#### School of the Arts Counseling Department (Grades 10-12)

## **NEWSLETTER**

April 25, 2025

#### **NEWS/UPDATES**

#### **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:**

- College Board Big Future: <a href="https://bigfuture.collegeboard.org/">https://bigfuture.collegeboard.org/</a>
- > State University of New York (SUNY): www.suny.edu
- > SchooLinks- access through RoConnect dashboard
- Create a Common Application account: www.commonapp.org and remember to write down your username and password to access in the fall
- Please add <u>ALL</u> colleges you are applying to in your SchooLinks account. SchooLinks is our new College & Career platform. We are no longer using Naviance. SchooLinks can be accessed through your RoConnect dashboard. This is how we will send transcripts, school reports, and letters of recommendation. You can access SchooLinks through your RoConnect dashboard on your Chromebook. Please see our College Application Process document for more informationhttps://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/5271/College%20Ap plication%20Process%20for%20Seniors.pdf.

#### **Rochester Education Foundation-**

https://www.rochestereducation.org/college-access-and-success . For help with college/financial aid related questions and FAFSA Fest information.

RCSD College Ready Resource Page: <a href="https://www.rcsdk12.org/Page/55421">https://www.rcsdk12.org/Page/55421</a>

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

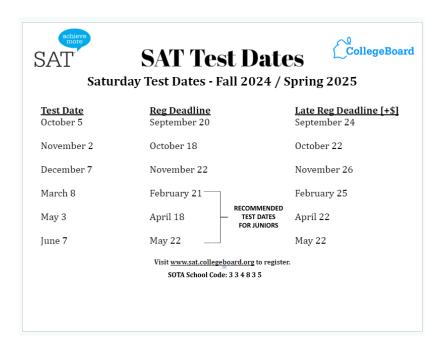
https://www.hesc.ny.gov/ Tuition Assistance Program, Scholarships, Virtual Financial Aid Presentations and Workshops available

**FAFSA (Free Application for Federal Student Aid)-** Online form available December 2024https://studentaid.gov/h/apply-for-aid/fafsa

SUNY (State University of New York) Updates and Virtual Events: www.suny.edu

#### SAT/ ACT UPDATES

Weekend Test Administrations: <a href="https://www.collegeboard.org/">https://www.collegeboard.org/</a>



#### ACT- <a href="https://www.act.org/">https://www.act.org/</a>



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.

#### **COLLEGE OPEN HOUSES/ COLLEGE FAIRS**

- **❖ SUNY Campus Visit Opportunities**-<u>suny.edu/visit</u>
- **SUNY Virtual Information Sessions** <a href="mailto:suny.edu/studentevents"><u>suny.edu/studentevents</u></a>
- SUNY Delhi- March 29. <a href="https://www.delhi.edu/openhouse">www.delhi.edu/openhouse</a>
- NY State Higher Education Services Corporation Virtual Events- Senior Basics Presentation: Designed to equip high school seniors with essential information and tools for a smooth transition to college. Topics include application process, financial aid, scholarships, and time management skills. Seniors will gain valuable insights and practical advice. Go to <a href="https://hesc.ny.gov/get-help/find-event/event-calendar/senior-basics-presentation/?featured">https://hesc.ny.gov/get-help/find-event/event-calendar/senior-basics-presentation/?featured</a> date=1406 to register for an upcoming session.
- ❖ Niagara Fall Culinary Institute Open House- May 3. Go to <a href="https://sunyniagara.edu/oph/">https://sunyniagara.edu/oph/</a> to register.
- Monroe Community College Spring Open House- May 9. Go to https://www.monroecc.edu/go/openhouse to register.
- **Keuka College Open House** May 4. Go to <a href="https://apply.keuka.edu/register/">https://apply.keuka.edu/register/</a> to register.



