

*School of the Arts Counseling Department (Grades 10-12)*  
**NEWSLETTER-** September 2025

**NEWS/UPDATES**

**COLLEGE NIGHT FINANCIAL AID Presentation:**

**Tuesday, October 7th, 5:30-7:00 pm, Ensemble Theatre**

**Students and Parents/ Guardians welcome!**



## COLLEGE APPLICATION PROCESS

- ❖ Counselors will be meeting with seniors starting in the next couple of weeks to review graduation requirements, transcripts, and discuss plans for after graduation.

### College Research Websites:

- **SchoolLinks-** Access through your RoConnect Dashboard
- **College Board Big Future:** <https://bigfuture.collegeboard.org/>
- **State University of New York (SUNY):** [www.suny.edu](http://www.suny.edu)

### College Application Process:

<https://docs.google.com/document/d/13Z0C4yALRY406AijqMEV7bhdqcx4JpDfjNkizh7Qq8/edit?usp=sharing>

- ❖ **Create a Common Application account:** [www.commonapp.org](http://www.commonapp.org) and remember to write down your username and password to access in the fall
- ❖ **Please add ALL colleges you are applying to in your SchoolLinks account..** This is how we will send transcripts, school reports, and letters of recommendation. You can access SchoolLinks through your ROConnect dashboard on your Chromebook. Please see our **College Application Process** document for more information-  
<https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/5271/College%20Application%20Process%20for%20Seniors.pdf>.

**Rochester Education Foundation:** <http://rochestercan.org/>. For help with college/ financial aid related questions and FAFSA information.

**RCSD College Ready Resource Page:** <https://www.rcsdk12.org/Page/55421>

**NEW YORK STATE HESC (Higher Education Services Corporation):**

<https://www.hesc.ny.gov/>

**FAFSA (Free Application for Federal Student Aid)-** Online form available October 2025-

<https://studentaid.gov/h/apply-for-aid/fafsa>

**SUNY (State University of New York) UPDATES:** [www.suny.edu](http://www.suny.edu)

**SUNY FREE APPLICATION WEEK**- October 20 to November 3

# APPLY TO SUNY FOR **FREE**

**Oct. 20 - Nov. 3**

Apply to up to **5 SUNY campuses**  
with no application fee.



[suny.edu/apply](https://suny.edu/apply)



## HBCU COLLEGE EXPO- September 25

See Mrs. Rossette or Mrs. Gordon in A349 for Field Trip Form

# HBCU College Expo '25



## Thursday, September 25

Blue Cross Arena 10:00 AM - 2:00 PM

The 2025 HBCU College Expo kicks off the 2nd Annual Baldwin Richardson Foods Frederick Douglass HBCU Football Classic Weekend, giving students the opportunity to connect with over 20 Historically Black Colleges and Universities. Organized by the National College Resources Foundation in collaboration with Xperience Live Events and the Rochester City School District, the expo offers direct access to HBCU recruiters and essential resources to guide students on their journey to higher education.

### Connect with Recruiters from 20+ HBCUs and Members of The Divine 9 Sororities & Fraternities

-  Admission Fees Waived
-  Scholarships Awarded on the Spot
-  Bring 10 Copies of Your Transcript





Visit Our Websites  
**[fdhbcuclassic.com](https://fdhbcuclassic.com)**  
**[thecollegeexpo.org](https://thecollegeexpo.org)**



# National College Match

Full four-year scholarships to the nation's top colleges for high-achieving high school seniors from low-income backgrounds

## QuestBridge college partners:

Amherst College	Massachusetts Institute of Technology
Barnard College	Middlebury College
Bates College	Northwestern University
Boston College	Oberlin College
Boston University	Pomona College
Bowdoin College	Princeton University
Brown University	Rice University
California Institute of Technology	Scripps College
Carleton College	Skidmore College
Case Western Reserve University	Smith College
Claremont McKenna College	Stanford University
Colby College	Swarthmore College
Colgate University	Tufts University
College of the Holy Cross	University of Chicago
Colorado College	University of Notre Dame
Columbia University	University of Pennsylvania
Cornell University	University of Richmond
Dartmouth College	University of Southern California
Davidson College	University of Virginia
Denison University	Vanderbilt University
Duke University	Vassar College
Emory University	Washington and Lee University
Grinnell College	Washington University in St. Louis
Hamilton College	Wellesley College
Harvard College	Wesleyan University
Haverford College	Williams College
Johns Hopkins University	Yale University
Macalester College	



*Apply by September 30, 2025*

Jumpstart your future by visiting [questbridge.org](https://questbridge.org) to learn more about eligibility and start your free college and scholarship application today!

