

# NEW YORK GREATER ROCHESTER AREA



## **Patient Mental Health Resource Guide**

Dedicated to preventing kidney disease and improving the lives of patients and family members

Rochester Office  
95 Allens Creek Road  
Building 1, Suite 323  
Rochester NY 14618  
E-mail: [info@healthykidneys.org](mailto:info@healthykidneys.org)  
Website: [www.healthykidneys.org](http://www.healthykidneys.org)

### **About Us**

The Northeast Kidney Foundation (NeKF) is a voluntary health organization dedicated to preventing kidney disease and enhancing the lives of all those affected. Formed in 1974 as a philanthropic gift of Edwin and Whoda Sperber, the Foundation provides services to patients, family members, the general public and clinical and academic professionals throughout the Northeast.

### **Mission**

The Northeast Kidney Foundation works to improve the quality of life of those affected by kidney disease and related conditions through early identification, intervention, prevention and support services; to promote organ donation, and to empower those we serve to be an effective voice for better healthcare at the local, state and federal levels.

### **Services**

We accomplish our mission through multifaceted community programs including those that provide direct assistance to patients, educate healthcare professionals, patients and the general public, shape health policy through advocacy, increase organ donation, and raise awareness. Your support of the Northeast Kidney Foundation provides vital funding for patient and family services; patient, public and clinical education, local research programs, and healthcare advocacy. The work of the NeKF is funded entirely by public contributions.

### **Programs**

The NeKF hosts the Kidney Club support group that provides information on wellness, vocational rehabilitation for patients and families and networking. We support numerous symposiums for physicians, nurses, and allied health professionals on kidney disease and transplantation.

We offer a free community Kidney Screening program to screen at risk individuals for early signs of kidney disease.

The Kidney Classroom is a school based educational program designed to teach kids about kidney function, making healthy choices, and lifelong kidney health. The NeKF participates in community health fairs to educate the public about kidney and related diseases, organ donation, the NeKF and its services.

## **MENTAL HEALTH AND KIDNEY DISEASE Feelings of Depression and Anxiety are common**

High prevalence rates of depression and anxiety are among patients with chronic kidney disease (CKD). There are many fears in facing a long-term disease. Phobia of dialysis because of feelings of loss of dependence and restricted mobility. Dependence on the dialysis machine, medical staff, and family members can create resentment that can affect your treatment, health and adjustment. You may feel you are a burden to your family, or have negative feelings of sadness, anger, worry, and fear. These are real feelings that can bring confusion while trying to cope with the illness and the changes in lifestyle. Depression is associated with increased mortality, hospitalization rates, poor treatment compliance, and poor quality of life in patients. However, many depressive symptoms go undiagnosed. It is normal that you feel frustrated and angry sometimes and expressing your feelings and needs in a respectful manner is a healthy way to address your concerns. This is why it is important that you reach out to professional help if you are having difficulty in managing complex feelings. Asking for help does not mean there is something wrong with you; it means that you care about your health and wellbeing.

## Contact professional help when:

-  You have thoughts about suicide
-  Depression last for more than two weeks
-  You have a loss of appetite or increased appetite
-  You have too much or too little sleep
-  You loose interest in activities you used to enjoy
-  You have repeated angry outbursts
-  Drug or alcohol abuse
-  Inability to make decisions
-  Social isolation

## Mental Health Services Directory

**Monroe County**  
**Ontario County**  
**Orleans County**  
**Wayne County**  
**Livingston County**  
**Yates County**

## **Monroe County**

Catholic Family Center  
87 N Clinton Avenue, Rochester, NY 14604  
585-546-7220  
<https://www.cfcrochester.org/>

Hillside Children's Center  
1183 Monroe Avenue, Rochester, NY 14620  
585-256-7500  
[www.albanycounty.org](http://www.albanycounty.org)

Liberty Resources Behavioral Health Center  
175 Humboldt St, #100 Rochester, NY 14610  
518-410-3370  
<https://www.liberty-resources.org/>

Genesee Behavioral Health Center  
Adult Behavioral Health Center  
224 Alexander St., Rochester, NY 14607  
585-922-7770  
<https://www.rochesterregional.org/locations/rochester/genesee-mental-health-center>

East Ridge Road Behavioral Health  
Adult Behavioral Health Center  
490 East Ridge Road, Rochester, NY 14621  
585-922-2500  
<https://www.rochesterregional.org/locations/rochester/rochester-behavioral-health-network>

Unity Mental Health  
Mental Health Clinic  
100 Pinewild Dr #2a, Rochester, NY 14606  
585-368-6700

Greece Behavioral Health Center  
100 Pinewild Drive Suite A  
2nd floor Rochester, NY 14606  
585-922-9900  
<https://www.rochesterregional.org/locations/greece/unity-mental-health-greece>

Rochester Psychiatric Center  
1111 Elmwood Avenue, Rochester, NY 14620  
585-241-1200  
<https://omh.ny.gov/omhweb/facilities/ropc/>

Rochester Rehabilitation Center  
1000 Elmwood Avenue, Rochester, NY 14620  
585-271-2520  
<https://www.rochesterrehab.org/>

Strong Memorial Hospital Adult Ambulatory Clinic  
601 Elmwood Avenue, Rochester, NY 14642  
1-800-342-9871  
<https://www.nyconnects.ny.gov/services/strong-memorial-hospital-adult-ambulatory-clinic>

