

After Hours and Crisis Phone Numbers and Supports

Lifeline – 211 or 1-877-356-9211

A local operator can connect you with mental health professionals 24/7

National Suicide Prevention Lifeline - **1-800-273-TALK** (8255)

Speak with a trained professional and get connected to a mental health provider in your area. It's available 24 hours a day nationwide.

RESTORE Sexual Assault Services- **1-800-527-1757**, 24-hour local hotline

Pathways - **585-237-8860** for SUNY Geneseo students; www.geneseo.edu/pathways
Pathways is a confidential, peer-to-peer based program featuring trained Geneseo student Peer Advocates providing anonymous assistance to other students, available 8 p.m. to 8 a.m. daily during the fall and spring semesters while classes are in session, Email: geneseopeeradvocacy@gmail.com

OR dial 911 or go to the nearest emergency room

Other Supports:

Geneseo-area AA, ACOA, Al-Anon/Alateen, and other 12-step meetings, contact the Livingston County Council for Alcoholism and Substance Abuse at **585-346-3050**.

CASA (Council for Alcoholism and Substance Abuse) of Livingston County - **585-991-5012** for evaluation and treatment of substance abuse. 4612 Millennium Drive, Geneseo

Alcoholics Anonymous - **585-232-6720**, Rochester, 24 hours a day

Alternatives for Battered Women- **585-232-7353** - offers a 24-hour hotline

Project Know; Drug and Alcohol Addiction - **1-800-928-9139**

National Dating Abuse Helpline - **1-866-331-9474** or txt “loveis” to 77054, 24/7 confidential

The Trevor Project - **1-866-4-U-TREVOR (1-866-488-7386)** -

Offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth.

Connect & Breathe – **1-800-647-1764** - This is a post-abortion nonjudgmental talk-line resource; the toll-free listening line is available Tuesday and Thursday evenings (6-9 p.m.), and Saturdays 10 a.m. to 2p.m.