## SAT/ ACT UPDATES

### SAT SCHOOL DAY- Tuesday, October 21:

- 12th graders will take the SAT
- No registration or payment necessary

### PSAT SCHOOL DAY- Wednesday, October 22:

- 10th and 11th graders will take the PSAT
- No registration or payment necessary

### Weekend Test Administrations:




### SAT Dates and Deadlines

Fall 2025

SAT Test Date	Registration Deadline	Late Registration Deadline
August 23	August 8	August 12
<b>NEW</b> September 13	August 29	September 2
October 4	September 19	September 23
November 8	October 24	October 28
December 6	November 21	November 25

**Fee Waivers-** Please see your counselor if you think you may qualify for an SAT or ACT fee waiver.

**SAT Test Day Reminders-** Arrive at your testing site on time, bring your Admission Ticket, photo ID, a calculator, #2 pencils, and any drink/snack you would like. You will not be admitted without your Admission Ticket and Photo ID.



## ACT NATIONAL

### 2025-26 TEST DATES & DEADLINES

ACT National Test Date	Regular Registration Deadline
September 6, 2025	August 1, 2025
October 18, 2025	September 12, 2025
December 13, 2025	November 7, 2025
February 14, 2026	January 9, 2026
April 11, 2026	March 6, 2026
June 13, 2026	May 8, 2026
July 11, 2026*	June 5, 2026

\*No test centers scheduled in New York for July test date

## COLLEGE VISITS @ SOTA

- ❖ **SOTA will host visits with College Admissions Representatives on Tuesdays and Thursdays.** We have College Admissions Representatives from the schools list below coming to SOTA. If you are interested in meeting with any of these colleges, please register through your **SchoolLinks** account, which can be found on your RoConnect dashboard. Once you are on your SchoolLinks account, go to the tabs on the left side of the screen, click on "School", then "Events". Here you will find a list of all the colleges signed up to visit SOTA and you can register to attend. All visits will be in the Ensemble Theatre unless otherwise noted.

## COLLEGE OPEN HOUSES/ COLLEGE FAIRS

- ❖ **SUNY Campus Visit Opportunities-** [suny.edu/visit](https://suny.edu/visit)
- ❖ **SUNY Virtual Events/ Information Sessions-** [suny.edu/studentevents](https://suny.edu/studentevents)
- ❖ **SUNY Fredonia Open House Events-** October 18, November 8, April 25- <https://www.fredonia.edu/admissions-aid/visit-tour>
- ❖ **St. Bonaventure University- Discovery Days** (October 10- Education, October 17- Health Professions, November 7- Communication), **Open House** (October 25, November 11, November 22, December 6)- [www.sbu.edu/visit](https://www.sbu.edu/visit)
- ❖ **Le Moyne University Open House Events-** September 21, October 19, November 2- <https://www.lemoyne.edu/admission-financial-aid/visit-us/events-tours/>
- ❖ **Ithaca College Open House Events-** September 20, October 13, November 11- <https://www.ithaca.edu/admission/visit-ithaca-college/open-houses>
- ❖ **United States Coast Guard Academy Admissions Workshop-** September 27- <https://uscga.askadmissions.net/Portal/EI/ViewDetails?gid=623577c374bb16931a43ac963f6c7fb4e9f1e7>
- ❖ **Yale Multicultural Open House-** September 27- <https://apps.admissions.yale.edu/register/MOH2025>
- ❖ **Yale Virtual Information Sessions-** <https://admissions.yale.edu/virtual-events>
- ❖ **University of Rochester Meliora Visit Program-** November 9- November 11. Interested students must apply for this two-night stay with a current student host and specialized programming on top of Research Rochester Open House sessions. Deadline to apply- October 3. <https://admissions.rochester.edu/visit/mvp/>
- ❖ **University of Rochester Open House Events-** October 18 and November 10. <https://admissions.rochester.edu/visit/research-rochester/>
- ❖ **Nazareth University Open Houses-** October 25 [https://apply.naz.edu/register/2025\\_OH1](https://apply.naz.edu/register/2025_OH1) and November 11 [https://apply.naz.edu/register/2025\\_OH2](https://apply.naz.edu/register/2025_OH2)
- ❖ **Nazareth University Enhanced Visit Day-** October 13 for Visual & Performing Arts and Health & Human Services. <https://apply.naz.edu/register/Enhancedvisitday>
- ❖ **Rochester Institute of Technology Open House Events-** October 13, October 25, and November 8- <https://www.rit.edu/admissions/open-house>
- ❖ **St. John Fisher University Open House Events-** October 18 and November 22- <https://www.sjf.edu/admissions-aid/first-year-admissions/visit-opportunities/>
- ❖ **New York Film Academy New York City campus Open House-** September 20- [https://nyfa.my.salesforce-sites.com/events/targetX\\_eventsb\\_events#/esr?eid=a1EQj000002](https://nyfa.my.salesforce-sites.com/events/targetX_eventsb_events#/esr?eid=a1EQj000002)



