

# Capital Region Behavioral & Mental Health Counseling Resources

## Initial Resources/Suggestions

**Directly Through Insurance Company** – You can search for approved providers through the website of your insurance company. You can usually find the website information you need on the front or back of your insurance card, by calling the company directly, or doing a general search online (for example, google “CDPHP approved provider search”).

**Psychology Today Therapist Finder** – this is a general search tool for mental health providers. You can apply filters to suit your individual needs (based on location, insurance, issue, gender/language of provider, etc.).

- <https://www.psychologytoday.com/us/therapists>

**Psychiatrist Finders** – these are two search tools for psychiatrists. You can apply filters to suit your individual needs (based on location, insurance, issue, gender/language of provider, etc.).

- <https://www.psychologytoday.com/us/psychiatrists>
- <http://finder.psychiatry.org/>

**Primary Care Doctor** – Primary Care Physicians/Pediatricians are able to make referrals for mental health services providers.

## Additional Resources

### **Albany**

Capital Counseling Albany

Website: <http://capitalcounseling.org/capital-counseling-albany/>

Address: 650 Warren St Albany, NY 12208

Phone: 518-462-6531

Capital District Marriage & Family Therapy

Website: <https://capitaldistricttherapy.com/services/>

Address: 11 Computer Drive West, Suite 218 Albany, NY 12205

Phone: 518-880-2395

Albany Behavioral Health Services

Website: <http://albanybehavioralhealthllc.com/category/services/>

Address: 255 Orange Street Suite 205 Albany, NY 12210

Phone: 518-729-2126

Pinnacle Behavioral Health

Website: <https://pinnaclebehavioralhealth.com/services/>

Address: 1 Pinnacle Place Albany, NY 12203

Phone: 518-689-0244

Karner Psychological Associates

Website: <https://karnercare.com/>

Address: 2280 Western Ave. Guilderland, NY 12084

Phone: 518-456-5056

Pinebush Mental Health

Website: <http://www.pinebushmentalhealth.com/>

Address: 1A Pine West Plaza Albany NY 12205

Phone: 518-862-1665

Saratoga Psychological Associates – Wolf Road Office

Website: <https://saratogapsych.com/services.html>

1 Marcus Blvd, Suite 105 Albany, NY 12205

Phone: (518) 783-1063

SUNY Albany Counseling and Psychological Services

Website: [https://www.albany.edu/counseling\\_center/Counseling.shtml](https://www.albany.edu/counseling_center/Counseling.shtml)

Address: 1400 Washington Ave Albany NY 12222

Phone: 518-442-5800

Capital Region Outpatient Wellness Network (CROWN)

Website: <https://smha-crown.com>

Address: 4 Atrium Drive Suite 100, Albany, New York 12205

Phone: 518-374-0295 Fax: 518-377-3729

Michelle Zinoman, LCSW-R

Address: 409 New Karner Road Suite 101, Albany, NY 12205

Phone: 518-456-1071

Vitality Psychiatry Group

Website: <https://vitalitypsychiatry.org>

Address: 3 Pine West Plaza Suite 305, Albany, NY 12205

Phone: 518-691-0732

Choices Counseling and Consulting

Website: <https://choicesconsulting.com/>

Address: 10 Colvin Ave, Suite 102, Albany, NY 12206

Phone: 518-438-2222

Identities Counseling & Consulting

Website: <https://identitiescounseling.com/>

Address: 125 Wolf Road, Suite 315, Albany, NY 12205

Phone: 518-878-2347

### **Bennington VT**

United Counseling Service

Website: <https://www.ucsvt.org/>

Address: 100 Ledgehill Rd, Bennington, VT 05201

Phone: 802-442-5491

Southwestern Vermont Medical Center

Website: <https://svhealthcare.org/>

Address: 100 Hospital Dr, Bennington, VT 05201

Phone: 802-442-6361

Will Hansen Counseling Services

Address: 160 Benmont Ave, Bennington, VT 05201

Phone: 802-379-6504

Child, Adolescent, Family Therapy - K and L Associates, Inc.

