

Depression and Mental Health Resources

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 in the Finger Lakes Region. 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

Walk in Intake: 8:00am-9:30am Thursdays
with no referral required

Bring a photo ID and insurance card.

Office Hours: 8:00am-5:00pm M-F

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. Bring medical insurance card, copay if needed, a photo ID, guardian for any children under the age of 18

Walk ins: "Same Day Access" first appointment

Monday, Wednesday, Thursday –
8:30am-11:00am

Tuesdays – 10:30am-1:00pm

Address: 175 Humboldt Street; Rochester NY
14610

Telephone: (585) 410-3370

Fax: 585-978-7217

Catholic Family Center

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

Walk in Hours: Monday 1pm-3pm;

Tuesday, Wednesday, and Thursdays:
9am-11am

Address: 87 N. Clinton Avenue; Rochester,
NY 14604

Telephone: (585) 546-7220 x 7000

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
102 & 103 Rochester, NY 14607

Hours: M-F 9:00am-4:00pm

Telephone: (585) 423-1593

Email: info@namirochester.org

Depression and Mental Health Resources

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.

Canandaigua Behavioral Health Clinic
35 North Street; Canandaigua, NY 14424
Office Phone: (315) 462-1060

Clifton Springs Hospital & Clinic
2 Coulter Rd
Clifton Springs, NY 14432 Office Phone:
(315) 462-9561

Rochester Regional Mental Health Children and Youth Services:
Behavioral Pediatrics – Joseph C. Wilson
Medical Building
800 Carter Street; Suite 260; Rochester, NY 14621 Telephone: (585) 922-2498

Genesee Mental Health

Children & Adult Outpatient Services provides mental and behavioral health services for adults ages eighteen and older and their families. There is significant focus on the overall emotional well-being of patients and respect for their individual needs.

Children Walk In Hours: MWF
8:30am-10:30am
Adults Walk In Hours: TTR 8:00am-10:00am
Address: 224 Alexander Street, Suite 100
Rochester, NY 14607
Office Hours: M-F 8:30-5:00
Office Phone: [585.922.7770](tel:585.922.7770)
Appointment Phone: [585.922.7770](tel:585.922.7770)

Monroe Mobile Crises Team

A mobile psychiatric emergency team for individuals and families who are experiencing a mental health crisis. This team aims to divert individuals who are not at risk of harming themselves from Monroe County's psychiatric emergency departments. This team goes to an individual's home, place of employment, school, etc. There are no age restrictions.

Individuals should only call Lifeline, instead of the Psychiatric ED, if the mental health crises does not include suicide risk, the individual is willing to be seen in the community, additional support is needed, or referrals' are needed or desired for community services.

Direct Monroe Crisis Line: (585-529-3721)
Lifeline: (585) 275-5151