[5YpWMAU](#) and October 18-

[https://nyfa.my.salesforce-sites.com/events/targetX\\_eventsb\\_events#/esr?eid=a1EQj0000031bi9MAA](https://nyfa.my.salesforce-sites.com/events/targetX_eventsb_events#/esr?eid=a1EQj0000031bi9MAA)

- ❖ **Monroe Community College Open House-** October 18-  
<https://www.monroecc.edu/events/mcc-open-house/>
- ❖ **Finger Lakes Community College Open House-** November 8 and November 11, Nursing  
Program Information Session- October 13- <https://www.flcc.edu/visit/>

# FALL EVENTS WITH SUNY



Register for a virtual information session  
at [suny.edu/studentevents](https://suny.edu/studentevents)

## HOW TO APPLY | 5:30 PM

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Thursday, September 18	Thursday, October 2	Thursday, October 23
Thursday, September 25	Thursday, October 9	Tuesday, October 28

## DISCOVER SUNY | 5:30 PM

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Tuesday, September 16	Tuesday, October 7
Tuesday, September 23	Tuesday, October 14

## FAFSA OVERVIEW | 6:00 PM

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Tuesday, September 23	Tuesday, October 21
Tuesday, October 7	Tuesday, October 28

## EOP INFORMATION SESSION | 5:00 PM

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Wednesday, October 8	Thursday, November 6
Wednesday, October 22	Tuesday, November 18





## REGISTER FOR A SUNY COLLEGE FAIR!

MONDAY  
OCT  
**6**  
6:00 PM

### SYRACUSE

Onondaga Community College  
SRC Arena and Events Center  
Syracuse, NY

Meet representatives from over **40 SUNY campuses** and learn how you can get a great education at a fraction of the cost of other college options.



Register at:  
**[suny.edu/fairs](https://suny.edu/fairs)**  
or call: **1.800.342.3811**

**ROCHESTER AREA COLLEGES FAIR- Friday, OCTOBER 3rd, 8:45 am @ SOTA:**

# CARA



## COLLEGE ADMISSIONS IN THE ROCHESTER AREA IS VISITING YOUR SCHOOL:

**DATE: October 3rd**

**TIME: 8:45 am**

Come hear about the various college opportunities available to you at the following 14 colleges and universities that are part of the College Admissions in the Rochester Area committee:



## WESTERN NEW YORK COLLEGE FAIR- Thursday, NOVEMBER 6th, 8:45 am @ SOTA:

SUNY Alfred State, Alfred University, Bryant & Stratton College, SUNY Buffalo State, Canisius University, Daemen University, D'Youville University, Erie Community College, SUNY Fredonia, Genesee Community College, Hilbert College, Houghton College, Jamestown Community College, Niagara County Community College, Niagara University, St. Bonaventure University, Trocaire College, University at Buffalo, Villa Maria College

## ROCHESTER MALL COLLEGE FAIRS

- Eastview Mall: Tuesday, September 23, 6:00- 8:00 pm  
<https://www.eastviewmall.com/event/2025-college-night/>
- Marketplace Mall: Wednesday, September 24, 6:00-8:00  
<https://rochestercollegenights.org/fall-2025-college-fairs>
- Greece Ridge Mall: Thursday, September 25, 6:00- 8:00 pm  
<https://rochestercollegenights.org/fall-2025-college-fairs>