#### **SCHOLARSHIPS**

- → SOME OF THE SCHOLARSHIP APPLICATIONS CAN BE FOUND ON THE SOTA WEBSITE. Go to Counselor's Corner and click "Scholarship File Cabinet".
- → Go to SchooLinks- Finances tab to access more scholarships and scholarship matching.
- → Go to www.studentscholarships.org, www.fastweb.com, https://www.goingmerry.com/ or https://www.racf.org/scholarships/search-for-scholarships/ to find more private scholarships you may be eligible for.
- ❖ 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 \$70,000/ year. Full tuition scholarship (does not include room and board). Please see your counselor if interested. Must apply to RIT and submit FAFSA by January 15.



- University of Rochester-Rochester Promise Program- For any senior interested in attending U of R and is accepted under regular admission, meets the requirements, and has a household income under \$137,400/ year. Full tuition scholarship (does not include room and board). Please see your counselor if interested.
- 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 <a href="https://www.hesc.ny.gov/pay-for-college/financial-aid/types-of-financial-aid/nys-grants-scholarships-awards/the-excelsior-scholarship.html">https://www.hesc.ny.gov/pay-for-college/financial-aid/types-of-financial-aid/nys-grants-scholarships-awards/the-excelsior-scholarship.html</a> 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.
- 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 <a href="https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships?excmpid=vt-00248">https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships?excmpid=vt-00248</a> for more information and to get started
- 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. <a href="https://www2.naz.edu/admissions/rochester-city-school-district-naz">https://www2.naz.edu/admissions/rochester-city-school-district-naz</a>
- ❖ Niagara University Full Flight Scholarship- For students that are admitted to Niagara and whose family income is \$80,000 or less per year. This is a full tuition grant (\$37,000/ year). Applicants must file their FAFSA form to qualify. <a href="https://www.niagara.edu/">https://www.niagara.edu/</a>
- **♦ BigSun Athletic Scholarship** All senior student-athletes are eligible to apply. \$500 award. Go to <a href="http://www.bigsunathletics.com">http://www.bigsunathletics.com</a> for more information and to apply. Deadline- June 19.
- Charlotte Community Association (CCA) Scholarship- For any senior that resides in the Charlotte neighborhood of the city and plans to attend college, trade school, or vocational/technical program in the fall. \$1000 award. Go to scholarship file cabinet for application or online <a href="https://charlottecca.org/latest-news/2018-scholarship-application/">https://charlottecca.org/latest-news/2018-scholarship-application/</a>. Deadline to apply- June 30.
- \* **Abbott and Fenner Scholarship** For any senior planning to attend college. Award up to \$1,000. Go to <a href="http://www.abbottandfenner.com/scholarships.htm">http://www.abbottandfenner.com/scholarships.htm</a> for more information and to apply. Deadline to apply- June 10.
- AES Engineering Scholarship- \$500 award, essay required. Go to <a href="https://www.aesengineers.com/scholarships.php#google\_vignette">https://www.aesengineers.com/scholarships.php#google\_vignette</a> for more information and to apply.
- ❖ New York State STEM Incentive Program- For seniors planning to attend a SUNY or CUNY college in the fall and plan to pursue a degree in a STEM field. Must be top 10% of high school class and commit to living and working in New York state for 5 years after college graduation working in the STEM field. This award covers your tuition at the SUNY or CUNY college. Go to <a href="https://www.hesc.ny.gov/find-aid/nys-grants-scholarships/nys-science-technology-engineerin">https://www.hesc.ny.gov/find-aid/nys-grants-scholarships/nys-science-technology-engineerin</a>

- <u>g-and-mathematics-stem-incentive/</u> for more information and to apply. Deadline to apply-August 15.
- Urban League of Rochester Scholarship List- Use this link to find available scholarshipshttps://www.urbanleagueroc.org/scholarships
- Pittsford Musicals Performing Arts Scholarship- For any senior involved in the performing or musical arts (theatre performance, dance, vocal/instrumental music, or theatre technical arts) and who plan to attend college in the fall to pursue one of these areas of study. Go to Scholarship File Cabinet for application. Deadline to apply- May 2.

