

Wellness Services



Behavioral Health, Mental Health, Addiction, and Intellectual & Developmental Disabilities

Many local and national services are available to support your health and wellness. Below, you'll find a detailed list of behavioral health and other health-related resources, including contact information and helpful links.

Dialing 988 connects you to the Suicide & Crisis Prevention Lifeline, which provides 24/7, free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.



Mental Health



Drug, Alcohol &
Addiction Recovery



School-based



Peer Support



Care Management



Inpatient



Residential



Office for People with Developmental Disabilities



Other Community
Services

For more resources,
download our mobile
App for Android or
Iphone.

SCAN to download!



Calling 211 connects you quickly to services, or text 898-211.

For serious medical emergencies, contact **911**

For Crisis Services click [Here](#)

Updated 12/2025 MCOMH



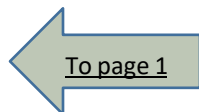
Mental Health Services

Mental health challenges can sometimes get in the way of everyday functioning, but outpatient services can help people better cope with symptoms. They can meet with a therapist one-on-one or in a group. Education and medication could also be a part of services.

Service	Age Group	Contact Information
<u>Catholic Charities Family and Community Services</u> M-F 8am-5pm T & W 8:30am-11:00am (Open Access)	5+	79 North Clinton Ave. Rochester, NY 14604 (585) 546-7220
<u>Endeavor Health Services</u> MW 9am-5pm TTh 8:30am-6:30am F 8:30am-4:30pm	13+	150 Mt. Hope Ave. Rochester, NY 14620 (585) 445-5310
<u>FLACRA</u> Monday - Thursday: 9am to 8pm Friday: 9am to 5pm Saturday: 8am to 2pm	18+	339 East Ave., Suite 303 Rochester, NY 14604 (585) 434-2633
<u>Gavia LifeCare Center</u> <u>General Adult Clinic & Complex Care Clinic</u> Monday-Thursday 8am-4:30pm Friday 8am-4pm	18+	1100 Long Pond Rd., Suite 111 Rochester, NY 14626 (585) 371-5595
<u>Gavia LifeCare Center</u> <u>Adolescent Clinic</u> Monday-Thursday 8am-4:30pm Friday 8am-4pm	11-18	1081 Long Pond Rd., Suite 100 Rochester, NY 14626 (585) 371-7141



Service	Age Group	Contact Information
<u>Gavia LifeCare Center</u> <u>Women's/LGBTQ Clinic</u> Monday-Thursday 8am-4:30pm Friday 8am-4pm	18+	1777 English Rd. Rochester, NY 14616 (585) 371-8700
<u>Healing Connection, Inc.</u> Monday-Friday – 8:30am-5pm	12+	1320 University Ave. Rochester, NY 14607 (585) 641-0281
<u>Liberty Resources</u> Monday-Friday: 8am-5pm	5+	175 North Winton Rd. Rochester, NY 14610 (585) 410-3370
<u>Rochester Psychiatric Center-</u> <u>The Steve Schwarzkopf Community Mental Health Center</u> Visitation Hours: Tuesday – Friday: 6pm-8pm Saturdays and Holidays: 1pm-4pm, 6pm-8pm	18+	1111 Elmwood Ave. Rochester, NY 14620 (585) 241-1200
<u>Rochester Rehabilitation</u> Monday-Friday: 8am-5pm Thursday 8am-9am (walk-in intake appointments)	18+	1000 Elmwood Ave. Door 5 Rochester, NY 14620 (585) 271-2520
<u>Rochester Regional Health - Rochester Mental Health Center</u> Monday-Thursday: 8am-7pm Friday: 8am-5pm	18+	490 East Ridge Rd. Rochester, NY 14621 (585) 922-2500
<u>Rochester Regional Health –</u> <u>Genesee Behavioral Health Center & PROS</u> Monday-Thursday: 8am-7pm Friday: 8am-5pm	18+	224 Alexander St. Rochester, NY 14607 (585) 922-7770
<u>Rochester Regional Health –</u> <u>Genesee Behavioral Health Center (Children & Adolescents)</u> Monday-Thursday: 8am-7pm Friday: 8am-5pm	5-18	224 Alexander St. Rochester, NY 14607 (585) 922-7770