## SCHOLARSHIPS

- ➔ MANY OF THE SCHOLARSHIP APPLICATIONS CAN BE FOUND ON THE SOTA WEBSITE. Go to Counselor's Corner and click "Scholarship File Cabinet".
- ➔ Go to SchoolLinks through RoConnect to access more scholarships.
- ➔ Go to [www.studentscholarships.org](http://www.studentscholarships.org), [www.fastweb.com](http://www.fastweb.com), <https://www.goingmerry.com/> or [www.racf.org/Scholarships/How-to-Apply-or-Renew](http://www.racf.org/Scholarships/How-to-Apply-or-Renew) to find more private scholarships you may be eligible for.
- ❖ **University of Rochester- Rochester Promise Program-** For any senior accepted to the U of R under regular admission, planning to enroll full-time. You are NOT eligible for the scholarship if your parent qualifies for any U of R employer tuition waivers or if your household income is more than twice the Monroe County average (approximately \$150,000). Full tuition scholarship (does not include room and board).  
<https://admissions.rochester.edu/national-and-international-partners/>
- ❖ **Rochester Institute of Technology Rochester Destler/Johnson City Scholars Program-** For any senior interested in attending RIT and is accepted under regular admission, meets the requirements, and has a household income under \$75,000/ year. Full tuition scholarship (does not include room and board). Must apply to RIT and submit FAFSA by January 15.  
<https://www.rit.edu/aes/destlerjohnson-rochester-city-scholars>
- ❖ **Excelsior Scholarship-** For any senior interested in attending a SUNY or CUNY school and is accepted under regular admission, meets the requirements, and has a household income under \$100,000/ year. Full tuition scholarship (does not include room and board). Go to



<https://www.hesc.ny.gov/pay-for-college/financial-aid/types-of-financial-aid/nys-grants-scholarships-awards/the-excelsior-scholarship.html> for more information and to apply.

- ❖ **St. John Fisher College- Fisher Urban Scholar Award-** \$40,000 over 4 years for first-year undergraduates from the RCSD that are accepted to St. John Fisher College. Students will also be eligible to receive additional merit aid and scholarships, including the Service Scholarship and First Generation Scholarship.
- ❖ **Nazareth University/ RCSD Direct Admission Program-** Any senior with a B average (80) or higher will be eligible for Direct Admissions to Nazareth and offered \$23,000/ annually. Seniors must apply to Nazareth through the Common Application. <https://www2.naz.edu/admissions/rochester-city-school-district-naz>
- ❖ **Rochester Area Community Foundation (RACF) Scholarships-** RACF has many scholarships available, some specifically for RCSD seniors. Go to <https://www.racf.org/scholarships/search-for-scholarships/> to search for scholarships and apply. Go to scholarship file cabinet to access the RACF document listing of specific scholarships for RCSD students and criteria. **Application open December 1- February 28.**
- ❖ **College Board BIG FUTURE Scholarships-** This is a scholarship program for **JUNIORS** and **SENIORS**. Monthly scholarship winners are drawn when you complete steps. Go to <https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships?excmid=vt-00248> for more information and to get started.
- ❖ **QUESTBRIDGE National College Match Program-** Scholarship program for low-income seniors who excel academically. The program allows you to apply for free and early admission to some of the nation's top colleges with the chance of getting a full, four-year scholarship to attend. Go to <https://www.questbridge.org/apply-to-college/programs/national-college-match> for more information and to start the application process. **Deadline to apply- September 30.**
- ❖ **Coca-Cola Scholarship-** For any senior with a 3.0 (80) or higher GPA. No essay, no recommendation, no transcript required. \$20,000 award. Go to <https://www.coca-colascholarsfoundation.org/> for more information and to apply. Deadline to apply- September 30.
- ❖ **University of Virginia Jefferson Scholars Program and Walentas Scholars Program-** For first generation college students that are interested in attending University of Virginia. Go to <https://www.jeffersonscholars.org/scholarships> for more information. Deadline to apply- December 1.
- ❖ **Case Western Reserve University Theatre Department Scholarships-** Full and partial tuition scholarships available by audition, presentation of design/management portfolio, or submission of a written play. CWRU Theatre Weekends- October 3-4 or November 14-15. Students will audition and interview for the scholarship during these weekends in addition to campus tours, workshops, and attending a theatre production. <https://go.case.edu/portal/theater-events>