#### **NEW SCHOLARSHIPS**

- SOTA Student Council First Generation Scholarship- For any SOTA senior that is the first in their family to attend college or an accredited program. Go to <a href="https://docs.google.com/forms/d/e/1FAIpQLScnil5rMQ6faFZfssd\_zuq310jxGre9ojUifl42qRQwgF516g/viewform">https://docs.google.com/forms/d/e/1FAIpQLScnil5rMQ6faFZfssd\_zuq310jxGre9ojUifl42qRQwgF516g/viewform</a> for more information and to apply. Deadline to apply- May 16.
- ❖ Genesee Valley Chapter of the New York Water Environment Association, Inc. Scholarship-For any senior planning to attend a 2 or 4- year college or university to study an environmentally related program. \$1,500 award. Go to scholarship file cabinet for application. Deadline to apply- May 31.
- National Association of Women in Construction Greater Rochester Chapter #314 Scholarship- For any female senior entering college full-time in a construction related field, a training program or similar program for construction trades. \$2500 award. Go to <a href="http://www.nawicrochester.org">http://www.nawicrochester.org</a> to apply. Deadline to apply- May 5.
- Friends of SOTA Scholarships- The Friends of School of the Arts Scholarship Application is now open! Go to <a href="https://www.friendsofsota.org/scholarships/">https://www.friendsofsota.org/scholarships/</a>. Friends of SOTA offers several scholarships to graduating SOTA seniors. Eligibility requirements and scholarship details are available by clicking on the [+] by the scholarship name. Deadline to apply- May 16.

LIBERTY PARTNERSHIPS PROGRAM AT SOTA! REGISTER TODAY!



- ❖ ESL Federal Credit Union/ Monroe Community College Save for Success Program- For any senior planning to attend MCC in the fall. Sign up for Save for Success with coordinator Dan Ercolano (260-9329), attend financial workshop, open account at ESL, set a savings goal of \$375 within 18 months, receive 8-1 match funds (up to \$3,000) for tuition, fees, books, and supplies at MCC.
- **Explorers Program** Career Exploration programs in many different fields around the Rochester area. Go to <a href="https://www.exploring.org/">https://www.exploring.org/</a> to search what programs are available in our area.
- 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.
- University of Rochester PreCollege Programshttps://admissions.rochester.edu/pre-college/programs/
- University of Rochester Online 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 <a href="https://rochesteronline.precollegeprograms.org/">https://rochesteronline.precollegeprograms.org/</a> for more information and to apply.
- ❖ 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. <a href="https://projectlevelthefield.com/">https://projectlevelthefield.com/</a>
- Alfred University Pre-College Summer Institutehttps://www.alfred.edu/about/community/summer-camps/
- ❖ New York University Tisch Summer High School Arts Programhttps://tisch.nyu.edu/special-programs/high-school-programs/tisch-summer-high-school
- ❖ SUNY New Paltz Summer Honors Programhttps://www.newpaltz.edu/summer-honors/?utm\_campaign=honors&utm\_content=honors&utm\_medium=email&utm\_source=slate&utm\_term=25\_summer
- Project Campfire- For any student of Jewish faith interested in attending summer sleep away camp at Camp Seneca Lake for FREE. Go to <a href="https://www.farashfoundation.org/project-campfire/">https://www.farashfoundation.org/project-campfire/</a> for more information.
- **❖ University of Delaware Summer College Experience** July 20-August 9. <u>www.udel.edu/edge</u>.
- ❖ Brown University Pre-CollegeProgramshttps://precollege.brown.edu/?utm\_source=MarketingCloud&utm\_medium=email&utm\_cam paign=25\_11\_03\_OneDay&utm\_content=https%3a%2f%2fprecollege.brown.edu%2f
- Worcester Polytechnic Institute Summer Programs- www.wpi.edu/+summer.
- New York University PreCollege Summer Program- <a href="www.nyu.edu/precollege">www.nyu.edu/precollege</a>
- **❖ Marist PreCollege Summer Program** www.marist.edu/precollege
- Roberts Wesleyan Academic Summer Campshttps://roberts.edu/summer-at-roberts/academic-summer-camps
- ❖ Dartmouth Online PreCollege Summer Programhttps://precollegeonline.dartmouth.edu/?utm\_source=internal&utm\_medium=email&utm\_ca mpaign=dc\_counselorleadsmonthly&utm\_content=Feb2025
- **❖** Syracuse Pre-College Summer Program- https://precollege.syr.edu/
- **❖ SUNY Stony Brook Pre-College Summer Program**https://www.stonybrook.edu/commcms/precollege-summer/index.php