Service	Age Group	Contact Information
<u>Rochester Regional Health – Behavioral Health Center – Greece Canal Ponds Pinewild, Adult Mental Health</u> Monday, Tuesday, Friday: 8am-5pm Wednesday, Thursday: 8am-7pm	18+	100 Pinewild Dr. Suite 2A Rochester NY 14606 (585) 368-6700
<u>University of Rochester Medical Center – Pediatric Behavioral Health & Wellness</u> Monday-Friday: 8am-4:30pm	0-18	200 East River Rd., 3 rd floor Rochester, NY 14623 (585) 275-2986 1860 South Ave., 1 st floor Rochester, NY 14620 (585) 279-7800
<u>University of Rochester Medical Center – Deaf Wellness Center</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	17+	150 North Chestnut St. Rochester, NY 14604 (585) 273-5050
<u>University of Rochester Medical Center – Family Therapy Services</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	All	300 Crittenden Blvd. Rochester, NY 14642 (585) 275-0320
<u>University of Rochester Medical Center – General Adult Outpatient Services</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	18+	150 North Chestnut St. Rochester, NY 14604 (585) 273-5050
<u>University of Rochester Medical Center – Lazos Fuertes</u> Monday - Thursday: 7:30am - 7pm Friday: 7:30am - 5pm	18+	150 N. Chestnut St. Rochester, NY 14604 (585) 273-5050
<u>University of Rochester Medical Center - Older Adult Services Outpatient Clinic</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am - 5pm	65+	315 Science Pkwy. Rochester, NY 14620 (585) 602-1000
<u>University of Rochester Medical Center - Strong Ties</u> Monday – Friday: 8am – 5 pm	18+	2613 W. Henrietta Rd. Rochester, NY 14623 (585) 279-4900



Service	Age Group	Contact Information
<u>University of Rochester Medical Center - Perinatal Consultation Clinic</u> Monday - Friday: 8am - 5pm	18+	125 Lattimore Rd. Rochester, NY 14642 (585) 275-3750
<u>Villa of Hope Outpatient Clinic</u> Monday - Thursday: 8am - 7pm Friday: 8am - 5pm	5+	1099 Jay St. Building J, Suite 202 Rochester, NY 14611 (585) 328-0834



Drug, Alcohol & Addiction Recovery

People struggling with drugs, alcohol, or other addictions can learn new ways to recover. Outpatient services include counseling, education, Medication-Assisted Treatment (MAT) and links to community services. Addiction affects the whole family, so services can also help family members.

For more information, please visit: <https://ncadd-ra.org/>

Service	Age Group	Contact Information
<u>Action for A Better Community</u> Monday - Friday: 8:30am - 5pm	18+	33 Chestnut St. Rochester NY 14604 (585) 325-5116
<u>Baden St. Settlement of Rochester</u> Monday - Thursday: 8am – 4:30pm Friday: 8am - 4pm	18+	585 Joseph Ave. Rochester, NY 14621 (585) 325-4910 ext. 1200
<u>Catholic Charities Family and Community Services</u> Walk-in hours: Monday – Friday: 8:30am – 12pm	18+	79 North Clinton Ave. Rochester, NY 14604 (585) 546-3046
<u>Conifer Park</u> Monday - Thursday: 7am – 7:30pm Friday: 8am - 5pm	18+	556 South Clinton Ave. Rochester, NY 14620 (585) 442-8422
<u>Delphi Rise</u> Monday - Friday: 8am – 4:30pm Accessible 24/7	12+	72 Hinchey Rd. Rochester, NY 14624 (585) 467-2230



Service	Age Group	Contact Information
<u>Helio Health</u> Monday – Friday 6am – 4:30pm Saturday 8am – 11am	18+	150 Mount Hope Ave. Rochester, NY 14620 (585) 287-5626
<u>Huther Doyle</u> Monday - Thursday: 8am – 8pm Friday: 8am - 5pm	18+	360 East Ave. Rochester, NY 14604 (585) 325-5100
<u>Lifespan- Geriatric Addiction Program</u> Monday - Thursday: 8:30am – 4:30pm	55+	1900 S. Clinton Ave. Rochester, New York 14618 (585) 244-8400
<u>Pathways - Rochester (Sisters of Charity Hospital/Catholic Health)</u> Monday - Saturday: 6am – 2pm	18+	435 E. Henrietta Rd. Rochester, NY 14620 (585) 424-6580
<u>Rochester Regional Health - Brighton Chemical Dependency Clinic</u> Monday - Friday: 8am – 8pm	13+	2000 Winton Rd. South, Bldg 2 Rochester, NY 14618 (585) 922-9900
Rochester Regional Health - <u>Evelyn Brandon Chemical Dependency Clinic & PROS</u> Monday - Friday: 8am – 8pm	13+	81 Lake Ave. Rochester, NY 14608 (585) 922-9900 (585) 368-6901 (PROS)
<u>Rochester Regional Behavioral Health Center at Unity - Greece Chemical Dependency Center</u> Monday - Thursday: 8am – 6:30pm Friday: 8am – 5pm	13+	1565 Long Pond Rd. Rochester, NY 14624 (585) 723-7723
<u>University of Rochester Medical Center - Strong Recovery</u> Monday - Thursday: 7:30am – 6pm Friday: 7:30am - 5pm	14+	2613 W. Henrietta Rd. Rochester, NY 14623 (585) 275-5400



