Consider reaching out to your local house of worship, school or primary care physician for support and guidance.

For information on local private practitioners contact:

NYS Social Workers
http://www.hlppro.com/aspdocs/naswbsearch1.asp

Genesee Valley Psychological Association
http://www.gypa.net/gypa_find.php

NYS Psychiatric Association
http://www.nyspsych.org/webpages/phyloc.asp

For additional information contact:

Monroe County
Department of Human Services
Office of Mental Health
1099 Jay Street, Building J
2nd Floor
Rochester, NY 14611
(585) 753–6047

For more detailed information about mental health services and frequently asked questions, go to: www.monroecounty.gov/mh-index.php
How you experience grief depends on the nature of the death, your relationship to the person who died, your coping style and life experience. Each person’s expression of grief is unique and there is no “right or wrong” way to grieve. Sometimes additional support may be needed.

The mental health and crisis services within Monroe County are designed to aid an individual or family with a range of needs. All programs work to identify your specific needs in order to best assist you in your time of grief.

Reaching out for help is an important step in beginning the healing process. Finding support is necessary to deal with grief and loss in a healthy and effective manner.