

NAMI ROCHESTER'S RECOMMENDED LIST OF FREE MENTAL HEALTH RESOURCES



Don't know where to start? Visit [NAMI Roc.org/start-here](https://www.namirochester.org/start-here) to take the next step & to view free mental health support groups for anyone. There are support services you can trust.

24/7 SUPPORT

211 LIFELINE

24/7 support by trained counselors.
Assistance with other resources
(housing, food, etc).

Dial 2-1-1

211lifeline.org

AFFINITY PLACE

Respite for individuals
experiencing a psychiatric crisis.

585-563-7083

24/7 Warm Line: 585-563-7470

easthouse.org/affinity-place/

988 SUICIDE AND CRISIS LIFELINE

Immediate support for people in
suicidal crisis or emotional distress.

Call/Text/Chat 9-8-8

WALK-IN SUPPORT | NO APPOINTMENT NEEDED

BEHAVIORAL HEALTH ACCESS AND CRISIS CENTER

Urgent care for mental health
& substance use crisis.

585-368-3950

rochesterregional.org/bhacc

SELF HELP DROP-IN

Peer support by/for individuals who
are on the path to mental wellness.

344 N. Goodman St., Rochester, NY 14607

585-325-3145 x300

mharochester.org

HOPE PLACE

A peer-run Living Room program.

1099 Jay St., Building P, Rochester, NY 14611

585-325-3599

villaofhope.org

ADDITIONAL LOCAL & NATIONAL RESOURCES

WILLOW

For all survivors of abuse.
All genders. All ages.
Confidential. 24/7 Hotline:

Call 585-222-SAFE (7233)

or Text 585-348-SAFE

willowcenterny.org

BIVONA CHILD ADVOCACY CENTER

Experts in child abuse
response, healing and
prevention.

585-935-7800

bivonacac.org

TRILLIUM

Healing and affirming medical
& support services for the
LGBTQIA+ community.

585-545-7200

trilliumhealth.org

TRANS LIFELINE

Provides trans peer support,
run by and for trans people.

1-877-565-8860

translifeline.org

THE TREVOR PROJECT

Serving LGBTQ+ youth.

1-866-488-7386

Text "START" to 2678-678

thetrevorproject.org

VETERANS OUTREACH CENTER

Provides programs and
support for veterans.

585-546-1081

veteransoutreachcenter.org

FAMILY ACCESS AND CONNECTION TEAM (FACT)

Strength-based assessment &
referral program for families
with children under 18 y.o.

585-753-2639

ST. JOSEPH'S NEIGHBORHOOD CENTER

Comprehensive health care
for those who lack access to
health insurance.

585-325-5260

sjncenter.org

COMPEER

Mental wellness through peer
support and human connection
for adults, veterans, children,
and their families.

585-546-8280

compeerrochester.org

RECOVERY FITNESS

A supportive community of
active individuals brought
together by sober living.

585-484-0234

recoveryfitness.org

HELIO HEALTH

Medically supervised withdrawal
and stabilization services for
substance use disorder.

315-471-1564