8:30am – 4:30pm		



<u>Cayuga Centers</u>	0-21	101 Hamilton Ave. Auburn, NY 13021 315-253-5383
Monday - Friday: 8am – 5pm		
<u>Delphi Rise</u>	18+	72 Hinchey Road Rochester, NY 14624 (585) 467-2230
Monday - Friday: 8am – 7pm		
<u>Exercise Express</u>	18+	200 West Ave. Rochester, NY 14611 (585) 454-6478
Monday - Thursday: 10am – 8pm		
Saturday: 8:15am -10am		
<u>Hillside</u>	0-21	1 Mustard St. Rochester NY 14609 referrals@hillside.com (585) 256-7500
Accessible 24/7		
<u>Huther Doyle</u>	18+	360 East Ave. Rochester, NY 14604 (585) 325-5100
Monday - Thursday: 8am – 8pm		
Friday: 8am – 5pm		
<u>Ibero-American Action League, Inc.</u>	18+	817 East Main St. Rochester, NY, 14605 (585) 256-8900
Monday - Friday: 9am–12pm, 1pm-5pm		
<u>National Alliance on Mental Illness (NAMI) Rochester</u>	18+	320 N. Goodman St, Suite 102 & 103 Rochester, NY 14607 (585) 423-1593
Monday-Friday: 9am-5pm		
<u>Pathways, Inc.</u>	0-21	160 Alfens Creek Rd., Suite 250 Rochester, NY 14618 (585) 434-3166
Monday - Friday: 9am – 5pm		
<u>Pathways Mental Health Counseling</u>	5+	100 White Spruce Blvd. Rochester, NY 14623 (585) 292-6070
Contact them for available hours		
<u>Turning Point Mental Health Counseling</u>	18+	2956 Saint Paul Blvd., 2nd Floor Rochester, NY 14607 (585) 673-2519
Monday - Thursday: 11am – 7pm		
<u>ROcovery Fitness</u>	18+ unless accompanied by a Parent/Guardian	1035 Dewey Ave. Rochester, NY 14613 (585) 484-0234
Monday-Thursday: 8am-7pm		
Friday-Saturday: 8am-1pm		



Other

Service	Age Group	Contact Information
<u>Autism Up</u> Monday - Thursday: 9am – 7:30pm Friday: 9am-3pm Saturday: 9am-2pm <u>Autism Council of Rochester</u>	All	50 Science Parkway Rochester, NY 14620 585-248-9011
Monday - Thursday: 12pm – 5pm <u>Bivona Child Advocacy Center</u>	16+	1025 Commons Way Rochester, NY 14623 585-413-1681
Monday - Friday: 8:30am – 5pm <u>Center for Youth</u>	All	1 Mt. Hope Ave. Rochester, NY 14620 585-935-7800
Monday - Friday: 8am – 9pm <u>Children's Institute</u>	12+	905 Monroe Ave. Rochester, NY 14620 585-473-2464 24 hour crisis line: 585-271-7670
Monday - Friday: 8am – 5pm <u>Community Place of Greater Rochester</u>	0-8	274 N. Goodman St. Suite D103 Rochester, NY 14607 585-295-1000
Monday - Friday: 9am – 5pm <u>Daystar</u>	4+	TWO LOCATIONS 57 Central Park Rochester, NY 14605 585-327-7200 145 Parsells Ave. Rochester, NY 14609 585-288-0021
Monday - Friday: 8am – 5:30pm	4 months- 6	700 Lac De Ville Blvd. Rochester, NY 14618 585-385-6287