Mental Health Association of Rochester/Monroe County  
320 Goodman St. N Avenue, Rochester, NY 14647  
585-325-3145  
<https://www.mharochester.org/>

Trauma Mental Health Counseling  
277 Alexander St. Rochester, NY 14607  
585-797-6400

Mental Health and Wellness (Dept. of Psychiatry)  
300 Crittenden Blvd, Rochester, NY 14642  
585-273-5050  
<https://www.urmc.rochester.edu/psychiatry.aspx>

University of Rochester Mental Health and Wellness Adult Outpatient Services  
150 N. Chestnut St, Rochester, NY 14604  
585-273-5050  
<https://www.urmc.rochester.edu/mental-health-wellness>

University of Rochester Mental Health and Wellness Group Therapy Services  
300 Crittenden Blvd, Rochester, NY 14642  
585-276-4102  
<https://www.urmc.rochester.edu/mental-health-wellness>

University of Rochester Mental Health and  
Wellness Child and Adolescent Services  
601 Elmwood Avenue, Rochester, NY 14642  
585-273-1776  
<https://www.urmc.rochester.edu/mental-health-wellness>

University of Rochester Mental Health and  
Wellness Family and Marriage Services  
601 Elmwood Avenue, Rochester, NY 14642  
585-275-0302  
<https://www.urmc.rochester.edu/mental-health-wellness>

University of Rochester Mental Health and  
Wellness Senior Adult Services  
315 Science Pkwy, Rochester, NY 14642  
585-602-1000  
<https://www.urmc.rochester.edu/mental-health-wellness>

Dawn LeBeau Counseling Services, LCSW PC  
920 S Winton Rd. Suite 204, Rochester, NY  
14618  
585-233-9968  
<https://dlebeaulcswpc.com/>

Jeffrey Schumacher, LCSW Mental Health  
Counselor / Performance Coach  
277 Alexander St. Suite 301, Rochester, NY  
14607  
585-262-4070  
<http://www.jeffreyschumacher.com/>

### **Ontario County**

Ontario County Mental Health Center  
3019 County Complex Dr. Canandaigua, NY  
14424  
585-396-4363  
<https://www.co.ontario.ny.us/99/Mental-Health>  
Lakeview Health Services  
609 West Washington Street Geneva, NY 14456  
315-789-0550  
<https://www.lakeviewhs.org/>

CPEP Psychotherapy Emergency Program  
2 Coulter Rd, Clifton Springs, NY 14432  
315-462-1080  
<https://www.ecmc.edu/health-services-program/>

### **Orleans County**

Orleans Mental Health Clinic  
14014 Route 31 West, Albion, NY, 14411  
585-589-7066  
<https://www.nyconnects.ny.gov/services/orleans-county-mental-health-clinic-omh>

### **Wayne County**

Wayne Behavioral Health Network  
1519 Nye Rd. Lyons, NY 14489  
315-946-5722  
<https://web.co.wayne.ny.us>

### **Livingston County**

Livingston County Community Services  
4600 Millennium Dr. Geneseo, NY 14454  
585-243-7250-  
<https://www.livingstoncounty.us/152/Mental-Health-Community-Services>

### **Yates County**

Soldiers and Sailors John D. Kelly Behavioral  
Health Center  
418 N. Main St. Yates, Penn van, NY, 14527  
315-531-2400  
<http://www.flhealth.org/KellyBehavioralHealth>

Lakeview Health Services  
173 Main St, Penn Van, NY 14527  
315-694-7444  
<https://www.lakeviewhs.org/>

Crestwood Children's Center  
1 Keuka Business Park #208, Penn Van, NY  
14527  
315-536-6913  
<https://www.pnmc-hsr.org/resources/directory/>

Keuka Counseling – A Healing Journey  
1120 Old Pines Trail, Penn Van, NY 14527  
315-536-7329  
<https://www.nyconnects.ny.gov/services/keuka-counseling>

Nanci Rose, CTC Counseling  
628 Yale Farm Rd, Romulus, NY 14541  
315-651-2570  
<https://rose-counseling.business.site/>

Anchored Mental Health Counseling Services  
Virtual Therapy Practice  
585-337-0687  
<https://www.anchoredmentalhealthservices.com/>

Joseph Amethyst  
Family Counseling Practice  
128 Lake St, Penn Van, NY 14527  
315-536-9976

Brennan Counseling Services  
118 Genesee Street, Geneva, NY 14456  
315-719-3508  
<https://brennan-counseling-services.business.site/>

# Other Resources

**National Suicide Prevention Lifeline**

<https://suicidepreventionlifeline.org/chat/>

1-800-273-8255 24/7 availability

CONTACT Lifeline 518-689-4673

**New York State Department of Mental Health and Human Services**

<https://www.omh.ny.gov/>

**Behavioral Health Treatment Services Locator**

<https://findtreatment.samhsa.gov/>

**Mental Health Association in New York State (MHANYS)**

<https://mhanys.org/>

**National Institute of Mental Health (NIMH)**

<https://www.nimh.nih.gov/>

**New York State National Alliance in Mental Illness (NAMI)**

<http://www.naminys.org/>

**New York State Coalition for Children's Behavioral Health**

<https://cbhny.org/>

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