Service	Age Group	Contact Information
<u>Villa of Hope - Outpatient Clinic</u> Monday - Thursday: 8am - 7pm Friday: 8am - 5pm	5+	1099 Jay St. Building J, Suite 202 Rochester, NY 14611 (585) 328-0834
<u>Westfall Practice</u> Monday & Friday: 8am - 5pm Tuesday & Thursday: 8am - 8pm	12+	179 Sully's Trail, Suite 200 Rochester, NY 14534 (585) 473-1500



School-based

School-Based Health Centers provide medical and behavioral health services within a safe, comfortable school environment. Mental health disorders can sometimes get in the way of everyday functioning; accessing services within the school setting can help students and families better cope with symptoms.

Service	Age Group	Contact Information
<u>Liberty Resources</u> Monday-Friday: 8am-5pm	5+	175 North Winton Rd. Rochester, NY 14610 (585) 410-3370
<u>Rochester Regional Health –Genesee Behavioral Health Center (Children & Adolescents)</u> Monday-Friday: 8:30am-5pm	5-18	224 Alexander St. Rochester, NY 14607 (585) 922-9900 (585) 922-7242 (RCSD)
<u>University of Rochester Medical Center - Pediatric Behavioral Health & Wellness</u> Monday-Friday: 7:30am-5:30pm	0-18	601 Elmwood Ave. Rochester, NY 14642 (585) 279-7800 1860 South Ave., 1 st Floor Rochester, NY 14620 (585) 279-7800
<u>Villa of Hope</u> Monday - Thursday: 8am - 7pm Friday: 8am - 5pm	5+	1099 Jay St. Building J, Suite 202 Rochester, NY 14611 (585) 328-0834

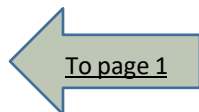


Peer Support

Sometimes it is easier to talk to people who have been through the same things. Peer Support Specialists or “Peers” have done well in recovery and now help others going through the same things, individually or in groups, by phone or in person. They can provide support and connect people to care. Peers may also be family members with familial lived experience.

Service	Age Group	Contact Information
<u>Affinity Place Respite and Warm-Line Service - East House</u> Monday - Friday: 8am - 4pm	18+	Warm Line (585) 563-7470 269 Alexander St. Rochester, NY 14607 (585) 563-7083
<u>Al-Anon/Alateen Family Groups</u> Thursday: 9am - 11am Friday 9am – 12pm, 1pm-3pm	All	Monroe County Main Office 2480 Browncroft Blvd., Suite 140 Rochester, NY 14625 (585) 288-0540
<u>Alcoholics Anonymous (AA) of Rochester</u> Monday - Friday: 9am – 7pm Saturday: 9am – 1pm	All	1000 Elmwood Ave., Greenhouse Rochester, New York 14620 (585) 232-6720
<u>Compeer Rochester</u> Monday - Friday: 9am - 5pm	5+	259 Monroe Ave. Rochester, NY 14607 (585) 546-8280
<u>CORE Center</u> Monday - Friday: 9am - 5pm	18+	130 Andrews St. Rochester, NY 14604 (585) 328-8230
<u>Villa of Hope - Hope Place</u> Monday – Sunday: 3pm-11pm	18+	1099 Jay St., Building P Rochester, NY 14611 (585) 325-3599
<u>Liberty Resources</u> Monday-Friday:am-5pm	18+	175 North Winton Rd. Rochester, NY 14610 (585) 410-3370
<u>Mental Health Association</u> <u>Consumer Self-Help/ Family & Peer Support Services</u> Monday-Friday: 9am-5pm	18+	344 N. Goodman St., Suite 202 Rochester, NY 14607 (585) 325-3145

