

Dear Graduating Seniors,

First, congratulation on your graduation and best wishes for your next adventure! We are so very proud of you! We hope you will continue to make your overall health a priority. Below is a list of medical and mental health resources. Please stop in to your health center in **May or sooner** to check-in with your School Based Health Center Team to make sure you are up to date with your health care needs.

Below are some healthcare providers that offer **free and confidential reproductive health services**:

This website link provides **comprehensive, confidential family planning and reproductive health care services to all women, men, and adolescents regardless of ability to pay or immigration status**:

https://www.health.ny.gov/community/pregnancy/family_planning/program_sites.htm

Jordan Health at Community Place

(585) 784-5940
145 Parsells Avenue Rochester, NY 14609

Women's Health Practice at Strong

(585) 275-2691
125 Lattimore Road, Suite 150, Rochester, NY 14620

Planned Parenthood

(866) 600-6886
(Different locations) Downtown: 114 University Avenue, Rochester, NY 14605
Brighton-Henrietta: 2225 S Clinton Avenue, Rochester, NY 14618

Below is a list of mental health services available in the area that provide **evaluations, individual and family counseling, and medication management (psychopharmacology)**:

*Please call the specific agency directly to confirm walk-in hours and required information to bring with you.

**Villa of Hope Behavioral Health
Outpatient Clinic**

(585) 328-0834
1099 Jay Street, Bldg J (Water
Tower Park) Rochester, NY 14611

**Liberty Resources Behavioral
Health Clinic**

(585) 410-3370
175 Humboldt St, Rochester, NY
14610

Genesee Mental Health Center

(585) 922-7770
224 Alexander St, Rochester, NY
14607

**URMC Pediatric Behavioral Health
and Wellness Clinic**

(585) 279-7800
315 Science Parkway, Rochester,
NY 14620

Rochester Mental Health Center

(585) 922-9900
490 East Ridge Rd, Rochester, NY
14621

Catholic Family Center

(585) 546-7220
87 N. Clinton Ave. Rochester, NY
14604

OTHER HELPFUL CONTACTS:

**National Human Trafficking
Resource Center**

1-888-373-7888
or text HELP to BeFree (233733)

**211 –General information/crisis
National Suicide Prevention
Lifeline**

1-800-273-8255

Bivona Child Advocacy Center

(585) 935-7800

Center for Youth

24-hour hotline (585) 271-7670
Toll free 1-888-617-kids/5437

**Restore (support/services for
sexual assault)**

24-hour hotline (585) 546-2777

Rochester Mobile Crisis Team

(585) 275-5151

A copy of this letter will be sent to your primary care provider/pediatrician if you have one.

Sincerely,

UR, School of Nursing School Based Health Center Providers at East, (585) 288-1390 and Frederick Douglass Campus (Northeast & Northwest), (585) 324-9210.