## 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.

# New York State Office of Alcoholism and Substance Abuse Services (OASAS)

The OASAS website provides general information about substance use disorder treatment along with answers to frequently asked questions about treatment options, and additional resources. They also run the New York State HOPEline (see below).

Website: https://www.oasas.ny.gov/treatment

### **HOPEline – 1-877-8-HOPENY**

Offers help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling. All calls are toll-free, anonymous and confidential. Services include trained clinicians and referrals to local prevention and treatment providers.

Telephone: 1-877-8-HOPENY (1-877-846-7369)

### **Rochester Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. Call or visit the website for information regarding meetings.

Address: The Rochester Area Intergroup, Inc. 1000 Elmwood Avenue, Greenhouse Rochester, NY 14620

Website: www.rochester-ny-aa.org

Telephone: (585) 232-6720 (Answered 24 hours)

Email: raacog@frontiernet.net

## National Council on Alcoholism and Drug Dependence – Rochester Area (NCADD-RA)

NCADD-RA provides both research-based and evidence-based substance abuse and problem gambling prevention services to a diverse population through education, support, resources, advocacy and referral.

Address: 1931 Buffalo Road; Rochester, NY 14624

Telephone: (585) 719-3481 or 719-3484

## **Catholic Family Center**

Offers a variety of outpatient and residential substance abuse treatment programs for men and women. Resources and services embrace the cultural needs of their clients.

Address: 87 N Clinton Ave; Rochester, NY 14604

Telephone: (585) 546-7220

## **Rochester Regional Chemical Dependency**

Provides comprehensive and personalized treatment for adolescents, adults, older adults, and their families. Services include outpatient programs, inpatient rehabilitation and residential programs. Outpatient appointments are available within 24 hours. Locations in Greece, Rochester, and Brighton.

Telephone: (585) 723-7736

### **Huther Doyle**

Offers individuals and families culturally appropriate, high-quality addiction recovery and physical health services. Addiction treatment methods are research-based and client-centered to optimize the recovery process for each person.

Address: 360 East Ave; Rochester, NY 14604

Telephone: (585) 325-5100 Email: kphillips@hutherdoyle.com

# John L. Norris Addiction Treatment Center

A 44-bed, inpatient, addiction treatment program operated by the New York State Office of Alcoholism and Substance Abuse Services. It has specially trained staff and programs to help those who are deaf or hard of hearing.

Address: 1732 South Ave; Rochester, NY 14620

Telephone: (585) 461-0410

Email: David.Freeman@oasis.ny.gov

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