- Rensselaer Polytechnic Institute PREFACE summer program- For 10th and 11th graders interested in pursuing a career in engineering or technology. July 20- August 2. <a href="https://info.rpi.edu/pre-college-initiatives/preface-rensselaer-summer-engineering-design-program">https://info.rpi.edu/pre-college-initiatives/preface-rensselaer-summer-engineering-design-program</a>
- ❖ Niagara University STEM Summer Camp- For students in grades 9-11 interested in STEM fields. Go to <a href="https://www.niagara.edu/stem-camp/">https://www.niagara.edu/stem-camp/</a> for more information.
- ❖ SUNY Geneseo Summer Academy- July 6-12, residential program for high school students that want to prepare for college, explore academic interests, and gain real college experience. Go to
  - https://www.geneseo.edu/admissions/geneseo-summer-academy-live-and-learn-campus for more information and to register.
- University of Rochester's Photon Camp- FREE camp for current 10th and 11th graders with a strong background in math, physics. It introduces students to the wide applicability of optics in modern technology, engineering, and basic scientific research. June 30-July 3. Go to <a href="https://hajim.rochester.edu/optics/news-events/photon-camp.html">https://hajim.rochester.edu/optics/news-events/photon-camp.html</a> for more information and to apply. Deadline to apply- May 16.
- Julliard Extension Summer Program- June 27- August 14. Courses offered: Elements of Music Theory and Analysis, Music Theory and Analysis I, Music Theory and Analysis II, Accelerated Introduction to Ear Training, Ear Training I. Go to <a href="https://juilliard.edu/extension/highschool">https://juilliard.edu/extension/highschool</a> for more information and to apply.



#### **ENCOMPASS Future Ready Program**



-Amanda, Gradua<mark>te</mark>

"My interest and decisions about college increased through college tours and presentations. As a result, I applied to more than 10 colleges and I have already been accepted into 5... It makes me so happy to think about how I came to Future Ready so far behind and that now I only need to finish two classes to graduate."

-Liniaha, High School Senior

# Are you

#### **Quick, Online Application:**

bit.ly/futureready-app





#### **Contact Us**

EnCompass: Resources for Learning **Future Ready Program** 16 Lake View Park

585-505-3936 futureready@e-success.org Learn More: www.bit.ly/enc-FR



**Academic Success** College & Career Preparedness **Job Training & Job Placement** 



Learn More & Apply Today!





#### **How Students Benefit**

#### Academic 5000055

Bright futures start with the foundations students need to succeed in school and graduate from high school:



- Academic Tutoring
- Regents Exam Prep
- Other Test Prep
- Experiential Learning
- Summer Learning & Enrichment









#### Navigation Support

Navigators are mentors and guides who meet with students regularly to:

- Develop & Implement Personal College & Career Plans
- Identify & Assess Academic Needs
- Coordinate Wraparound Services and Hands-On Career Exposures
- Arrange Work-Readiness Training and Job Placement

#### Career & College 🔑 🖰 🚾 🗸 🛂

Preparing for post-graduation success starts with the skills training, navigation support, and interactive experiences students need to be college and/or career-readu:

- Career Spotlights & Enrichments
- Networking Opportunities
- Future Ready Employment Education (FREE) Academu
- College Tours & Readiness Academy
- College Application and FAFSA planning



#### What's New?

Future Ready is focused on providing unique and life-changing experiences:

- Cross-Community Activities as Part of "The Hive"
- Mystery Trips
- Student-Designed Spaces
- Local & Out-of-State College Tours
- Summer Career Immersions

#### **Red Cross GLOW RED ROC Program- Go to**

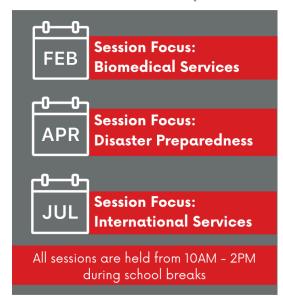
https://volunteerconnection.redcross.org/?nd=vms\_public\_form&form\_id=13117 to apply.