Service	Age Group	Contact Information
<u>Mental Health Association</u> <u>Creative Wellness Opportunities</u> Monday-Friday: 9am-5pm	18+	320 N. Goodman St., Suite 202 Rochester, NY 14607 (585) 325-3145
<u>Mental Health Association</u> <u>Life Skills</u> Monday-Friday: 9am-5pm	18+	320 N. Goodman St., Suite 202 Rochester, NY 14607 (585) 325-3145
<u>Mental Health Association</u> <u>Self-Help Drop-in Center</u> Monday-Sunday: 5pm-9pm	18+	344 N. Goodman St. Rochester, NY 14607 (585) 325-3145 x300
<u>National Alliance on Mental Illness (NAMI) Rochester</u> Monday-Friday: 9am-5pm	All	346 N. Goodman St. Rochester, NY 14607 (585) 423-1593
<u>Narcotics Anonymous (NA), Rochester Area Service</u> <u>Committee</u> 24/7 Hotline	18+	P.O. Box 31845 Rochester, NY 14604 (585) 235-7889 24 Hour Hotline
<u>Overeaters Anonymous of Greater Rochester</u> See online meeting options	18+	P.O. Box 20683 Rochester, NY 14602 RochesterOA@gmail.com
<u>Person Centered Housing Options</u> Monday-Friday: 8am-4:30pm	16+	60 Carlson Rd., Suite 35 Rochester, NY 14610 (585) 736-4663
<u>Recovery Options Made Easy</u> Monday-Friday: 8am-4pm	18+	274 N. Goodman St., Suite D102 Rochester, NY 14607 (585) 442-7811
<u>ROcovery Fitness</u> Monday-Thursday: 8am-7pm Friday-Saturday: 8am-1pm	14+	1035 Dewey Ave. Rochester, NY 14613 (585) 484-0234
<u>SMART Recovery</u> See online meeting options	18+	https://meetings.smartrecovery.org/meetings/location/



Service	Age Group	Contact Information
<u>Veterans Outreach Center</u>	18+	447 South Ave. Rochester, NY 14620 (585) 546-1081 Call toll-free (866) 906-8387
Monday-Friday: 8:30am-5pm		



Care Management

Care Management brings together everyone supporting an individual's health. A Care Manager helps to coordinate not just medical, mental health and substance abuse services, but social service needs as well.

Service	Age Group	Contact Information
<u>CHHUNY- Children's Health Home of Upstate New York</u>	0-21	(855) 209-1142 referrals@childrenshealthhome.org
Monday-Friday: 7:30am-4:30pm		
<u>HHUNY- Health Homes of Upstate New York: Finger Lakes</u>	18+	(855) 613-7659 referrals@hhuny.org
Monday-Friday: 8am-4:30pm		
<u>Monroe County Office of Mental Health, Children & Youth Single Point of Access (SPOA)</u>	5-21	1099 Jay St., Bldg. J, 3rd Floor Rochester, NY 14611 (585) 753-6346
Monday-Friday: 8am-5pm		
<u>Monroe County Office of Mental Health, Adult Single Point of Access (SPOA)</u>	18+	Monroe County SPOA 1099 Jay St., Bldg. J, 3rd Floor Rochester, NY 14611 (585) 753-2874
Monday-Friday: 8am-5pm		



Inpatient and Partial Hospitalizations

Inpatient - A 24 hours per day hospital based program which includes psychiatric, medical, nursing, and social services required for assessment and/or treatment. **Partial Hospitalization** - A program for adults or adolescents. Provides active treatment designed to stabilize or ameliorate acute symptoms

Mental Health Inpatient and Partial Hospital

Service	Age Group	Contact Information
<u>Rochester General Hospital- Inpatient Mental Health and Emergency/Crisis Center</u> Accessible 24/7	18+	1425 Portland Ave. Rochester NY, 14621 (585) 922-4000
<u>Rochester Psychiatric Center-Inpatient Psychiatric Unit</u> Visitation Hours: Tuesday – Friday: 6pm-8pm Saturdays and Holidays: 1pm-4pm, 6pm-8pm	18+	1111 Elmwood Ave. Rochester NY, 14620 (585) 241-1200
<u>Strong Memorial Hospital- Inpatient Psychiatric Unit</u> Monday - Thursday: 7:30am - 6pm Friday: 7:30am – 5pm	18+	300 Crittenden Blvd. Rochester NY, 14642 (585) 273-5050
<u>Strong Memorial Hospital - Child and Adolescent Partial Hospitalization Service</u> Monday - Friday: 7:30am - 4pm	12-18	1860 South Ave., 2 nd Floor Rochester, NY 14620 (585) 273-1776 or (585) 273-1779
<u>Strong Memorial Hospital-Adult Partial Hospitalization Program</u> Monday - Thursday: 7am - 6pm Friday: 7am - 5pm	18+	2617 West Henrietta Rd. Rochester, NY 14623 (585) 256-2805

