Thank you for your continual involvement in the ABCD study! Here is some information about local resources if you should need it. If you or someone you know is having a problem with alcohol, drugs, or emotional concerns, help is available.

### National Suicide Hotlines
- **Hope Line:** 1-800-784-2433
- **National Suicide Prevention Lifeline:** 1-800-273-8255
  [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### Emergencies
- **Dial 2-1-1**
  [211lifeline.org](http://211lifeline.org)
- **Monroe County Mobile Crisis Team:** 585-275-5151

### Bullying
- [stopbullying.gov](http://stopbullying.gov)
- [LIFELINE: 1-800-273-8255](http://LIFELINE: 1-800-273-8255)

### Therapist Finder Tool
- [therapists.psychologytoday.com](http://therapists.psychologytoday.com)

### Rochester Support Group Directory
- [mharochester.org/directory](http://mharochester.org/directory)

### The Trevor Project for LGBT Youth
- [thetrevorproject.org](http://thetrevorproject.org)
  - 1-866-488-7386

### Alcohol and Drug Services:

**Delphi Drug and Alcohol Council Inc.**
*Offers prevention services through counseling, education, recovery through treatment services, and support through care services. Services for both youth and adults.*
- 585-467-2230
- delphirise.org
- 835 West Main Street
- Rochester, NY 14611

**Westfall Associates**
*For those affected by substance use and mental health issues.*
- 585-473-1500
- westfallassociates.com
- 919 Westfall Road, Building B Suite 60
  Rochester, NY 14618

**Outreach Community Center**
*Primary mission is to halt the vicious cycle of abuse that is drug and alcohol addiction. Offers individual and group counseling for substance abusers and their families. In addition, they offer emergency housing, food, clothing, and referrals to agencies.*
- 585-328-0887
- outreachcommunitycenter.com
- 447 Genesee Street
  Rochester, NY 14606

**Villa of Hope Behavioral Health Services**
*This outpatient clinic offers evaluation and treatment for teens, medication management, cognitive-behavioral therapy, and psychological testing.*
- 585-328-0834
- villaofhope.org
- 1099 Jay Street Building J, Suite 202
  Rochester, NY 14611

**Huther Doyle**
*Provides outpatient counseling for alcohol and substance use disorders as well as assistance with housing, employment and other coordinated care services.*
- 585-235-5100
- hutherdoyle.com
- 360 East Avenue
  Rochester, NY 14604

**Alcoholics Anonymous/ Alateen Family Groups**
*Group of young people whose lives have been affected by alcoholism in a family member or close friend.*
- 585-288-0540
- rochester-ny-aa.org/meetings
- aisrochester.org/alateen.html
## Depression, Anxiety and Mental Health Services:

| **Strong Pediatric Behavioral Health & Wellness** | - 585-279-7800  
| - urmc.rochester.edu/childrens-hospital/behavioral-health-wellness/outpatient.aspx  
| - 315 Science Parkway  
| Rochester, NY 14620 |
| **Genesee Mental Health Center** | - 585-922-7770  
| - rochesterregional.org/locations/rochester/genesee-mental-health-center  
| - 224 Alexander Street  
| Rochester, NY 14607 |
| **Mental Health Association** | - 585-454-3145  
| - mharochester.org  
| - 320 North Goodman Street, Suite 202  
| Rochester, NY 14607 |
| **Liberty Resources Behavioral Health Clinic** | - 585-410-3370  
| - liberty-resources.org/integrated-healthcare/behavioral-health-clinic/  
| - 175 Humboldt Street  
| Rochester, NY 14610 |
| **Adolescent Depression and Prosocial Skills Support Group** | - St. Mary’s Campus: 585-368-5880  
| - Evelyn Brandon: 585-368-6929  
| - Greece Campus: 585-368-3705 |
| **Cognitive Behavioral Therapy (CBT) at Mt. Hope Family Center** | - 585-275-2991  
| - psych.rochester.edu/MHFC/community-services/cognitive-behavioral-child-therapy/  
| - Mt. Hope Family Center  
| 187 Edinburgh Street  
| Rochester, NY 14608 |
| **Fetal Alcohol Spectrum Disorder Night** | - 585-275-2991 ext. 241  
| - Email: Christie.pentranko@rochester.edu  
| - psych.rochester.edu/MHFC/community-services/project-train-families-track  
| - Mt. Hope Family Center  
| 187 Edinburgh Street  
| Rochester, NY 14608 |
### Counseling Services:

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moynihan Counseling Services</td>
<td>585-210-8711</td>
<td>moynihancounseling.com</td>
</tr>
<tr>
<td>J. Ese Moynihan-Ejaife, MA, LMHC, is a licensed mental health counselor.</td>
<td></td>
<td>18 Harvard Street Rochester, NY 14607</td>
</tr>
<tr>
<td>PATHS Club Afterschool Program</td>
<td>585-275-2991</td>
<td>psych.rochester.edu/MHFC/community-services/therapeutic-after-school-program/</td>
</tr>
<tr>
<td>Help children 6-11 reduce violent behavior through social and emotional learning, character development, and anger management.</td>
<td></td>
<td>Mt. Hope Family Center 187 Edinburgh Street Rochester, NY 14608</td>
</tr>
<tr>
<td>COPE/Hope Initiative</td>
<td>585-325-5325</td>
<td><a href="mailto:pshaw@bethelcf.com">pshaw@bethelcf.com</a></td>
</tr>
<tr>
<td>For Children 4-15 with an incarcerated parent or family member.</td>
<td></td>
<td>makinghopepossible.com</td>
</tr>
<tr>
<td>Willow Domestic Violence Center</td>
<td>585-222-7233</td>
<td>wilowcenterny.org</td>
</tr>
<tr>
<td>Provides free 24-hour hotline, advocacy and emergency shelter for victims and their children.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Survivors of Sexual Abuse</td>
<td>585-423-0284</td>
<td>mharochester.org/directory/abuse/sexual-abuse/</td>
</tr>
<tr>
<td>Psychotherapy group addresses issues related to sexual abuse for male survivors.</td>
<td></td>
<td>277 Alexander Street, Suite 302 Rochester, NY 14607</td>
</tr>
<tr>
<td>Neutral Ground Support Organization, Inc.</td>
<td>585-234-2212</td>
<td>neutralgroundsupport.org/</td>
</tr>
<tr>
<td>Support group for children with separated, widowed, or divorced parents.</td>
<td></td>
<td>Henrietta UCC 1400 Lehigh Station Road Henrietta, NY</td>
</tr>
<tr>
<td>Mental Health Association’s Family Support Services</td>
<td>585-325-3145 Ext. 117</td>
<td>mharochester.org/services/family-support/#FSSContact</td>
</tr>
<tr>
<td>Provides support to families of children with emotional or behavioral health challenges.</td>
<td></td>
<td>320 North Goodman Street Rochester, NY 14607</td>
</tr>
</tbody>
</table>

