



NEW YORK STATE SENATOR

Samra G. Brouk

Mental Health Resources

SAMRA G. BROUK December 1, 2021

| ISSUE: **MENTAL HEALTH, MENTAL HEALTH CARE, MENTAL HEALTH AWARENESS MONTH, ACCESS TO MENTAL HEALTH SERVICES**

If you or someone you know is experiencing an emergency, dial 911.

Dear Neighbor,

Happy Holidays! I wish love and warmth to you and your family this holiday season. For many, this is a season of giving thanks, a season to reciprocate the generosity shown to us by others, and to welcome newcomers to the family table and break bread together.

This season can also be emotionally challenging. There will be empty chairs at many family dinner tables this year—a solemn reminder of all we've been through, of holidays spent apart last year, and of the work we must still do to keep our families safe from the threat of the coronavirus and its emerging variants.

If you are struggling to keep up a happy face this holiday season, know that you are not alone. I want to share some mental health resources available to us here in the 55th District and I encourage you to reach out today if you or someone you know needs help.

If you need immediate medical assistance, please dial 911. For the National Suicide Prevention Lifeline, dial 1-800-273-TALK (8255). New York State's Domestic Violence Hotline number is 1-800-942-6906. And the NY Project Hope Emotional Support Helpline, which can help you

manage and cope with changes brought on by COVID-19, may be reached from 8 AM to 10 PM at 1-844-863-9314.

Please do not hesitate to contact me with any legislative issues or concerns at brouk@nysenate.gov, or by calling (585) 223-1800. To learn more about the work I am doing as your Senator, please visit my Senate website.

In service and partnership,
Senator Samra Brouk

The Rochester Regional Health Behavioral Health Access and Crisis Center

<https://www.rochesterregional.org/locations/st-marys-campus/bhacc>

(585) 368-3950

Mental Health Association (MHA) of Rochester/Monroe County

<https://www.mharochester.org/>

National Alliance on Mental Illness (NAMI) of Rochester

<https://www.namiroc.org/>

211 LIFE LINE

<https://www.211lifeline.org/>

Dial 211 or 1-877-356-9211

Rochester Regional Health Behavioral Health Services

<https://www.rochesterregional.org/services/behavioral-health>

Genesee Behavioral Health Center has openings at their clinic at 224 Alexander Street,

Rochester, NY 14607.

<https://www.rochesterregional.org/locations/alexander-park/genesee-mental-health-center>

(585) 922-7270.

University of Rochester Mental Health and Wellness Services

<https://www.urmc.rochester.edu/mental-health-wellness.aspx>

Monroe County Office of Mental Health

<https://www.monroecounty.gov/mh>

585 753-6047

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

New York State Office of Mental Health COVID-19 Resources

<https://omh.ny.gov/omhweb/covid-19-resources.html>

Crisis Text Line - text Got5 to 741741

Text HOME to 741741

<https://www.crisistextline.org/>

NY Project Hope Emotional Support Helpline, open 8 AM - 10 PM, 7 days a week.

<https://nyprojecthope.org/>

1-844-863-9314

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Compeer Rochester - Mental Wellness through Friendship

<https://www.compeerrochester.org/>

(585) 546-8280

Families Together in New York State (FTNYS)

<https://www.ftnys.org/>

518.432.0333

TransformHarm.org is a resource hub about ending violence.