Drug, Alcohol & Addiction Inpatient Rehab and Withdrawal

Service	Age Group	Contact Information
Pathways of <u>Helio Health Inpatient Rehabilitation Center</u> Accessible 24/7	18+	1850 Brighton Henrietta Town Line Rd. Rochester NY, 14623 (585) 287-5622
<u>John L. Norris Addiction Treatment Center</u> Monday - Friday: 8am - 4pm	18+	1732 South Ave. Rochester NY, 14620 (585) 461-0410
<u>Rochester Regional Health - Greece Chemical Dependency</u> Monday - Thursday: 7:30am - 8pm Friday: 7:30am - 5pm Saturday: 8am - 2pm	18+	1565 Long Pond Rd. Rochester, NY 14624 (585) 723-7366
<u>Gregory E Polisseni Living Hope Treatment Center, Villa of Hope</u> Monday - Friday: 8am - 4pm	18+	3300 Dewey Ave. Rochester, NY 14620 (585) 295-6916 LivingHopeAdmissions@villaofhope.org

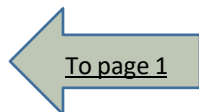


Residential

Residential services help people focus on recovery in a setting that offers full support, often living with others struggling with the same needs. Staffing is based on the level of care, and services can include group counseling, learning new skills, and other services to help recovery.

Mental Health

Service	Age Group	Contact Information
<u>Monroe County Office of Mental Health, Child and Youth Single Point of Access (SPOA)</u> Monday – Friday: 8am – 5pm	5-18	1099 Jay St., Bldg J, 2 nd Floor Rochester, NY 14611 (585) 753-2881 childspoa@monroecounty.gov
<u>Monroe County Office of Mental Health, Adult Single Point of Access (SPOA)</u> Monday – Friday: 8am – 5pm	18+	1099 Jay St., Bldg. J, 2 nd Floor Rochester, NY 14611 (585) 753-2874

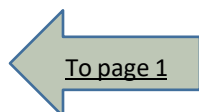


Drug, Alcohol & Addiction Recovery

Service	Age Group	Contact Information
<u>Catholic Charities Family and Community Services</u> Monday: 9am – 9pm Tuesday – Friday: 9am – 5pm	18+	79 N Clinton Ave. Rochester, NY 14604 (585) 546-7220 x5030 (for men) (585) 546-7220 x5053 (for women)
<u>East House</u> Monday - Friday: 8am - 4pm	18+	259 Monroe Ave., Suite 200 Rochester, NY 14607 (585) 238-4800
<u>Villa of Hope- LIFE Residential Program</u>	13-21	3300 Dewey Ave. Rochester NY 14616 (585) 865-1550 Ext. 262
<u>Veterans Outreach Center</u>	Veterans 18+	290 South Ave. Rochester, NY 14602 (585) 506-9060
<u>YWCA- Steppingstone Supportive Living</u>	Women 18+	175 North Clinton Ave. Rochester, NY 14604 (585) 368-2225

Respite

Service	Age Group	Contact Information
<u>East House - Affinity Place</u> Monday - Friday: 8am - 4pm	18+	269 Alexander St. Rochester, NY 14607 (585) 563-7083
<u>Elmira Psychiatric Center - Child & Adolescent Crisis Respite House</u> Accessible 24/7	10-17	100 Washington St. Elmira, NY 14901 (607) 737-4990
<u>Hillside Family of Agencies - Emergency Respite Bed</u> Accessible 24/7	5-22	1 Mustard St. Rochester, NY 14609 (585) 256-7500 info@hillside.com





New York State Office for People With Developmental Disabilities

OPWDD coordinates services for New Yorkers with developmental disabilities, including intellectual disabilities, cerebral palsy, Down syndrome, autism spectrum disorders, Prader-Willi syndrome and other neurological impairments. People with developmental disabilities and their families can access a wide variety of supports and services.

For information on services not listed below, please contact the Front Door if you have not already been determined eligible or your care manager if you already have eligibility. **Eligibility:** <https://opwdd.ny.gov/get-started/front-door>

Service	Age Group	Contact Information
<u>Autism Council of Rochester</u> Tuesday-Thursday 1PM - 4PM	16+	Mailing Address: 1025 Commons Way Rochester NY 14623 Referral & Drop-In Center: 2118 Chili Ave Westgate Plaza Rochester NY 14624 (585) 283-7124
<u>Autism Up</u> Monday-Thursday: 10am – 2pm	All	50 Science Parkway Rochester, NY 14620 (585) 248-9011
<u>Baden Street Settlement</u> Monday – Thursday 8:30am – 5pm	5-30	152 Baden St. Rochester, NY 14605 (585) 235-4910
<u>Boys & Girls Clubs of Rochester</u> School Year: Monday – Friday: 8am-5pm Summer: Monday – Friday: 11am – 6pm	6-18	500 Genesee St. Rochester, NY 14611 (585) 328-3077
<u>Catholic Charities Family and Community Services</u> Monday - Friday: 9am – 5pm	18+	79 North Clinton Ave. Rochester, NY 14604 (585) 546-7220
<u>CDS Monarch</u> Monday - Friday: 8am – 5pm	18+	860 Hard Rd. Webster, NY 14580 (585) 341-4600
<u>Center for Disability Rights</u> Monday - Friday: 9am – 5pm	0+	497 State St. Rochester, NY 14608 (585) 546-7510
<u>Child Care Council</u> Monday - Friday: 9am – 5pm	5-21	595 Blossom Rd., Suite 120 Rochester, NY 14610 (585) 654-4720

