

Here is help you need. **RIGHT NOW.**

Suicide is **PREVENTABLE**. Mental illness is **TREATABLE**. Addiction recovery is **POSSIBLE**.
YOU ARE NOT ALONE.

IF YOU ARE IN CRISIS AND NEED HELP NOW:

National Suicide Prevention 📞 🖥️
1-800-273-TALK (8255)
VETERANS: Press 1
TEXT: "GOT5" to 741741

211 Lifeline 📞 📱 🖥️
24/7 support by trained counselors. Immediate response and plans for next steps. Assistance with other resources (housing, food, etc)
Dial 211
211lifeline.org

Rochester Regional Health Behavioral Health Access and Crisis Center 📞 🖥️
585-368-3950
rochesterregional.org/bhacc

NEED PEER SUPPORT?

Self Help Drop-In Support Services 📞 🖥️
344 N. Goodman St.
Rochester, NY 14607
(585) 325-3145 x300
mharochester.org

Affinity Place 📞 📱 🖥️
Respite for individuals experiencing a psychiatric crisis.
269 Alexander St.
Rochester, NY 14607
585-563-7083
24/7 Warm Line: 585-563-7470
easthouse.org

Hope Place 📞 🖥️
A peer-run Living Room program.
1099 Jay St., Building P
Rochester NY 14611
585-325-3599
villaofhope.org

ADDITIONAL RESOURCES

Mental Health Association of Rochester 📞 🖥️
Supporting the many faces of mental wellness.
585-325-3145
mharochester.org

Bivona Child Advocacy Center 📞 🖥️
Experts in child abuse response, healing and prevention.
585-935-7800
bivonacac.org

Willow 📞 📱 🖥️
For all survivors. All genders. All ages. All types of abuse. All free and confidential.
24/7 Hotline:
Call (585) 222-SAFE (7233)
or Text (585) 348-SAFE
willowcenterny.org

Trillium 📞 🖥️
A compassionate team of medical and social service professionals, in a healing and affirming environment where you will feel supported, cared for, cared about.
585.545.7200
trilliumhealth.org

Veterans Outreach Center 📞 🖥️
Provides free programs + support for veterans.
585-546-1081
veteransoutreachcenter.org

Family Access and Connection Team (FACT) 📞 🖥️
A strength-based assessment and referral program for families with children under 18 years old.
585-753-2639

ROcovery Fitness 📞 🖥️
A supportive community of active individuals brought together by sober living.
585-484-0234
rocoveryfitness.org

Helio Health 📞 🖥️
Promoting recovery from the effects of substance use and mental health disorders.
315-471-1564
Helio.health

Trans Lifeline 📞 🖥️
Provides trans peer support, run by and for trans people.
877-565-8860
Translifeline.org

TrevorLifeline 📞 🖥️
Serving LGBTQ youth.
1-866-488-7386
translifeline.org

LEADING THE MENTAL HEALTH REVOLUTION

 **NAMI** | Rochester
National Alliance on Mental Illness

Committed to ending stigma and providing support to individuals and families affected by mental illness.

585-423-1593 namiroc.org

📞 Direct Phone Numbers

🖥️ Online Information

🕒 24 Hour Services

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