



WHEN YOU FEEL LIKE YOU CAN'T FIND YOUR WAY,  
THE PATH TO **hope**starts**here.**

 Unity Mental Health

UNITY HEALTH SYSTEM IS THE ROCHESTER AREA'S LARGEST AND  
MOST COMPREHENSIVE PROVIDER OF MENTAL HEALTH SERVICES.

Many of us face psychiatric illnesses throughout our lifetime, such as depression or anxiety. Sometimes mental health conditions cause symptoms that can put an individual or others at serious risk. Our highly trained team of professionals provides care with respect and compassion – helping people to find hope during even the most difficult times. We help children, adolescents, and adults of all ages develop self-awareness, confidence, and coping skills.

Call 585-723-7740 to schedule a confidential evaluation.

**EATING DISORDERS PROGRAM.** Unity Health System's Eating Disorders Program helps adolescents and adults recover from eating disorders and live healthy, fulfilling lives.



We offer outpatient treatment and the area's only partial hospitalization program for eating disorders. Partial hospitalization is a treatment program for individuals with severe eating disorders. Clients live at home or in supportive living environments while receiving treatment during the day. Both the outpatient and partial hospitalization programs focus on family support and involvement while incorporating a wide range of dynamic therapies such as creative expression, dance, relaxation, and life coaching. We help our clients relearn healthy eating habits and gain greater self-awareness and self-worth.

The first step is to call 585-368-3709.

“I want to tell the whole world about your program.  
It gave me my life back.”

- a Unity Eating Disorders Program client

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

Call 585-723-7740 to schedule an evaluation.

**CONTINUING DAY TREATMENT PROGRAM (CDTP).** Unity's Continuing Day Treatment Program is a mental health treatment program for adults. Clients attend CDTP from two to five days per week. Through active participation and a focus on each individual's strengths, our program provides the tools and support necessary to help clients identify and achieve their personal recovery goals.

**INTENSIVE PSYCHIATRIC REHABILITATION TREATMENT (IPRT).** Unity's LifeChoice Intensive Psychiatric Rehabilitation Treatment works in collaboration with other clinical services to help clients achieve personal recovery goals through workshops, individual meetings, and independent work. Topics include literacy, pre-GED, computer skills, preparing for work, study skills, time management, wellness, and interpersonal skills. IPRT is open Monday - Friday. Clients' schedules are determined based on individual goals and needs.

Call 585-723-7740 for more information.

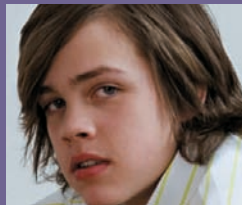
“Since I've been here, I feel a lot safer at night. I'm not as nervous. Group therapy helps me feel like I am somebody.”

- a Continuing Day Treatment Program client

**CASE MANAGEMENT SERVICES.** Individuals with a severe and persistent mental illness can find additional support through Unity's Case Management Services. We work in partnership with clients to help establish community connections and independent living. We assist our clients in attaining their personal goals and offer three different levels of support, based on individual needs.

**EMPLOYMENT PROGRAMS.** A satisfying job creates an incredible sense of self-worth. For people who struggle with mental illness, finding satisfying employment can be challenging. We work with clients to develop a plan for finding rewarding and lasting employment. Our services include resumé development, training, and direct job placements.

Call 585-723-7740 for more information.



**SEXUAL BEHAVIORS AND DOMESTIC VIOLENCE PROGRAMS.** Unity Mental Health offers individualized treatment for men and women whose behavior causes emotional or physical distress to themselves and others. Our programs are designed to prevent relapse and promote safety for our clients, their families, and the community. For more information or to schedule an evaluation, please call 585-368-6901 ext. 8990.

## PSYCHIATRIC EMERGENCY CENTER

Emergency psychiatric care is available 24 hours per day, seven days a week at the Unity St. Mary's Campus. Our highly trained, compassionate staff helps clients through a crisis by stabilizing the immediate situation and linking them to the appropriate follow-up care. The Psychiatric Emergency Center is connected to Unity's Walk-In Care Center, which can provide medical care for non-life threatening conditions. You can reach Unity's Psychiatric Emergency Center directly by calling 585-368-3950.

## INPATIENT PSYCHIATRIC UNIT

When a psychiatric illness requires someone you love to be hospitalized, you want the highest quality, most compassionate care available. At the Inpatient Psychiatric Unit at the Unity St. Mary's Campus, you will find an environment conducive to empathy, healing, and respect. We provide a full range of care for adults of all ages. Through a proper balance of structure, treatment, and safe discharge planning, our patients work toward a successful return to the community.



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



BETTER BY ANY MEASURE.

OUTPATIENT TREATMENT IS AVAILABLE AT THREE CONVENIENT LOCATIONS:

GREECE

Canal Ponds Office Park  
100 Pinewild Drive, Suite 2A  
Rochester, NY 14626

ROCHESTER/BULLSHEAD

Bullshead Plaza  
835 Main Street  
Rochester, NY 14611

ROCHESTER/LAKE AVENUE

Evelyn Brandon Health Center  
81 Lake Avenue  
Rochester, NY 14608

PARTIAL HOSPITALIZATION PROGRAM - PSYCHIATRIC EMERGENCY CENTER

INPATIENT PSYCHIATRIC UNIT

Unity St. Mary's Campus  
89 Genesee Street  
Rochester, NY 14611

585-723-7740

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