For appointments please contact the RIT Priority Behavioral Health Clinic at:

585-475-4748

Kindly leave a confidential voicemail with the name of the potential client and a call back number. A clinician will reach out to you within one business day.
RIT Priority Behavioral Health Clinic is a pre- and post-doctoral level training clinic. The clinicians are supervised by licensed mental health professionals and offer a wide range of services to cope with various mental health concerns.

**What Can We Help With**

- Health Anxiety
- Trauma
- Grief/Loss
- Stress Management
- Smoking Cessation
- Substance Misuse
- Depression
- Anxiety Related Disorders

**WHAT WE OFFER**

**Personalized Healthcare**

Every individual is unique. Mental health difficulties and stressors are different for each person. At the RIT Priority Behavioral Health Clinic, personalized are offered after a detailed evaluation of mental health needs with customized treatment plans.

**Individual Therapy**

We offer evidence-based individual therapy services including:

- Cognitive Behavioral Therapy
- Motivational Enhancement Therapy
- Mindfullness Skills

**Other Services**

Along with individual therapy we also offer other services to provide holistic care. As a part of RIT, our clinic integrates the use of technology and offers:

- Digital Therapies
- Tele-Behavioral Health

We also offer the following services to assist with diagnostic clarification and gain insights about emotional, social, cognitive and personality functioning:

- Behavioral Health Screenings and Consultations
- Psychological Testing