### Health, Protective and Residential Services:

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monroe County Child Protective Services</td>
<td>585-753-6998</td>
<td></td>
</tr>
<tr>
<td>Monroe County Adult Protective Services</td>
<td>585-753-6532</td>
<td></td>
</tr>
<tr>
<td>New York State – Child Health Plus</td>
<td>1-800-698-4543</td>
<td>health.ny.gov/health_care/child_health_plus/</td>
</tr>
<tr>
<td>Call or visit regarding health insurance plans for kids.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Joseph’s Neighborhood Center</td>
<td>585-325-5260</td>
<td>sjncenter.org</td>
</tr>
<tr>
<td>St. Joseph’s Neighborhood Center provides comprehensive health care, counseling, dental, and social work to individuals and families who lack access to health insurance.</td>
<td></td>
<td>417 South Avenue Rochester, NY 14620</td>
</tr>
</tbody>
</table>
**Housing:**

| Rochester Housing Authority | - 585-235-0447  
|                           | - rochesterhousing.org  
|                           | - 675 West Main Street  
|                           | Rochester, NY 14611  
| Women’s Shelters | - womenshelters.org/cit/ny-rochester  
|                  | - Open Door Mission: 585-454-6696  
|                  | - Sojourner House: 585-436-7100  
|                  | - YWCA of Rochester Domestic Violence Shelter: 585-546-5820  
| PathStone | - 585-888-6770  
|          | - pathstone.org/housing-services/  
|          | - Email: info@Pathstone.org  
|          | - 400 East Avenue  
|          | Rochester, NY 14607  

**Food Pantries:**

| Outreach Community Center | - 585-328-0887  
|                          | - outreachcommunitycenter.com  
|                          | - 447 Genesee Street  
|                          | Rochester, NY 14611  
| Ibero-American Action League Emergency Service Family Center | - 585-454-1430  
|                          | - iaal.org  
|                          | - 777 Clifford Avenue  
|                          | Rochester, NY 14621  
| Brighton Food Cupboard (Twelve Corners) | - 585-271-5355  
|                                          | - 220 Idlewood Road  
|                                          | Rochester, NY 14618  
| Irondequoit Community Cupboard | - 585-336-9107  
|                                | - 4275 Culver Road  
|                                | Rochester, NY 14622  
| Village of East Rochester Community Center | - 585-586-0525  
|                                           | - 333 Chestnut Street  
|                                           | East Rochester, NY 14445  

### Employment Resources:

#### Rochester Works! Career Center
Help find resources and services for your job search.
- 585-258-3500
- [rochesterworks.org](http://rochesterworks.org)
- 255 North Goodman Street
  Rochester, NY 14607

#### Urban League of Rochester
Enables African-Americans, Latinos, poor and disadvantaged individuals to secure economic self-reliance, and civil rights.
Programs in business development, developmental disabilities, youth education and development, and workforce development.
- 585-325-6530
- [ulr.org](http://ulr.org)
- 265 North Clinton Avenue
  Rochester, NY 14605

#### PathStone Workforce Development
Provides customized, people-centered professional development services through job placement and retention services, mentoring, and case management.
- (800) 888-6770
- [pathstone.org/workforce-development/](http://pathstone.org/workforce-development/)
- Email: info@pathstone.org
- 400 East Avenue
  Rochester, NY 14607

### LGBTQ+ Resources:

#### Out Alliance: Youth Programs
Host many events and programs aimed towards creating a community for LGBTQ+ individuals.
- 585-244-8640
- [outalliance.org](http://outalliance.org)
- 100 College Avenue #100
  Rochester, NY 14607

#### Parents, Families, and Friends of Lesbians and Gays
Promotes health and well-being of lesbian, gay, bisexual, and transgender persons, their families and friends. Holds meetings the second Sunday of every month a 1pm at the Out Alliance.
- 585-993-3297
- [rochesterpflag.wixsite.com/rochester-pflag](http://rochesterpflag.wixsite.com/rochester-pflag)
- 100 College Ave. #100
  Rochester, NY 14607

#### Trillium Health
Health services for Transgender and Gender non-conforming health. Offers services such as: hormone replacement therapy, binder finder program, HIV screening and treatment, and care management & supportive services, including financial assistance and temporary housing.
- 585-545-7200
- 259 Monroe Avenue
  Rochester, NY 14607

#### MOCHA Center
Connects LGBTQ people of color with events and programs that promote healthy living.
- 585-420-1400
- [mochacenter.org](http://mochacenter.org)
- 189 North Water Street, Suite 1
  Rochester, NY 14604