

From Mary Russo, President and CEO
Mental Health Association of Rochester/Monroe County

Dear Friends of the Mental Health Association of Rochester and Monroe County:

I want to let you know that the MHA of Rochester/Monroe County is still open, however we are providing our services in a different way in response to the COVID-19 "Coronavirus" pandemic. Effective today March 20, 2020, to protect our employees and community members, we have made the decision to suspend all in-person meetings at all of our locations.

Creative Wellness Opportunities, Life Skills Services and Self Help Drop In Center Service programs are working to create virtual workshops and events for our community. As these events are scheduled, more information will be posted on our website and on social media. We encourage you to continue participating with us in our virtual settings.

For those in need of our Family Support Services and Home Community Based Services, we are still taking referrals and delivering services via tele-mental health. If you are unable to connect due to existing technology resources, please let us know, as we have been working with our agency partners to provide the resources necessary to avoid isolation and reduce anxiety.

Mental health and wellness remains a priority during this time of uncertainty. It is essential that we continue to communicate and support one another in these challenging times. Make sure to call your family and friends to check in. Video chats are a good way to feel less isolated. Please check our website for [available Local and National resources](#) to support those who are feeling anxious and/or overwhelmed.

The Mental Health Association of Rochester/Monroe County will continue to support our community to the best of our ability during this challenging time. Please check back frequently for updates to our services as this is an evolving situation. We deeply appreciate your patience and flexibility as we move in to the virtual space together.

Take Care and Be Well,

A handwritten signature in black ink that reads "Mary Russo". The signature is written in a cursive, flowing style.