

# Clergy Mental Health Collaboration Resources

## Mental Health Resources

<https://www.namiroc.org/trusted-resources>

**National Suicide Prevention Hotline:**  
1-800-273-TALK (8255)

**Self Help Drop-In Support Services:**

Mental Health Association

5PM – 9PM

344 N. Goodman St.

Rochester, NY 14607

(585) 325-3145 x300

mharochester.org

**Respite for Individuals Experiencing a Psychiatric Crisis:**

East House: Affinity Place

269 Alexander St.

Rochester, NY 14607

(585) 563-7083

24/7 Warm Line: (585) 563-7470

easthouse.org/affinity-place

**Crisis Text Line: TEXT 'Got5'to 741-741**

### **Black Emotional and Mental Health Collective (BEAM)**

is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

### **Black Girls Smile Inc.**

promotes positive mental health for young African American girls.

### **Black Mental Health Alliance**

develops, promotes, and sponsors trusted, culturally-relevant educational forums, trainings, and referral services that support the health and wellbeing of Black people and other vulnerable communities.

**Eustress** raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

### **Black Mental Wellness**

provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community.

**Inclusive Therapists** aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

**Melanin and Mental Health** connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

## Mental Health Resources for the Black Community



American Foundation for Suicide Prevention

### **National Organization for People of Color Against Suicide**

, founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

### **Sista Afya Community Mental Wellness**

sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

### **The AAKOMA Project**

helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

### **The Loveland Foundation**

provides financial support for therapy for Black women and girls.

### **The National Queer & Trans Therapists of Color Network (NQTTCN)**

is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC).

**Therapy for Black Girls** is an online space dedicated to encouraging the mental wellness of Black women and girls.

**Therapy for Black Men** is a directory to help men of color in their search for a therapist.



American Foundation for Suicide Prevention



American Foundation for Suicide Prevention

**We're Here for You:**

**Mental Health Resources for Latinx and Hispanic Communities**



American Foundation for Suicide Prevention

**National Alliance for Hispanic Health** focuses on bettering the health and wellbeing of Hispanics by improving quality of care and its availability to all.

[healthyamericas.org](http://healthyamericas.org)

**National Latino Behavioral Health Association** brings attention to the great disparities that exist in areas of access, utilization, practice-based research and adequately trained personnel for Latino populations in the behavioral health arena.

[nlbha.org](http://nlbha.org)

**MANA, A National Latina Organization** represents the interests of Latina women, youth and families on issues that impact our communities, particularly in the areas of education, health and well-being, financial literacy, equal and civil rights, and immigration reform.

[hermana.org](http://hermana.org)

**Life is Precious™** prevents suicide in young Latinas by combining counseling, arts therapy, academic support, and nutritional and fitness activities.

[comunilife.org/lip](http://comunilife.org/lip)

**Therapy for Latinx** a new online database that helps Latinx people find mental health professionals in their own communities.

[therapyforlatinx.com](http://therapyforlatinx.com)

**SanaMente/Each Mind Matters** is a California born mental health movement, which offers culturally focused information and resources on mental health and wellness in Spanish on their website.

[sanamente.org](http://sanamente.org)



American Foundation for Suicide Prevention

**Estamos aquí para usted:**

**Recursos de salud mental para las comunidades hispanas y latinas**



American Foundation for Suicide Prevention



# Are You Depressed?

— You're NOT Alone —

A typical depression test may ask you the following questions that requires you to be honest and up front:

- ⌘ Do you have a sense of hopelessness?
- ⌘ Do you look at everything from a negative point of view?
- ⌘ Do you feel restless?
- ⌘ Are you always low on energy?
- ⌘ Do you have a feeling of anxiety, sadness/emptiness?
- ⌘ Do you have a hard time concentrating and focusing?
- ⌘ Are you irritable?
- ⌘ Have you lost interest in activities, hobbies you used to find fun and enjoyable?
- ⌘ Do you have a loss of appetite or are you overeating?
- ⌘ Do you have insomnia?
- ⌘ Do you have suicidal thoughts?

If you think you are depressed, please **call** the office at **585-441-9941** or **email** us at [hope@iamisiah.org](mailto:hope@iamisiah.org)

Depression is nothing to be taken lightly, although highly treatable, so many people remain in the dark to the fact that they are actually suffering from clinical depression.

Please call the **suicide hotline** at **1-800-273-8255** or **211** (TALK)

*\* Please note that only a licensed professional can diagnose depression.*

## Rochester Mental Health Services

Catholic Family Center – 232-1840

Community Mental Health Center at Strong Behavioral Health – 275-3535

Family Restoration Project – 328-9270

Jewish Family Services of Rochester – Counseling – 461-0110 or 586-6190

Lifespan's Geriatric Addictions Program – 244-8400, Ext. 176 – Fax 244-9114

Memory Disorders Clinic – University of Rochester at Monroe Community Hospital – 760-6221

Mental Health Association – 325-3145 - [www.mharochester.org](http://www.mharochester.org)

Mercy Outreach Center - 288-2634

National Alliance on Mental Illness (NAMI) – 423-1593 OR 1-800-950-FACT

Rochester Rehabilitation Center – 271-2520

Spiritus Christi Mental Health Center – 325-1180, Fax

St. Joseph's Neighborhood Center – 325-5260

VIAHEALTH After Hours Emergency Care – 922-4000

VIAHEALTH Genesee Mental Health Center – 922-7770

VIAHEALTH Geropsychiatry Services - 922-7770

VIAHEALTH Rochester Mental Health Center - 922-2500

Veterans Outreach Center – 442-7160

## MENTAL HEALTH SERVICES

24 Hour Crisis Hotline

LIFELINE 275-5151

CATHOLIC FAMILY CENTER – 232-1840

- Provides a full range of mental health services with special expertise in sexual abuse and co-occurring disorders. Sliding fee and most insurances accepted.

