

Other Community-Based Resources - continued

The Consortium for Trauma, Illness & Grief in Schools

753-2881
www.tigconsortium.org

A county-wide, multi-agency effort to prepare school districts to have appropriate mental health support in place during incidents of trauma, violence, illness and death. The website has materials on grief, loss and trauma.

Kids Adjusting Through Support (KATS)

624-5555
www.campgooddays.org

A program to provide support and educational services to children and families coping with a loss or serious illness. Trained volunteers assist families with the transition from grief to coping, to moving forward over time. KATS provides coping support groups and weekend residential camping retreats.

The Mental Health Association

325-3145
www.mharochester.org

The Mental Health Association assists people to find the tools and resources that they need to achieve and maintain mental wellness. They promote mental wellness through educational programming, referral to needed services and individualized support and assistance.

Consider reaching out to your local house of worship, school or primary care physician for support and guidance.



For information on local private practitioners contact:

NYS Social Workers

www.hlppro.com/aspdocsnaswbsearch1.asp

Genesee Valley Psychological Association

www.gypa.net/gypa_find.php

NYS Psychiatric Association

www.nyspsych.org/webpages/phyloc.asp

For additional information contact:

Monroe County
Department of Human Services
Office of Mental Health
1099 Jay Street, Building J
Rochester, NY 14611
(585) 753- 6047

For more detailed information about mental health services including local clinics, wait times, and frequently asked questions, go to:

www.monroecounty.gov/mh-index.php

Coping with Sudden or Traumatic Loss:

A Guide to Community Resources



Maggie Brooks
County Executive

Monroe County
Department of Human
Services
Office of Mental Health

Grief is a normal response to loss.

How you experience grief depends on the nature of the death, your relationship to the person who died, your coping style and life experience. Each person's expression of grief is unique and there is no "right or wrong" way to grieve. Sometimes additional support may be needed

The mental health and crisis services within Monroe County are designed to aid an individual or family with a range of needs. All programs work to identify your specific needs in order to best assist you in your time of grief.

Reaching out for help is an important step in beginning the healing process. Finding support is necessary to deal with grief and loss in a healthy and effective manner.



Who do I call for help?

Community Mental Health Services and Supports

Community Mental Health Clinics

Outpatient services may include crisis intervention, diagnostic/treatment evaluation and assessment, individual /group psychotherapy, play therapy, outreach, medication management, and linkage to community resources. For those without medical insurance, sliding scale fees are available.



Catholic Family Center 262-7000

**Cayuga Center
Monroe Youth & Family Center** 546-1960

Crestwood Children's Center 256-7500

Rochester General Behavioral Health:

Genesee Mental Health Center 922-7770

Rochester Mental Health Center 922-2500

Strong Behavioral Health 275-6535

Crisis Services

Services designed to provide immediate intervention to individuals and families experiencing a mental health crisis.

- **Rochester Community Mobile Crisis Team** 211
- **Life Line (24/7)** 211

Other Community-Based Resources

American Foundation for Suicide Prevention AFSP – Western New York

202-2783
www.afsp.org

A focus on suicide prevention outreach and education. Provides in-home support for survivors.

A Caring Place

475-8800

Provides a safe place for children, teens and families to come to receive support and to learn effective ways of coping with feelings and experiences of loss. An eight week support group program, divided by age, offers structured activities to foster understanding and healing, builds communication skills and encourages expression of challenging feelings.

The Center for Compassion & Healing at Lifetime Care

475-8800
www.lifetimecare.org

A "whole person" philosophy to supporting individuals dealing with the loss of a loved one or dealing with everyday life. The range of services are provided through one-on-one or group interaction. Those services include: Massage therapy, Acupuncture, instruction in Yoga, Tai Chi, or Nia & Qi Gong, counseling, music therapy, and art therapy.

