

**SUICIDE IS PREVENTABLE.  
MENTAL ILLNESS IS TREATABLE.  
ADDICTION RECOVERY IS POSSIBLE.**

**YOU ARE NOT ALONE!**



[SUICIDEPREVENTIONCOALITION.ORG](http://SUICIDEPREVENTIONCOALITION.ORG)

A program of



## NEED PEER SUPPORT?

### Self Help Drop-In Support Services

539 South Ave  
Rochester, NY 14620  
585-325-3145 x300  
[mharochester.org](http://mharochester.org)

### Affinity Place

269 Alexander St  
Rochester, NY 14607  
585-563-7083  
24/7 Warm Line: 585-563-7470  
[easthouse.org](http://easthouse.org)

### Hope Place

1099 Jay St., Building P  
Rochester NY 14611  
585-325-3599  
[villaofhope.org](http://villaofhope.org)

## NEED ADDITIONAL RESOURCES?

### NAMI Rochester

Committed to ending stigma and providing support to individuals and families affected by mental illness  
585-423-1593  
[namiroc.org](http://namiroc.org)

### American Foundation for Suicide Prevention

Dedicated to saving lives and bringing hope to those affected by suicide  
585-202-2783  
[afsp.org](http://afsp.org)

### Bivona Child Advocacy Center

Experts in child abuse response, healing and prevention  
585-935-7800  
[bivonacac.org](http://bivonacac.org)

## NEED IMMEDIATE ASSISTANCE?

211 Lifeline  
211  
[211lifeline.org](http://211lifeline.org)

### Rochester Regional Health Behavioral Health Access and Crisis Center

585-368-3950  
[rochesterregional.org/bhacc](http://rochesterregional.org/bhacc)

### University of Rochester Medical Center Monroe Mobile Crises Team

585-529-3721  
[urmc.rochester.edu](http://urmc.rochester.edu)

### Out Alliance

Champions for LGBTQ+ life and culture  
585-244-8640  
[outalliance.org](http://outalliance.org)

### ROcovery Fitness

A supportive community of active individuals brought together by sober living  
585-484-0234  
[rocoveryfitness.org](http://rocoveryfitness.org)

### Veterans Outreach Center

Provides free programs + support for veterans  
585-546-1081  
[veteransoutreachcenter.org](http://veteransoutreachcenter.org)

IF YOU ARE IN CRISIS AND  
NEED HELP NOW:

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

VETERANS: PRESS 1

NATIONAL SUICIDE  
PREVENTION

TEXT: "GOT5" TO 741741

### Stop The Stigma ROC

Promotes suicide prevention and raises awareness about mental health among youth  
[stopthestigmaroc.org](http://stopthestigmaroc.org)

### Family Access and Connection Team (FACT)

A strength-based assessment and referral program for families with children under 18 years old  
585-753-2639

### Children and Youth Single Point of Access (CY SPOA)

Facilitates community based services and residential treatment for children under 18 years old  
585-753-2881