Service	Age Group	Contact Information
<u>CP Rochester</u> Monday - Friday: 9am – 5pm	0+	3399 South Winton Rd. Rochester, NY 14623 (585) 334-6000
<u>Daystar Kids</u> Monday - Friday: 8am – 4pm	4 months - 5	700 Lac De Ville Blvd. Rochester, NY 14618 (585) 385-6287
<u>DePaul</u> Monday - Friday: 8am – 5pm	16+	1931 Buffalo Rd. Rochester, NY 14624 (585) 426-8000
<u>Easter Seals</u> Monday - Friday: 8am – 3:30pm	0+	103 White Spruce Blvd. Rochester, NY 14623 (585) 292-5830
<u>Empowering People's Independence (EPI)</u> Monday - Friday: 8am – 4:30pm	5+	1650 South Ave, Suite 300 Rochester, NY 14620 (585) 442-4430
<u>Front Door Office Finger Lakes Regional Office</u> Monday - Friday: 9am - 5pm	All	(855)679-3335
<u>Heritage Christian Services</u> Monday - Friday: 8am – 4:30pm	0+	275 Kenneth Dr., Suite 100 Rochester, NY 14623 (585) 340-2000
<u>Hickock Center for Brain Injury</u> Monday - Friday: 7:30am – 8:30pm	18+	2320 Brighton Henrietta Town Line Rd. Suite 400 & 500 Rochester, NY 14623 (585) 271-8640
<u>Holy Childhood</u> Monday - Friday: 8am – 4pm	5+	100 Groton Parkway Rochester, NY 14623 (585) 359-3710
<u>Ibero American Action League</u> Monday - Friday: 8am – 4:30pm	0+	124 Evergreen St. Rochester, NY 14605 (585) 256-8900
<u>Lifespan</u> Monday - Friday: 8:30am – 4:30pm	18+	1900 South Clinton Ave. Rochester, NY 14618 (585) 244-8400



Service	Age Group	Contact Information
<u>Lifetime Assistance</u> Monday - Friday: 8am – 4:30pm	18+	425 Paul Rd. Rochester, NY 14624 (585) 426-4120
<u>Mary Cariola Children's Center</u> Monday - Friday: 8am – 5pm	3-22	1000 Elmwood Ave. Rochester, Suite 100, NY 14620 (585) 271-0761
<u>People Inc.</u> Monday - Friday: 8:30am – 4pm	3+	1860 Buffalo Rd. Rochester, NY 14624 (585) 441-9300
<u>Person Centered Services</u> Monday - Friday: 8am – 4:30pm	5+	1200A Scottsville Rd. Suite 120 Rochester, NY 14624 (888) 977-7030
<u>Prime Care</u> Monday - Friday: 8am – 5pm	All	860 Hard Rd. Webster, NY 14580 1-844-347-3168 info@primecareny.org
<u>Regional Center for Independent Living</u> Monday - Friday: 8am – 5pm	5+	497 State St. Rochester, NY 14608 (585) 442-6470
<u>Rochester Rehabilitation Center</u> Monday - Friday: 8am – 5pm	5+	1357 University Ave. Rochester, NY 14607 (585) 263-2690
<u>Self-Advocacy Association of NYS (SANYS)</u>		500 Balltown Rd., Bldg 12 Schnectady, NY 12304 (518) 382-1454
<u>SKIP of NY</u> Monday - Friday: 8am – 5pm	0+	50 Vantage Point Dr. Suite 4 Rochester NY 14624 (585) 352-7775
<u>Starbridge Services, Inc.</u> Monday - Friday: 8am – 5pm	0+	1650 South Ave. Suite 200 Rochester, NY 14620 (585) 546-1700



Service	Age Group	Contact Information
<u>The Arc of Monroe</u>	0+	2060 Brighton Henrietta-Townline Rd. Rochester, NY 14623 (585) 271-0660
Monday – Friday: 8am – 5pm		

Self-Advocacy/Peer Services

Service	Age Group	Contact Information
<u>Self-Advocacy Association of New York State, Inc.</u>	All	Western Region https://sanys.org/region/western-finger-lakes/
Monday - Friday: 9am – 5pm		
<u>Parent to Parent of NYS</u>	All	Finger Lakes Region http://parenttoparentnys.org/index.php/offices/finger-lakes/ <u>1-800-305-8817</u> <u>(585)424-7200</u>
Monday – Friday: 8am – 5pm		

