

Take charge
of your life today.



**Rochester
Rehabilitation**
Mental Health Center



You are a valuable person.



“The Mental Health Center saved my life. Coming here has helped me to stop being afraid and get strong and healthy.”

— Teresa

Your care should reflect your needs, goals, and values.

Each year we help improve the lives of more than 800 people with mental illness. As a community mental health center, our goal is to provide you with supportive mental health care and integrated treatment in a collaborative environment. Upon referral from yourself, your health care provider, or another source, our intake team works with you to review your information and schedule an initial admission appointment.

Once you're admitted, our experienced and trained professionals combine coaching with education about treatments available to you. Family, friends, and other supportive individuals are also encouraged to be involved with your care. At every stage you remain a collaborative participant in care decisions and an active, informed participant in treatment itself.

Mental wellness is possible with effective care.

We provide specialized services and coordinated, effective care for all life stages, including acute, chronic, preventive, and individual mental health services for young, mature, and older adults. We support your independence, encourage family involvement, and will guide you in your treatment.

Individual therapy is a one-to-one approach that helps a client who struggles with challenges such as emotional and behavioral problems, family and interpersonal relationships, life transitions, psychiatric illness such as anxiety, mood, and thought disorders, situational stressors, crisis situations, and trauma resolution.

Psychiatric evaluation helps determine the need for a prescribed drug and evaluate the effectiveness of a medication to reduce or stabilize psychiatric symptoms.

Some of the disorders we treat include anxiety disorders, bipolar disorder, borderline personality disorder, depression, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, schizophrenia, and social phobia.

We know the value of hope, help, and support.

Our professional staff includes psychiatrists, psychiatric nurses, and therapists who are ready to help you achieve your recovery goals.

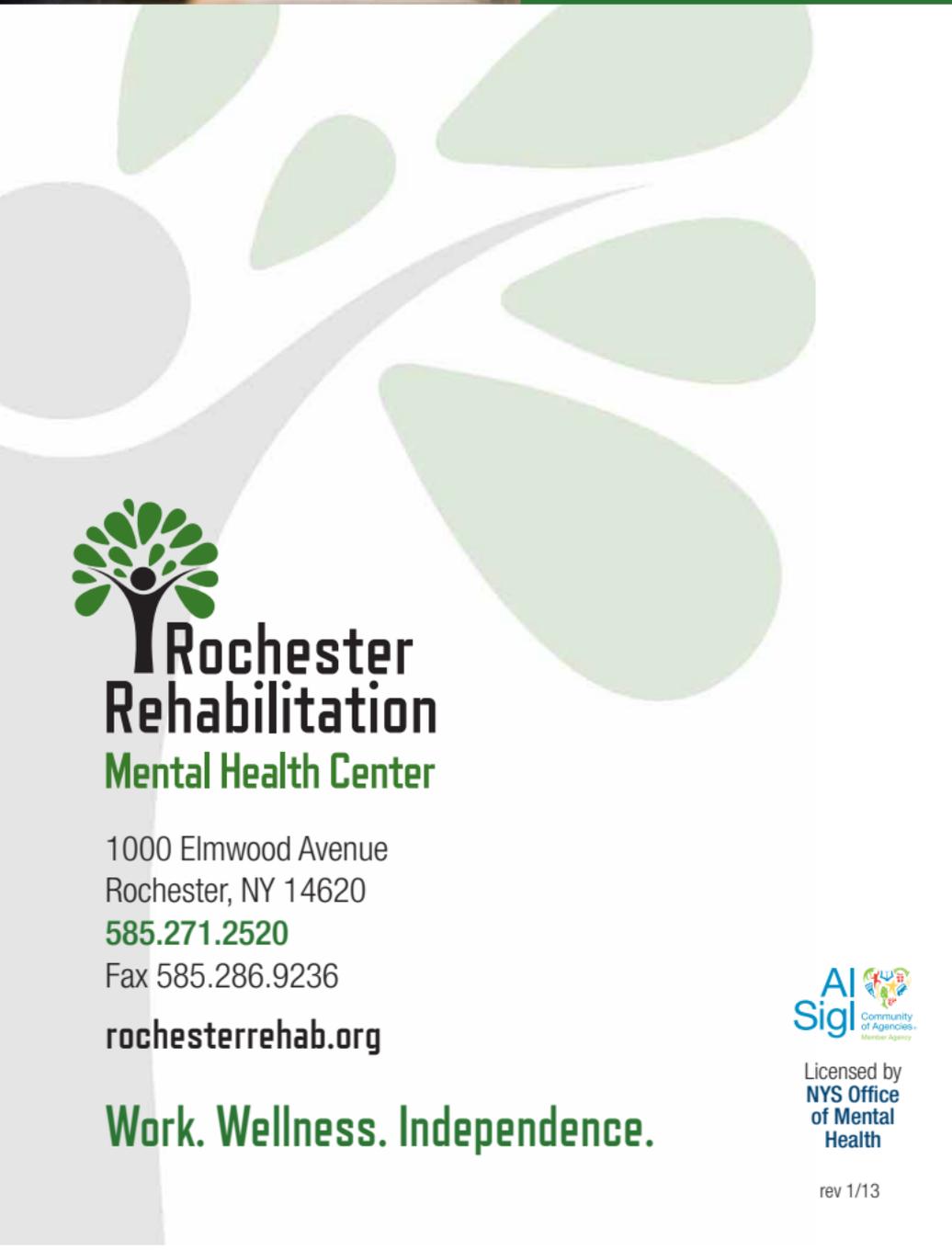
For your convenience we are open from 8:30 am to 5:00 pm Monday through Friday. We offer free parking and accept a variety of insurance plans and payment with major credit cards.

If you are experiencing a mental health crisis after-hours, you may call Lifeline at **585.275.5151**.

Your recovery awaits.

Call us today at **585.271.2520** to schedule an appointment.





Rochester Rehabilitation Mental Health Center

1000 Elmwood Avenue
Rochester, NY 14620

585.271.2520

Fax 585.286.9236

rochesterrehab.org

Work. Wellness. Independence.



Licensed by
**NYS Office
of Mental
Health**