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<u>Epilepsy-Pralid, Inc.</u>	All	1650 South Ave., Suite 300 Rochester, NY 14620 585-442-4430
Monday - Friday: 8am – 4:30pm		
<u>Fingerlakes Problem Gambling Resource Center</u>	18+	71 Goodway Dr. Rochester, NY 14623 585-351-2262
Monday - Friday: 9am – 5pm		
<u>Heritage Christian Services</u>	4+	275 Kenneth Dr., Suite 100 Rochester, NY 14623 <u>585-340-2000</u>
Monday - Friday: 8am – 5pm		
<u>Hillside: Family Crisis Support Services</u>	5-21	1 Mustard St. Rochester, NY 14609 585-256-7500 info@hillside.com
Accessible 24/7		
<u>I AM ISIAH</u>	All	1100 University Ave., #110 Rochester, NY 14607 <u>585-441-9941</u>
Monday - Friday: 10am – 4pm		
<u>Jordan Health</u>	4+	82 Holland St. Rochester, NY 14605 585-423-5800
Monday & Thursday: 8:30am– 8pm		
Tuesday & Wednesday: 8:30am – 6pm		
Friday: 8:30am – 5pm		
<u>Lifespan</u>	55+	1900 South Clinton Ave. Rochester, NY 14618 585-244-8400
Monday - Thursday: 8:30am – 4:30pm		
<u>Monroe County Family Access and Connection Team (FACT)</u>	5-17	1099 Jay St., Bldg J, 2 nd floor, Rochester, NY 14611 585-753-2639
Monday - Friday: 8am – 5pm		
<u>Person Centered Housing Options</u>	18+	400 West Ave. Rochester, NY 14611 585-736-4663
Monday - Friday: 8am – 4:30pm		
<u>Person In Crisis (PIC)</u>	All	2-1-1 or (877) 356-9211
<u>City of Rochester ONLY</u>		
Accessible 24/7		



<u>Regional Health Reach Clinic: Healthcare for the Homeless</u>	18+	89 Genesee St., Suite 1 Rochester, NY 14611 585-368-3720
Monday - Friday: 8am – 5pm		
<u>Rochester Regional Health: Home Based Crisis Intervention</u>	5-17	89 Genesee St. Rochester, NY 14611 585-922-8040
Monday - Friday: 8am – 4:30pm		
<u>Rochester Regional Health: Home Care and Hospice Care</u>	18+	100 Kings Highway South Rochester, NY 14617 585-214-1000
Monday - Friday: 8:30am – 5pm		
<u>RESTORE: Sexual Assault Services</u>	All	24-HOUR HOTLINE Monroe County: 1-585-546-2777
Accessible 24/7		
<u>Rochester Institute of Technology: Substance and Addiction Intervention Services for the Deaf</u>	15+	115 Lomb Memorial Dr. Rochester, NY 14623 585-475-4978
By Appointment		
<u>Rochester Psychiatric Center: Mobile Integration Team</u>	All	1111 Elmwood Ave. Rochester, NY 14620 585-241-1276
Accessible 24/7		
<u>Trillium Health – Harm Reduction</u>	18+	39 Delevan St. Rochester, NY 14605 585-545-7200
Monday, Wednesday, Friday : 1pm – 4pm		
Tuesday: 9am – 4pm		
Thursday: 1pm – 6pm		
<u>University of Rochester Medical Center: Complex Care Center</u>	18+	905 Culver Rd. Rochester, NY 14609 585-276-7900
Monday - Friday: 8am – 4:30pm		
<u>University of Rochester Medical Center - Healing through Education Advocacy and Law (HEAL) Collaborative</u>	18+	300 Crittenden Blvd. Rochester, NY 14642 585-275-4325
Monday - Friday: 8:30am – 4:30pm		



University of Rochester Medical Center - Developmental & Behavioral Pediatrics

All

200 East River Rd.
Rochester, NY
585-275-2986

Monday - Friday: 8am – 4:30pm

Visible Man

Call 800-273-TALK (800-273-8255) or text “VM” to 741741

Accessible 24/7

Western New York Children’s Psychiatric Center- Mobile Integration Team

6-18

585-275-5151
716-832-0720

Accessible 24/7

Willow & RESOLVE Rochester

18+

P.O. Box 39601
Rochester, NY 14604
24/7 Hotline:
585-222-SAFE(7233)
By text 585-348-SAFE(7233)

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