Family Support Services Programs:

Service	Age Group	Contact Information
<u>OPWDD Region 1 Finger Lakes Family Support Services</u>	All	620 Westfall Rd. Rochester, NY 14620 866-946-9733
Monday - Friday: 9am - 5pm		
Amanda Bishi (585) 461-8886 amanda.l.bishi@opwdd.ny.gov		
Melissa Jordan, (585) 241-5855 melissa.j.jordan@opwdd.ny.gov		



Other Community Services

People can reach their life goals and be more involved in their communities with community-based services. Support helps people do the things they want such as building better social lives, maintaining employment, or working on life skills. Services are provided where people are most comfortable at their homes or in the community.

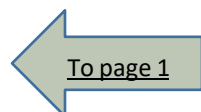
Child & Family Treatment & Support Services, Home & Community Based Services, & HARP: [New York State Children's Medicaid Children and Family Treatment and Support Services Brochure \(ny.gov\)](#); [Childrens HCBS Brochure \(ny.gov\)](#); [BC HCBS Brochure \(ny.gov\)](#)

Service	Age Group	Contact Information
<u>ARC Wayne</u> Monday - Friday: 8am - 4pm	0-21	150 Van Buren St. Newark, NY 14513 (315) 331-7741
<u>AspireHope NY Inc.</u> Monday - Friday: 8am – 4:30pm	0-21	25 West Steuben St. Bath, NY 14810 (607) 776-2164
<u>Baden St. Settlement of Rochester</u> Monday - Thursday: 8am – 4:30pm Friday: 8am - 4pm	18+	585 Joseph Ave. Rochester, NY 14621 (585) 325-4910 ext. 1200
<u>Catholic Charities Family and Community Services</u> Monday - Friday: 8:30am – 4:30pm	18+	1099 Jay St., Building J, Rochester, NY 14611 (585) 339-9800
<u>Cayuga Centers</u> Monday - Friday: 8am – 5pm	0-21	101 Hamilton Ave. Auburn, NY 13021 (315) 253-5383
<u>Delphi Rise</u> Monday - Friday: 8am – 7pm	18+	72 Hinchey Rd. Rochester, NY 14624 (585) 467-2230
<u>Exercise Express</u> Monday - Thursday: 10am – 8pm Saturday: 8:15am -10am	18+	200 West Ave. Rochester, NY 14611 (585) 454-6478
<u>Hillside</u> Accessible 24/7	0-21	1 Mustard St. Rochester NY 14609 referrals@hillside.com (585) 256-7500

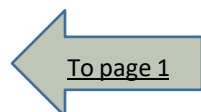
Service	Age Group	Contact Information
<u>Huther Doyle</u> Monday - Thursday: 8am – 8pm Friday: 8am – 5pm	18+	360 East Ave. Rochester, NY 14604 (585) 325-5100
<u>Ibero-American Action League, Inc.</u> Monday - Friday: 9am–12pm, 1pm-5pm	18+	817 East Main St. Rochester, NY, 14605 (585) 256-8900
<u>National Alliance on Mental Illness (NAMI) Rochester</u> Monday-Friday: 9am-5pm	18+	320 N. Goodman St., Suite 102 & 103 Rochester, NY 14607 (585) 423-1593
<u>Pathways, Inc.</u> Monday - Friday: 9am – 5pm	0-21	700 Metropark West, Suite 200 Rochester, NY 146 (585) 434-3166
<u>Pathways Mental Health Counseling</u> Contact them for available hours	5+	100 White Spruce Blvd. Rochester, NY 14623 (585) 292-6070

Other

Service	Age Group	Contact Information
<u>Autism Up</u> Monday - Thursday: 9am – 7:30pm Friday: 9am-3pm Saturday: 9am-2pm	All	50 Science Parkway Rochester, NY 14620 (585) 248-9011
<u>Autism Council of Rochester</u> Tuesday - Thursday: 1pm –4pm	16+	1025 Commons Way Rochester, NY 14623 (585) 283-7124
<u>Bivona Child Advocacy Center</u> Monday - Friday: 8:30am – 5pm	All	1 Mt. Hope Ave. Rochester, NY 14620 (585) 935-7800
<u>Center for Youth</u> Monday – Friday: 9am – 5pm	12+	905 Monroe Ave. Rochester, NY 14620 (585) 473-2464 * 24-hour Crisis Line: (585)271-7670
<u>Children's Institute</u> Monday - Friday: 8am – 5pm	0-8	205 St. Paul St. Rochester, NY 14604 (585) 295-1000



