

Local Resources:

Crisis situations: Please contact the following local agencies for crisis situations:

Unity Health Psychiatric
Emergency Services
585-368-3950

Strong Health Mobil Crisis
585-275-5151

Other Hotlines:

Mental Health Association of
New York City
1-800-273-TALK (8255)

Hopeline
1-800-SUICIDE (784-2433)

Samaritans Suicide
Prevention Center
518-689-4673

Providers of Mental Health Services:

Unity Health Park Ridge
Clinic
585-368-6700

Threshold
585-454-7530

Rochester General Women's
Center
585-922-3778

Genesee Mental Health
Center
585-922-7770

IBERO – Lazos Fuertes
585-244-6643

Strong Women's Behavioral
Health
585-275-0320

Additional Information on postpartum depression is available from the following organizations:

Postpartum Resource Center
of New York, Inc.
[www. Postpartumny.org](http://www.Postpartumny.org)
or 631-422-2255

Mental Health Association of
New York State, Inc.
www.mhanys.org
or 518-434-0439

Postpartum Support
International
www.postpartum.net
or 805-967-7636

National Institute of Mental
Health
www.nimh.nih.gov
or 301-496-9567

Call the state's Growing –Up Healthy Hotline (1-800-522-5006 for mental health providers outside of Monroe County.