



News from Livingston County, N.Y.

FOR IMMEDIATE RELEASE

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Mental Health Resources Available from Livingston County Mental Health Services

GENESEO, N.Y., Dec. 15, 2021 – Recent [surveys](#) show a major increase in the number of American adults who report symptoms of anxiety, stress, depression and insomnia since the pandemic began. In addition, the United States surgeon general recently [warned](#) of the “devastating” mental health effects also facing young people, in part, as a result of the COVID-19 pandemic.

During this challenging and often stressful time, the Livingston County Department of Health is urging residents in need to take advantage of the County’s mental health resources. Livingston County Mental Health Services (LCMHS) is a County-operated clinic licensed by the New York State Office of Mental Health, which provides services to children and adults with mental health needs. The staff there includes psychiatrists, therapists (social workers and counselors), nurses, nurse practitioners and care managers, said Livingston County Public Health Director Jennifer Rodriguez.

“We firmly believe that, now more than ever, good health must include good mental health, and we remain dedicated to providing outstanding mental health services here in Livingston County,” said Rodriguez. “We urge all those in need of mental health support to contact us immediately. Typically, we’ll begin with an assessment of the individual, followed by therapy or medication consultations, if necessary. We can also refer patients to other services or agencies, depending on needs. Some individuals may qualify for care management through LCMHS, which assists with connecting patients to more services, such as housing, medical assistance, budgeting, and other support services.”

If you or someone you know is experiencing a mental health crisis please call Lifeline at 2-1-1 to speak to a trained responder who can help link you to appropriate services.

For more information on mental and behavioral health resources, contact the Livingston County Mental Health Clinic at 585-243-7250 or visit their [website](#).

About Livingston County:

Founded in 1821, Livingston County, N.Y., is comprised of more than 61,000 residents in 17 towns located across 640 square miles of the Finger Lakes region.

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