## PROGRAMS/ EVENTS/ SUMMER PROGRAMS

- ❖ **University of Rochester Pre-College Programs**- New program for students ages 13+ to explore subjects they may wish to pursue in college, taught by professors, supported by mentors. Currently offering courses in Biomedical Engineering, U.S. Healthcare, and Personalized Medicine. Go to <https://rochesteronline.precollegeprograms.org/> for more information and to apply.
- ❖ **Guided Pathway Support Program for Juniors and Seniors**- The program is a part of the Ron Brown Scholar Program. It is a free, online, African American college advising community-advising services, mentorship, accepts students all year. Go to <https://rbsgps.com/> for more information and to apply.
- ❖ **Young Entrepreneurs Academy 2026 @ Golisano Institute for Business & Entrepreneurship**- For students ages 11-18. Students develop ideas, write business plans, pitch their plans to a panel of investors for real funding, and their their own fully formed companies. Classes begin in January on Tuesdays from 4:00-7:00 pm through May. The cost is \$1,495 for the program. Go to [https://yeausa.org/?utm\\_source=chatgpt.com](https://yeausa.org/?utm_source=chatgpt.com) . Deadline to apply- November 7.
- ❖ **EngineeringUp Program**-After school program for high school students. Students build a project of their own, create a webpage with videos. Working toward college and scholarship goals. No cost to students. Tuesdays and Thursdays, September 30-December 11, 4:00-6:00 pm. Go to <https://engineeringup.org/> for more information. To apply- <https://docs.google.com/forms/d/e/1FAIpQLSdpJhTa-OHw8v0KiT819GeCb8lR6xiYgc3HyGVS04uwnXI59w/viewform>
- ❖ **2026 U.S. Senate Youth Program**-
  - Each year the New York State Education Department selects two students from high schools across the state to represent New York at the national U.S. Senate Youth Program (USSYP). USSYP is a national nonpartisan initiative to provide an annual opportunity for talented high school students with demonstrated leadership abilities to deepen their understanding of America's political processes and strengthen their resolve to pursue careers in public service.
  - **Any high school junior or senior is eligible. Applicants must be actively serving in qualified leadership positions, enrolled in high school, and living in the state that they will represent for the entire 2025-2026 academic year.** The two chosen students will each be awarded a \$10,000 scholarship and will attend the 63<sup>rd</sup> Annual USSYP Washington Week, which will take place **March 7-14, 2026**.
  - The online USSYP 2026 Application must be submitted on or before **Wednesday, October 15, 2025 by 5:00 PM**.
  - More information, including the list of qualifying leadership positions and the USSYP brochure and national press announcement, can be found on the [William Randolph Hearst Foundation United States Senate Youth Program website](#).  
*Questions may be submitted to [NYSenateYouth@nysed.gov](mailto:NYSenateYouth@nysed.gov).*
- ❖ **Project Level the Field**- A non-profit organization with one mission: make sure everybody has access to FREE high-quality college application resources regardless of their race, ethnicity, or financial background. They provide college application support, SAT test prep and tutoring. <https://projectlevelthefield.com/>



MONROE COMMUNITY COLLEGE

# LIBERTY PARTNERSHIPS PROGRAM

Your Partner in Academic and Personal Success!

**NOW RECRUITING 7TH-12TH GRADERS**

- After-school tutoring
- On-site advisor to support you and advocate for you
- College and career exploration opportunities
- Summer enrichment program
- Parent and family support

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WE ARE YOUR DOL



# ***A DIFFERENT KIND OF HIGHER EDUCATION***

## **REGISTERED APPRENTICESHIPS**



### **Benefits Include:**

- **EARN \$\$ WHILE YOU LEARN** in a full-time job from day one
- Hands-on learning from experts
- Supplemental classroom instruction
- A nationally recognized credential upon completion
- Often no cost or debt!

**Find Your Career Pathway**  
[dol.ny.gov/apprenticeship](https://dol.ny.gov/apprenticeship)



## GEWEP- General Education Work Experience Program



# GEWEP



## General Education Work Experience Program

- Have a job?
- Earn HS Elective Credit!

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### Sign up for the GEWEP Class!

Sign up ASAP to start counting your hours worked for elective credit!

Credit is given based on how many hours you work. (example: 150 hrs. = .5 credit / 300 hrs. = 1 credit, etc.)



