



News from Livingston County, NY

FOR IMMEDIATE RELEASE
PR-COVID19-1218-01

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Mental and Behavioral Health Resources in Livingston County

Geneseo, NY, December 18, 2020 — According to Michele Anuszkiewicz, Director of Livingston County Mental Health and Community Services, “Trends show that there has been a significant uptick in depression and anxiety since the COVID-19 crisis began. More people are also seeking comfort in drugs, alcohol and gambling. In addition, thoughts of suicide are on the rise.”

“Many people are struggling with feelings of isolation, fear and hopelessness as a result of the pandemic. We would like to provide Livingston County residents with links to essential resources during these challenging times,” stated Anuszkiewicz.

Some well-respected national and state resources include:

- **Suicide Prevention Lifeline** – This lifeline is a 24-hour, toll-free, and confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Call 1-800-273-TALK (8255); TTY: 1-800-799-4889; En Español 1-888-628-9454; Text TALK to 741741; Website: www.suicidepreventionlifeline.org
- **SAMHSA's National Helpline** – Also known as the Treatment Referral Routing Service, this helpline provides 24-hour, toll-free and confidential treatment referral and information about mental and substance use disorders, prevention, and recovery in English and Spanish. Call 1-800-662-HELP (4357); TTY: 1-800-487-4889; Website: www.samhsa.gov/find-help/national-helpline
- **1-877-8-HOPENY** – This is a New York-based, 24-hour counseling hotline for anyone seeking help with alcoholism, problem gambling, and drug abuse. All calls are toll-free, anonymous, and confidential. Website: <https://oasas.ny.gov/hopeline>
- **Crisis Text Line** – This hotline is available 24 hours a day, seven days a week. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor

who can provide support and information. Specialized crisis counselors are just a text message away on this free, confidential 24-hour support line. To further protect your privacy, these messages do not appear on a phone bill. The text line also provides services and support if you are upset, scared, hurt, frustrated, or distressed. To use, text “HELLO” to 741741; Website: <https://www.crisistextline.org/>

- **NY Project Hope** – NY Project Hope is New York’s COVID-19 Emotional Support Helpline. It helps New Yorkers manage and cope with changes brought on by COVID-19. Free, confidential, and anonymous. Call 1-844-863-8314 from 8AM – 10PM, 7 days a week. <https://www.projecthope.org/>
- **New York State Domestic Violence Hotline** – 1-800-942-6906; Website: <https://www.nyscadv.org/find-help/program-directory.html>
- **Veterans Crisis Line** – The Veterans Crisis Line is a resource available to anyone, even if you are not registered with VA or enrolled in VA health care. Call 1-800-273-8255 or text a message to 838255; Website: <https://www.veteranscrisisline.net/>
- **NY FarmNet** – NY FarmNet offers personal and family consulting to agribusiness owners and employees who work directly with farmers. Call 1-800-547-FARM (3276); Website: <https://www.nyfarmnet.org/>
- **Trevor Project** – The Trevor Project offers specialized emotional and crisis support to the LGBTQ+ population. Free, confidential, and anonymous. Call 1-866-488-7386 24 hours a day, 7 days a week; Website: <https://www.thetrevorproject.org/>

Local resources include:

- **211/Lifeline** – This service provides crisis support and information on local resources 24 hours a day. Dial 211 or 1-800-310-1160; Website: <https://211lifeline.org/>
- **Livingston County Behavioral Health Resource Line** – This resource line provides information about the various behavioral health providers in the area. Call 585-243-7251, Monday – Friday from 8AM to 5PM.
- **Noyes Mental Health and Wellness Services** – Outpatient mental health services for all age groups are provided as part of Noyes Memorial Hospital. Call 585-335-4316; Website: <https://www.urmc.rochester.edu/noyes/healthcare-services/mental-health.aspx>

- **Livingston County Mental Health Clinic** – The Livingston County Mental Health Clinic provides outpatient mental health services to all age groups. Call 585-243-7250; Website: <https://www.livingstoncounty.us/152/Mental-Health-Community-Services>
- **Peer Support** – Addiction help is available through Peer Support 24 hours a day, 7 days a week by calling 607-378-7479 and leaving a message. A peer will return the call within 2 hours.
- **CASA-Trinity** – CASA-Trinity is a community-based treatment center for chemically dependent individuals and their families, providing outpatient and specialized treatment programs. Call 585-991-5012; Website: <https://casa-trinity.org/>

For more information on mental and behavioral health resources, contact Livingston County Mental Health at 585-243-7250.

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