

## Community Resources

### Immediate Assistance

#### 211 Lifeline

Helps individuals find housing, food, and crisis services. Available 24/7.

Search for community resources:

[211lifeline.org/search](https://211lifeline.org/search)

Dial 211

En Español

#### 988 Lifeline

Provides free and confidential emotional support to people in suicidal crisis or emotional distress. Available 24/7.

[988lifeline.org](https://988lifeline.org)

Dial 988

En Español

### Addiction Recovery

#### Delphi Rise Open Access

Open 24/7 to support people struggling with addiction.

[delphirise.org/open-access.html](https://delphirise.org/open-access.html)

(585) 627-1777

### Childcare

#### The Child Care Council

Connects families with childcare support and resources.

[childcarecouncil.com](https://childcarecouncil.com)

(585) 654-4720

#### The Children's Institute

Provides programs and services to support every child.

[childrensinstitute.net](https://childrensinstitute.net)

(585) 295-1000

### Disability Services

#### Arc of Monroe

Helps people with intellectual and developmental disabilities live productive lives in the community.

[arcmonroe.org](https://arcmonroe.org)

[arcmonroe.org/community-resources](https://arcmonroe.org/community-resources)

(585) 271-0660

### Domestic Violence Survivors

#### The Willow Center

Provides free and confidential services to survivors of domestic violence.

[willowcenterny.org](https://willowcenterny.org)

24/7 Hotline: (585) 222-7233

En Español

### Finances

#### Consumer Credit Counseling Service of Rochester

Helps families and individuals restore their financial health.

[cccsofrochester.org](https://cccsofrochester.org)

(585) 546-3440

#### Creating Assets, Savings, & Hope (CASH)

Provides access to financial guidance, education, and resources.

[empirejustice.org/cash](https://empirejustice.org/cash)

(585) 454-4060

### Food

#### Foodlink

Distributes food and works to address issues causing food insecurity.

[foodlinkny.org/find-food](https://foodlinkny.org/find-food)

(585) 207-8267

#### Irondequoit Community Cupboard

Distributes food and hygiene items to anyone in need.

[irondequoitcommunitycupboard.org](https://irondequoitcommunitycupboard.org)

(585) 336-9107

### Healthcare

#### NY State of Health

The official health plan marketplace for NYS. Compare health plan options and apply for free or low-cost coverage.

[nystateofhealth.ny.gov](https://nystateofhealth.ny.gov)

Help line: 1 (855) 355-5777

### Home Heating & Cooling

#### Home Energy Assistance Program (HEAP)

Helps individuals heat their home if they are in a heat-related emergency.

[otda.ny.gov/programs/heap](https://otda.ny.gov/programs/heap)

(585) 753-6477

## Housing

### **The Housing Council**

Assists with advocacy and tenants' rights.

[thehousingcouncil.org/tenant-services-overview](https://thehousingcouncil.org/tenant-services-overview)  
(585) 546-3700

### **Person Centered Housing Options (PCHO)**

Helps individuals find permanent, safe places to live.

[pcho.org](https://pcho.org)  
(585) 736-4663

## Jobs

### **Rochester Works**

Provides job training and assistance with finding employment.

[rochesterworks.org](https://rochesterworks.org)  
(585) 258-3500

## Legal Aid

### **The Empire Justice Center**

Provides legal help to qualified New Yorkers.

[empirejustice.org](https://empirejustice.org)  
(585) 454-4060

### **Just Cause NY**

Connects qualified residents in Monroe County with volunteer attorneys to help resolve serious civil legal problems.

[justcauseny.org](https://justcauseny.org)  
(585) 232-3051

### **LawNY**

Provides access to justice through legal representation, advocacy, and service.

[lawny.org](https://lawny.org)  
(585) 325-2520

## LGBTQ+ Support

### **Trans Lifeline**

Offers direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

[translifeline.org](https://translifeline.org)  
(877) 565-8860

### **The Trevor Project**

Reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else.

[thetrevorproject.org/get-help](https://thetrevorproject.org/get-help)  
Talk to a counselor: (866) 488-7386

### **Trillium Health**

Serves all patients and offers discounts for services, based on family size and income. Focuses on the physical, emotional and social health of patients.

[trilliumhealth.org](https://trilliumhealth.org)  
(585) 545-7200

## Mental Health

### **NAMI (National Alliance on Mental Illness) of Rochester**

Provides mental health support, education, and advocacy.

[namiroc.org](https://namiroc.org)  
(585) 423-1593

## Older Adults

### **Lifespan**

Provides information, guidance and more than 30 services for older adults and caregivers.

[lifespan-roch.org](https://lifespan-roch.org)  
(585) 244-8400

### **Monroe County Office of Aging**

Delivers high quality, efficient, and effective long-term care services to meet the needs of our community's older adults.

[monroecounty.gov/aging](https://monroecounty.gov/aging)  
(585) 753-6280

### **NYConnects**

Your trusted place to go for free, unbiased information about long term services and supports in New York State.

[nyconnects.ny.gov](https://nyconnects.ny.gov)  
(585) 325-2800

## Young Adults

### **Center for Youth**

Partners with youth to realize their full potential by creating opportunities, removing barriers, and promoting social justice.

[centerforyouth.net](https://centerforyouth.net)  
24/7 crisis line: (585) 271-7670  
General questions: (585) 473-2464