

## COUNSELING AND SUPPORT SERVICES

<p><b>Strong Behavioral Health</b>  <i>Adults Age 18+</i>            300 Crittenden Blvd.            275-3585  <i>Psychiatric Emergency Department</i>            275-4501            Offers a sliding-scale payment program  <i>Children and Adolescents</i>            315 Science Parkway            279-7800</p>	<p><b>Unity Mental Health</b>  <i>Adults Age 18+ and Family Services</i>            723-7736  <i>Psychiatric Emergency Center</i>            89 Genesee St.            368-3950  <i>Outpatient Services</i>            81 Lake Ave.            368-6700            Some programs offer sliding-scale payment programs</p>
<p><b>Catholic Family Center</b>  <i>Child/Adolescent and Adult Services</i>            87 North Clinton Ave.            546-7220 x5602            Offers a sliding-scale payment program</p>	<p><b>Spiritus Christi Mental Health</b>            121 Fitzhugh St. N.            325-1180            Offers a sliding-scale payment program</p>
<p><b>Rochester Mental Health</b>  <i>Child, Family, and Adult Services</i>            490 E. Ridge Road            922-2500</p>	<p><b>Brighton Mental Health</b>  <i>Marriage and Family Services</i>            311 Winton Rd.            288-3439</p>
<p><b>Crestwood Children’s Center</b>  <i>Birth-Age 21</i>            1337 E. Main St.            256-7500</p>	<p><b>Genesee Mental Health Center</b>  <i>Child, Family, and Adult Services</i>            224 Alexander St.            922-7770</p>
<p><b>Center for Youth</b>            Free, confidential, 24-hours            Counseling, shelter, information, and referrals. Various locations.            271-7670</p>	<p><b>Better Days Ahead</b>            Support groups for families of children with emotional and behavioral disorders.            325-3145 x33 – call for nearest location</p>
<p><b>ABW</b>            24-hour hotline, counseling, support groups            232-7353</p>	<p><b>Family Access and Connection Team (FACT)</b>            33 Fitzhugh St. N.            753-2639</p>
<p><b>Mental Health Association</b>            320 N. Goodman St. (main office)            325-3145            Offers a Therapist Referral Service for finding private therapists – ask about sliding-scale programs.  <i>Drop In Center and Warm Line Service</i>            539 South Ave.            454-3530            Open 5:00 pm-9:00 pm for walk-ins and phone calls – no appointment necessary.            #5 South Ave bus takes you to their door.</p>	<p><b>Lifeline</b>            Free, confidential, 24-hours            Crisis management, counseling, community referrals, and other info.            275-5151, or 211 (from Monroe County)</p> <p><b>St. Joseph’s Neighborhood Association</b>            417 South Ave.            325-5260</p> <p><b>Kids Thrive 585</b>            Kidsthive585.org            Provides resources for families in the Rochester Area</p>

## PRIVATE THERAPISTS

<b>Jeff Munson, LCSW</b> ( <i>ages 3 &amp; up</i> ) 277 Alexander Street 423-0284	<b>Mark Grey, PhD</b> ( <i>adolescents</i> ) 945 E. Henrietta Road 292-6630
<b>Sharon Sterling</b> ( <i>ages 12 &amp; up</i> ) 550 Latonia Road, Bldg B 225-2520	<b>Lynn Miles-Timineri, LCSW</b> ( <i>ages 3 &amp; up</i> ) 11 State Road (Pittsford) 383-8710
<b>Christine Steerman, PhD</b> 945 E. Henrietta Road 292-9720	<b>Mike Knop, LCSW</b> ( <i>teens and families</i> ) 550 Latonia Road, Bldg C (Greece) 225-4893
<b>Daniel Rosen, LCSW</b> ( <i>ages 3 &amp; up</i> ) 1401 Stone Road, STE 300 (Greece) 865-3584	<b>Sigrd Adler, LCSW</b> ( <i>adolescents</i> ) 16 N. Goodman Street, STE 223 271-7760
<b>Deanna Palmeri Sams, PhD</b> 120 Allens Creek Road 271-6030	<b>Mark Head, LCSW</b> ( <i>ages 6 &amp; up</i> ) 877 Elmwood Avenue 442-1616
<b>Christine Aman, PhD</b> 625 Panorama Trail 383-8840	<b>Mary Schlect, LCSW</b> ( <i>family</i> ) South Union Street (Spencerport) 349-4088
**MVP OPTION/MVP MEMBERS NEED TO CALL MEMBER SERVICES AT 327-2477 TO SECURE A REFERRAL.	**BLUE CHOICE OPTION AND CHILD/FAMILY HEALTH PLUS MEMBERS NEED TO SECURE A REFERRAL THROUGH THEIR PCP OFFICE.

\*These therapists have all at some point accepted sliding-scale payments. Please contact them individually to see if they are still offering this. You can also call the Mental Health Association and ask for a list of private therapists who accept sliding-scale payments.