

Unity Mental Health



THE PATH TO **recovery** starts here.

FIND HOPE DURING EVEN THE MOST DIFFICULT TIMES.

If you or someone you love is suffering from a mental illness it can be overwhelming. Unity Mental Health is here to help. Our caring, compassionate professionals are dedicated to helping people cope with the challenges and pressures that mental illness can bring. From psychiatric emergency services to outpatient treatment, we have a wide range of options available to help you get your life back.

**HOW TO GET STARTED.** The first step is to schedule a comprehensive evaluation. A licensed mental health professional will spend time talking with you to understand your needs and provide treatment recommendations. If it is determined during the course of treatment that a psychiatrist could help clarify a diagnosis, or if medication could be a helpful part of your treatment plan, we will schedule an appointment for you with a psychiatrist or psychiatric nurse practitioner.



Please call 585-723-7740 to set up a confidential evaluation at one of our convenient locations in Greece, Rochester/Bullshead, or Rochester/Lake Avenue.

**OUTPATIENT CLINIC SERVICES FOR ADULTS.** We are proud to have a highly trained team of mental health professionals who provide care with respect and compassion. We will match you with a therapist who will work with you on your individualized treatment goals. Within our three outpatient settings we have many different specialities and areas of expertise.



**GROUP THERAPY PROGRAMS.** When you struggle with the challenges of a mental health condition, it may be comforting to know that you're not alone. Group therapy provides opportunities to learn from other people who share similar circumstances. Each group is led by a therapist who keeps clients focused on their treatment goals and encourages participation. Unity offers a variety of therapy groups, including:

- Managing Pain and Illness
- Coping with Loss and Grief
- Anger Management
- Depression
- Anxiety and Panic Disorders
- Domestic Violence Witness
- Pro-Social/Peer Skills
- Trauma

### **SEXUAL BEHAVIORS AND DOMESTIC VIOLENCE PROGRAMS.**

We offer individual and group treatment for men and women whose behavior causes emotional or physical distress to themselves and others. The programs are designed to prevent relapses and promote safety for our clients, their families, and the community.

**CASE MANAGEMENT SERVICES.** Our case management team works in partnership with clients and their treatment team to help establish community connections and independent living resources.

**PERSONALIZED RECOVERY-ORIENTED SERVICES (PROS).** Unity PROS is a comprehensive treatment, recovery, and skill-building program for adults who are experiencing significant consequences as a result of a mental illness. We help clients identify and reach their life goals – whether it's to earn a GED, get into college, find a job, or secure a stable home.

## PSYCHIATRIC EMERGENCY CENTER

Emergency psychiatric care is available 24/7 at the Unity St. Mary's Campus located at 89 Genesee Street. Our highly trained, compassionate staff will stabilize the immediate situation and link you to the appropriate follow-up care. You can reach us directly by calling 585-368-3950.

## INPATIENT PSYCHIATRIC UNIT

When a psychiatric illness requires hospitalization, it's essential to find the highest quality, most compassionate care available. At the Inpatient Psychiatric Unit located at Unity St. Mary's Campus, you'll find an environment that's conducive to healing and respect. Through a proper balance of structure, treatment, and safe discharge planning, we help guide our patients toward a successful return to their community.



**INSURANCE AND FINANCIAL ASSISTANCE.** Unity Health System is committed to caring for clients regardless of their ability to pay. We accept many types of insurance and we provide a financial assistance program for those who cannot afford to pay for all or part of their health care services. Financial aid is provided based on each client's income, assets, and needs. Payment plans are also available for those who qualify.

# Unity Mental Health

How health care should be

GREECE  
(Outpatient Clinic)  
Canal Ponds Office Park  
100 Pinewild Drive, Suite 2A  
Rochester, NY 14606

ROCHESTER/LAKE AVENUE  
(Outpatient Clinic and PROS)  
Evelyn Brandon Health Center  
81 Lake Avenue  
Rochester, NY 14608

ROCHESTER/BULLSHEAD  
(Outpatient Clinic)  
Bullshead Plaza  
835 West Main Street  
Rochester, NY 14611

UNITY ST. MARY'S CAMPUS  
(Inpatient Psychiatric Unit and  
Psychiatric Emergency Center)  
89 Genesee Street  
Rochester, NY 14611

585.723.7740  
[unityhealth.org](http://unityhealth.org)

A service of Unity Health System

At Unity Health System you'll find the friendliest and most compassionate people dedicated to providing the best possible health care experience in over 70 locations. Key programs include Unity Hospital's Joint Replacement Center, Family Birth Place, Spine Center, Diabetes Center, Chemical Dependency, and Physical Medicine & Rehabilitation. Unity's Center for Aging provides a comprehensive range of services for older adults. ACM Medical Laboratory is an industry leader and the world's fifth largest provider of clinical trials testing.