COMMUNITY MENTAL HEALTH CENTER AT STRONG BEHAVIORAL HEALTH – 275-3535 –

Psychiatric Consultation 275-3592 – 300 Crittenden Boulevard

- Inpatient and outpatient mental health and addiction services. Most insurances accepted.

Adult Ambulatory Services	275-3812
Child & Adolescent Outpatient Program	279-7800
Crisis Call Center	275-8686
Clinical Coordinating Center	275-3812
Crisis Outpatient Services	275-3812
Deaf Wellness Center	275-6785
Family Programs	275-8321
Group Therapy Services	275-8575
Highland Family Medicine	279-4858
HIV Mental Health Service	275-3812
Insomnia and Behavioral Health Medicine Service	275-4901
Lazos Fuertes	244-6643
Older Adult Service	279-7849
Partial Hospitalization Program (Adult)	279-7850
Partial Hospitalization Program (Child)	273-1776
Psychiatric Emergency Department	275-4501
Strong Recovery Addictions Psychiatry Program	275-7545
Strong Ties (Chronic Mental Illness)	279-4900

FAMILY RESTORATION PROJECT – 328-9270 – 360 Wellington Avenue

- faith-based group and individual counseling. Offers sliding scale, no insurance.

JEWISH FAMILY SERVICES OF ROCHESTER – COUNSELING – 461-0110 or 586-6190 –

441 East Avenue or 3300 Monroe Avenue

- accepts most insurances. Offers sliding scale based on income. Can meet in office or home visit.

LIFESPAN'S GERIATRIC ADDICTIONS PROGRAM – 244-8400, Ext. 176 – Fax 244-9114 – 1900

South Clinton Avenue

- Comprehensive in-home intervention, assessments, linkage and intensive geriatric case management; supportive counseling and education for families and caregivers.

MEMORY DISORDERS CLINIC – University of Rochester at Monroe Community Hospital –

760-6221 – 435 East Henrietta Road

- Comprehensive assessments of memory problems.

Current information regarding treatment options. Links with community resources and support services.

MENTAL HEALTH ASSOCIATION – 325-3145 - 320 North Goodman Street –  
(www.mharochester.org)

MERCY OUTREACH CENTER - 288-2634 – 142 Webster Avenue – Free health, mental health,  
and dental care, and advocacy services.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) – 423-1593 OR 1-800-950-FACT

ROCHESTER COMMUNITY MOBILE CRISIS TEAM (RCMCT) – A community based mental health  
mobile crisis service available to youth and adults in Monroe County.

Strong Behavioral Health

	2-1-1 of the Finger Lakes Region	211	
LIFELINE	275-5151	TDD: 275-2700	800-310-1160

ROCHESTER REHABILITATION CENTER – 271-2520 – Provides a full range of outpatient mental  
health services to adults, older adults, individuals with disabilities, families, and persons with  
HIV/AIDS. Services include individual, group, family therapy, and specialized services including Bio  
Feedback. Mindfulness, EMDR, Dialectical Behavioral Therapy and the Men’s Education for Non-  
Violence (MEN’s) Workshop (an education program for men who have been abusive to their  
partners). Sliding scale fee available based on income.

SPIRITUS CHRISTI MENTAL HEALTH CENTER – 325-1180, Fax 325-1191  
121 N. Fitzhugh Street

– Free mental health care, medications and the necessary social services.

ST. JOSEPH’S NEIGHBORHOOD CENTER – 325-5260 – 417 South Avenue – Comprehensive  
health-care services in a primary-care setting to people without health insurance.

UNITY HEALTH SYSTEM

Greece – 368-6700

Psychiatric Emergency Center – 368-3950 – Located at the Unity St. Mary’s Campus (89 Genesee  
Street), the Psychiatric Emergency Center provides 24/7 psychiatric services.

Rochester/Bullshead – 368-6550

Rochester/Lake Avenue (Evelyn Brandon Health Center) – 368-6900

Unity Chemical Dependency – 723-7740

Unity Mental Health Crisis Service – 368-6700 – Unity Mental Health’s Crisis Service helps  
children, adolescents, and families manage crisis situations.

VIAHEALTH AFTER HOURS EMERGENCY CARE – 922-4000 OR 258-3307

VIAHEALTH GENESEE MENTAL HEALTH CENTER – 922-7770 – 224 Alexander Street

VIAHEALTH GEROPSYCHIATRY SERVICES - 922-7770 – 224 Alexander Street and 922-2500 –  
490 East Ridge Road

VIAHEALTH ROCHESTER MENTAL HEALTH CENTER- 922-2500 – 490 East Ridge Road –  
Emergency services are provided between 9 AM and 5 PM.  
Rochester General Hospital Emergency Department – 922-2300

VETERANS OUTREACH CENTER – 442-7160