**SIGN UP:** Scan the above QR code to fill out the GEWEP Interest Form

Or type in the URL: <https://forms.gle/1zZRLgi8Lh11fd4g6>

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### This is a Virtual Course!

Your teacher: Ms. Richardson, RCSD Work Based Learning Coordinator

Assignments: all in Google Classroom

Offered: first and/or second semester

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#### Q&A's

Q-When can I sign up? A- As soon as you are employed and earning a paycheck

Q-How old do I have to be? A- 14 or older and employed

Q- If I don't have a job, but get one later this school year, can I join in the middle of the year? A - Yes, join at any time

Q- I work for my family, can I join GEWEP? A - You must be paid "on the books" and earn a paycheck (you can't be paid "under the table") and the business must provide Workers Compensation

Further Questions: Contact Ms. Richardson, RCSD Work Based Learning Coordinator at [donna.richardson@rcsdk12.org](mailto:donna.richardson@rcsdk12.org) or see your school counselor

## **EMPLOYMENT OPPORTUNITIES**

**Looking for a job? Check out the RCSD Job Board for information on local businesses that are hiring:**

[https://docs.google.com/spreadsheets/d/11oLGRPW1XDrdtSbLSR7bvEnGNy\\_1al-6ZLtdDoUKpmk/edit#gid=0](https://docs.google.com/spreadsheets/d/11oLGRPW1XDrdtSbLSR7bvEnGNy_1al-6ZLtdDoUKpmk/edit#gid=0)

### **HOW TO APPLY FOR A WORK PERMIT at SOTA:**

<https://www.rcsdk12.org/domain/13307>

**You will need three documents to apply for a work permit.**

- **Application- Part I only completed and signed by parent or guardian**
- **Proof of Age- birth certificate, learner's permit, license**
- **Medical Form- must be completed by your doctor's office (or the school nurse if she has your physical on file at school), you can also use a copy of your most recent physical**
- **The application and medical form can be accessed through the link above or there are copies in the counselor's offices and house offices.**

**When you have those three documents complete, you can bring them to the house office and the clerical staff can issue you a work permit. They usually have specific days and times they process work permits, so check with your house office clerical staff.**



## Resources for **Social & Emotional Support**

### WHO CAN HELP AT SOTA:



#### **School Counselors**

Mr. Murphy - A179  
Mrs. Sirianni - A249  
Mrs. Rossette - A349  
Mrs. Kelly - A432  
Ms. Adams - A249  
Mrs. Everts - A423



#### **Social Workers/ School Psychologists**

Mrs. Lindsey - A179  
Mrs. Gordon - A349  
Mrs. Johnson - A432  
Mr. Blumkin - M325  
Mr. Dingman - M332



#### **Community Organization Support**

Caroline Cuyler - M151  
Ms. Nicki - 4<sup>th</sup> Fl House  
CFY Help Zone - M138  
Pathways to Peace - 4<sup>th</sup> Fl House  
Hillside - 2<sup>nd</sup> Fl House

**\*Feel free to reach out to any staff member and they can help connect you to one of us!**

### 24/7 HOTLINES FOR SUPPORT:

**Suicide & Crisis Support Lifeline:** Call or text 988

**The Trevor Project Hotline:** Call 1-866-488-7386 or text  
'START' to 678-678 (LGBTQ+ safe hotline)

**The Center for Youth:** Call 585-271-7670

**Resource Services Hotline:** Call 211

**For life threatening crises or emergencies please call 911**

## Mental Health Crisis Hotlines

If you are experiencing a mental health crisis these resources are available 24/7 to provide immediate help!

### ❖ 211 Lifeline:

If you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options, call 211 to speak with a live person who can help.

- 211 conversations are confidential, can be made anonymously, and are available in 180 languages upon request.
- If you prefer to text, use web chat, or search for resources online, click here to find more ways to contact [your local 211](#).

### ❖ 988 Suicide and Crisis Lifeline:

Dial 988 or 1-800-273-8255 for the <https://988lifeline.org/> . 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline). When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

❖ URM C Brighter Days Pediatric Mental Health Urgent Care Center-  
300 Crittenden Blvd., (585) 275-8686  
<https://www.urmc.rochester.edu/locations/mental-health-wellness-brighter-days-pediatric-urgent-care-center>