THE AMERICAN RED CROSS OF GREATER ROCHESTER PRESENTS

# GLOW RED ROC

(GROWING LEADERS OF THE WORLD)



#### **About the Program**

GLOW RED ROC, a program of the Greater Rochester Chapter of the American Red Cross provides youth with opportunities to develop leadership skills and enhance fundamental life skills - empowering them to become actively engaged in volunteer leadership roles supporting the American Red Cross' mission and positioning them for success in their homes, schools and in their communities.

#### **Program Eligibility**

Students enrolled in 9th-12th grade within a Monroe County based high school are eligible to apply.

Students must be available for all five days of the session(s) they are applying to attend.

#### CONTACT US FOR INFORMATION OR APPLY TODAY!

585-397-6266 | KRISTEN.CLINEBURG@REDCROSS.ORG 1040 UNIVERSITY AVENUE | ROCHESTER, NY 14607

Learn more at redcross.org/local/new-york/western-new-york/about-us/our-work/youth-leadership

Note: Students can apply for all three sessions, or attend just one or two.

# AN AFTER SCHOOL ARTS PROGRAM FOR QUEER TEENS!



#### **INTERESTED IN:**

QUEER HISTORY?

ZINES?

**BUILDING COMMUNITY?** 

WRITING?

DRAWING?

COLLAGE?

**BEING CREATIVE?** 

Queer Stories Now is a FREE after school program for LGBTQ+ teens (ages 14-17) living in the City of Rochester.

In this 8 week program students will explore identity, self expression, and queer history through learning the art of making zines. Queer Stories Now is a space for students to learn how to use the visual arts to build a community where their voice is heard!

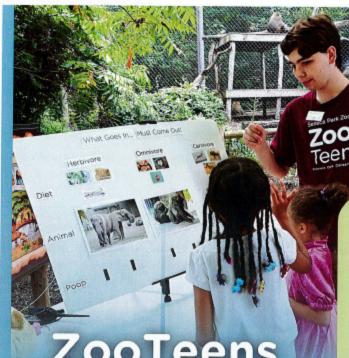


# MORE INFO AND APPLICATION: RATHAUS.PRESS/QUEER-STORIES-NOW





This program is made possible by ArtsBloom, funded through the City of Rochester's Percent for the Arts Program.



ZooTeens

The ZooTeen program gives young adults the opportunity to work together with likeminded peers from around the region, as well as with the Seneca Park Zoo education team, to help educate the public about the animals in conservation care and the importance of saving animals from extinction.





#### WHO

Any teen currently in grades 7-12

#### WHERE

Seneca Park Zoo

#### WHEN

Teens sign up for a minimum of 12 shifts over the six-week summer program in July & August. Shifts run 9:30 a.m. to 1:30 p.m. or 12:30 p.m. to 4 p.m. The program runs seven days a week and teens select the shifts that work for their schedule.

