

If you are In Crisis and Need Immediate Help

If you are in immediate danger or thinking about harming yourself, tell someone who can help you right away.

Call Your Doctor's Office -- Call 211 -- Call 911 for emergency service.

Go to the nearest hospital emergency room.

Ask a family member or friend to help you reach out for help or take you to the hospital.

2-1-1 /LIFE LINE

A 24/7 crisis/suicide intervention program and Information & Referral (I&R) service serving Monroe, Wayne, Ontario, Livingston, Cayuga and Seneca Counties. Accessible 24 hours a day, seven days a week, including holidays.

Telephone: 2-1-1 or 1-877-356-9211

Strong Behavioral Health

Adult outpatient services include medication management for established patients, as well as individual, family, couples, and group counseling

Address: 300 Crittenden Blvd.; Rochester, NY 14642
Telephone: (585) 273-5050

Strong Behavioral Health

Child and Adolescent Outpatient Services:

Address: 315 Science Parkway; Rochester, NY 14620
Telephone: (585) 279-7800

Rochester Rehabilitation Mental Health Center

Offers walk-in intake appointments on Thursday mornings from 8 to 9:30 a.m. with no referral required. Bring a photo ID and insurance card.

Address: 1000 Elmwood Avenue - Door 5
Rochester NY 14620
Telephone: (585) 271-2520

The Liberty Resources Behavioral Health Clinic

Staffed by dedicated professionals including both child and adult therapists and psychiatrists. "Same Day Access" during which you may walk in between 8:30 a.m. and 3 p.m. (noon on Friday) for your first appointment. Bring medical insurance card, copay if needed, a photo ID, guardian for any children under the age of 18

Address: 175 Humboldt Street; Rochester NY 14610
Telephone: (585) 410-3370

Catholic Family Center

Has a certified mental health clinic providing outpatient mental health treatment and medication therapy

Address: 87 N. Clinton Avenue; Rochester, NY 14604
Telephone: (585) 546-7220 x5603

National Alliance on Mental Illness (NAMI) Rochester

Provides support, education, and advocacy to individuals and families of all cultural backgrounds who are living with mental illness. Services include NAMI Family Support Groups and NAMI Connection Recovery Support Groups.

Address: 320 North Goodman Street; Suite #103
Rochester, NY 14607
Telephone: (585) 423-1593
Email: info@namirochester.org

Rochester Regional Mental Health Services

Provides diagnostic and treatment outpatient services. Treatment modalities include individual, group, and family therapy. Medication, when prescribed, is supervised by a program psychiatrist.

Genesee Mental Health Center
224 Alexander St.; Rochester, NY 14607
Telephone: (585) 922-7770

Evelyn Brandon Mental Health Clinic
81 Lake Ave.; Rochester, NY 14608
Telephone: (585) 723-7740

Rochester Regional Mental Health Children and Youth Services:

Rochester Mental Health Center
490 Ridge Rd E.; Rochester, NY 14621
Telephone: (585) 922-2500

Genesee Mental Health Center
224 Alexander St.; Rochester, NY 14607
Telephone: (585) 922-7770