Service	Age Group	Contact Information
<u>Community Place of Greater Rochester</u> Monday - Friday: 9am – 5pm	4+	57 Central Park Rochester, NY 14605 (585) 327-7200 145 Parsells Ave. Rochester, NY 14609 (585) 288-0021
<u>Epilepsy-Pralid, Inc.</u> Monday - Friday: 8am – 4:30pm	All	1650 South Ave., Suite 300 Rochester, NY 14620 (585) 442-4430
<u>Fingerlakes Problem Gambling Resource Center</u> Monday - Friday: 9am – 5pm	18+	71 Goodway Dr. Rochester, NY 14623 585-351-2262
<u>Heritage Christian Services, Inc.</u> Monday - Friday: 8am – 4:30pm	4+	275 Kenneth Dr., Suite 100 Rochester, NY 14623 (585) 340-2000
<u>Hillside: Family Crisis Support Services</u> Accessible 24/7	5-21	1 Mustard St. Rochester, NY 14609 (585) 256-7500 info@hillside.com
<u>I Am Isiah, Inc.</u> Monday - Friday: 10am – 4pm	All	1100 University Ave., #110 Rochester, NY 14607 (585) 441-9941
<u>Jordan Health</u> Monday & Thursday: 8am– 8pm Tuesday, Wednesday & Friday: 8am – 5pm	4+	82 Holland St. Rochester, NY 14605 (585) 423-5800
<u>Lifespan</u> Monday - Thursday: 8:30am – 4:30pm	55+	1900 South Clinton Ave. Rochester, NY 14618 (585) 244-8400
<u>Monroe County Family Support Center</u> Monday, Wednesday, Thursday, & Friday - : 8:30am – 5pm Tuesday 8:30am – 7pm	5-17	1099 Jay St., Bldg J, 2 nd floor, Rochester, NY 14611 (585) 753-2639
<u>Person Centered Housing Options</u> Monday - Friday: 8am – 4:30pm	18+	400 West Ave. Rochester, NY 14611 (585) 736-4663



Service	Age Group	Contact Information
<u>Person In Crisis (PIC)</u> <u>City of Rochester ONLY</u>	All	2-1-1 or (877) 356-9211
Accessible 24/7		
<u>Regional Health Reach Clinic: Healthcare for the Homeless</u>	18+	89 Genesee St., Suite 1 Rochester, NY 14611 (585) 368-3720
Monday - Friday: 8am – 5pm		
<u>Rochester Regional Health: Home Based Crisis Intervention</u>	5-17	224 Alexander Park Rochester, NY 14607 (585) 922-8040
Monday - Friday: 8am – 4:30pm		
<u>Rochester Regional Health: Home Care and Hospice Care</u>	18+	100 Kings Highway South Rochester, NY 14617 (585) 214-1000
Monday - Friday: 8:30am – 5pm		
<u>RESTORE: Sexual Assault Services</u>	All	24-HOUR HOTLINE Monroe County: (585) 546-2777
Accessible 24/7		
<u>Rochester Institute of Technology: Substance and Addiction Intervention Services for the Deaf</u>	15+	52 Lomb Memorial Dr. Rochester, NY 14623 (585) 475-4978
By Appointment		
<u>Rochester Psychiatric Center: Mobile Integration Team</u>	All	1111 Elmwood Ave. Rochester, NY 14620 (585) 241-1276
Accessible 24/7		
<u>Trillium Health – Harm Reduction</u>	18+	39 Delevan St. Rochester, NY 14605 (585) 545-7200
Monday, Wednesday, Friday : 1pm – 4pm Tuesday: 9am – 4pm Thursday: 1pm – 6pm		

Service	Age Group	Contact Information
<u>University of Rochester Medical Center: Complex Care Center</u> Monday - Friday: 8am – 4:30pm	18+	905 Culver Rd. Rochester, NY 14609 (585) 276-7900
<u>University of Rochester Medical Center - Healing through Education Advocacy and Law (HEAL) Collaborative</u> Monday - Friday: 8:30am – 4:30pm	18+	300 Crittenden Blvd. Rochester, NY 14642 (585) 275-4325
<u>University of Rochester Medical Center - Developmental & Behavioral Pediatrics</u> Monday - Friday: 8am – 4:30pm	All	200 East River Rd. Rochester, NY (585) 275-2986
<u>Western New York Children's - Mobile Integration Team</u> Accessible 24/7	6-18	(585) 275-5151 (716) 832-0720
<u>Willow & RESOLVE Rochester</u> Accessible 24/7	18+	P.O. Box 39601 Rochester, NY 14604 24/7 Hotline: (585) 222-SAFE(7233) By text (585)348-SAFE(7233)