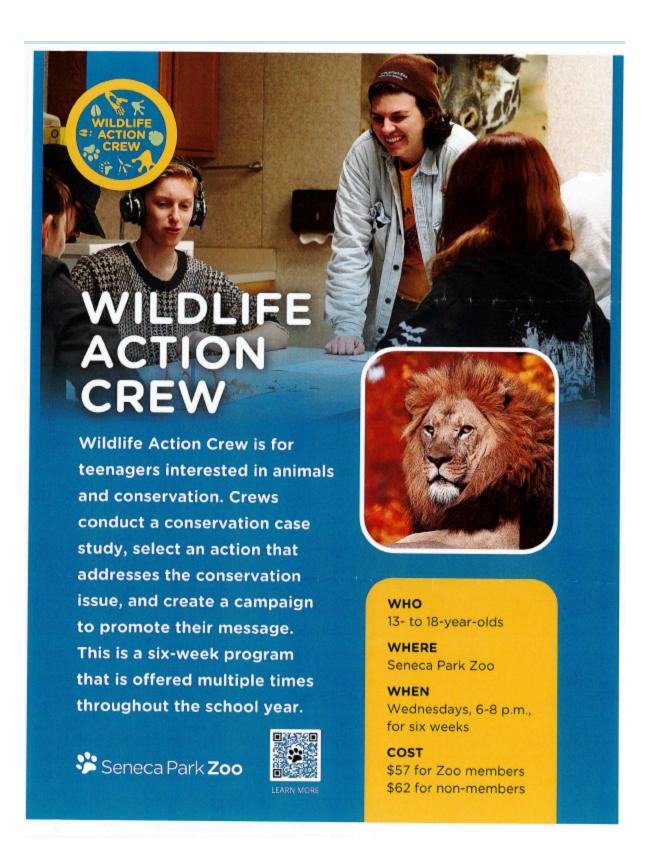
#### REQUIREMENTS

Submit an online application: senecaparkzoo.org/zooteens

- · Group interview for new ZooTeens
- · Participation in training

There is a fee of \$125, due after acceptance into the program. Need-based scholarships are available upon request.

Questions? 585.336.7208 zooteen@senecazoo.org



# CALLING ALL HIGH SCHOOL

# START YOUR ACCOUNTING CAREER WITH THE NYSSCPA

GET A PREVIEW OF COLLEGE LIFE AND THE ACCOUNTING PROFESSION

AREER

PPORTUNITIES
IN THE
CCOUNTING
PROFESSION

COAP is a FREE program to introduce high school students to accounting and finance careers. You will meet successful business leaders and get need-to-know college tips right now.

COAP helps you explore what you can do in the accounting field. Plot your future as a chief financial officer, forensics investigator, data analyst, cybersecurity consultant, entertainment and sports agent, auditor or entrepreneur.

Location:

Rochester Institute of Technology

Date:

May 30th - June 1st, 2025

T

The Moynihan Scholarship Fund (MSF) sponsors the COAP program on college campuses across New York State. It is open to all regardless of race, color, national origin or sex.

IF YOU ARE INTERESTED PLEASE FILL OUT THIS FORM: CLICK HERE

LEARN MORE @ NYSSCPA.ORG/COAP



#### **COAP Application:**

https://forms.office.com/pages/responsepage.aspx?id=YcqJiToq8E2xM0toa\_tzqMnWcNhI5xJMksLt5e66qc5UMkhZSEc4S1JSN005R1FTU08yNUk1RTNJRCQlQCN0PWcu&route=shorturl



# Parents of youth ages 13 - 17!

Prevention Access Self-Empowerment Support

Monroe County's PASS
Youth Mentoring Program is
now accepting applications
for 2024!



PASS is a mentoring program for Monroe County adolescents ages 13 to 17 that teaches life skills such as anger management, self-esteem building, job interviewing, decision making, goal setting, social skills, and self-motivation. The program provides an environment for youth to practice what they learn and use the new skills in creating a path towards lifelong goals.

Parents and youth commit to a few weekend and Saturday workshops between July and

Apply by June 30th!

For more information visit:

www.ccsi.org/program/pass or contact Neville Morris at 607-765-5656





**Apply Today!** 

www.nysacac.org/camp-college

#### **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#qid=0

## HOW TO APPLY FOR A WORK PERMIT at SOTA: <a href="https://www.rcsdk12.org/domain/13307">https://www.rcsdk12.org/domain/13307</a>

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 - A425



#### Social Workers/CFY

Mrs. Lindsey - A179 Mrs. Gordon - A349 Mrs. Johnson - A432 Ms. Nicki - A249 Mrs. O'Connor - M138



#### School Psychologists/ RRH Therapists

Mr. Blumkin - M325 Mr. Dingman - M332 Caroline Cuyler - M151 Jennifer Guzzy - M153

\*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!

#### **Call 211**

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 <u>your local 211</u>.

#### 988 Suicide and Crisis Lifeline

Dial 988 or 1-800-273-8255 for the <u>988 Suicide and Crisis Lifeline</u>. 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.

URMC 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