Address: 160 Benmont Ave, Bennington, VT 05201

Phone: 802-442-2722

Ellen C. Collins-Reed, LICSW

Address: 90 Branch St, Bennington, VT 05201

Phone: 802-440-8005

SVMC Psychiatry

Address: 140 Hospital Dr #209, Bennington, VT 05201

Phone: 802-442-8165

SVHC Associate In Psychiatry

Address: 100 Hospital Dr, Bennington, VT 05201

Phone: 802-447-5210

King Stephen R PhD  
Address: 207 Main St, Bennington, VT 05201  
Phone: 802-447-2010

Mindful Solutions, PLLC  
Website: <http://drbobhemmer.com/services>  
Address: 160 Benmont Ave UNIT 20, Bennington, VT 05201  
Phone: 802-442-3520

Heidi Peterson - Clinical Social Work/Therapist, MSW, LICSW  
Green Mountain EMDR and Psychotherapy, PLLC  
Address: 160 Benmont Avenue Suite 20 Bennington, VT 05201  
Phone: 802-662-1798 x206

Lisa J Carton - Clinical Social Work/Therapist, LICSW  
Address: P.O. Box 834 North Bennington, VT 05257  
Phone: 802-433-4510

Julia Stifler MSW, MS, LICSW Clinical Social Worker Counselor  
Phone: 802-440-0813

Sarah Dianne Nolan  
Address: 5 Bank Street, N. Bennington, VT 05257  
Phone: 802-442-2000

### **Castleton**

Capital Region Outpatient Wellness Network (CROWN East)  
Website:  
<https://smha-crown.com/capital-region-outpatient-wellness-network-crown-east/>  
Address: 2500 Pondview Suite 207 Castleton, New York 12033  
Phone: 518-245-9349

### **Clifton Park**

Legacy Behavioral Health  
Website: <https://mylegacynyc.com/>  
Address: 6 Chelsea Pl Clifton Park, NY 12065  
Phone: 844-253-4229

Saratoga Psychological Associates – Clifton Park Office

Website: <https://saratogapsych.com/services.html>

632 Plank Road Clifton Park, NY 12065

Phone: (518) 587-0499

Capital Counseling Clifton Park

<http://capitalcounseling.org/capital-counseling-clifton-park/>

Address: 4 Chelsea Place Suite 102 Clifton Park, NY 12065

Phone: (518) 462-6531

With Grace Mental Health Counseling

Website: <https://www.gracemhc.com/welcome>

Address: 7 Corporate Drive Clifton Park, New York

Phone: 518-400-2856

Karner Psychological Associates

Website: <https://karnercare.com/>

Address: 634 Plank Rd., Suite 206 Clifton Park, NY 12065

Phone: 518-456-5056

### **Colonie**

Capital Counseling Colonie

Website: <http://capitalcounseling.org/capital-counseling-colonie/>

Address: 21 Aviation Road (Rear Entrance) Albany, NY 12205

Phone: 518-462-6531

### **Delmar**

Bethlehem Counseling Associates

Website: <https://bethlehemcounseling.com/>

Address: 200 Delaware Ave. Delmar, NY 12054

Phone: 518-439-0090

Capital Psychological Associates

Website: <https://www.capitalpsych.com/>

Address: 274 Delaware Avenue, Suite 1A, Delmar, NY 12054

Phone: 518-453-9220

Dr. Jill DeTosta

Website: <https://www.drjilldeltosta.com/services>

Address: 399 Kenwood Avenue Delmar, NY 12054

Phone: (518) 314-0047

**Glens Falls**

Osika & Scarano Psychological Services – Glens Falls Office

Website: <https://www.ospsychservices.com/>

Address: 5 Pine Street Glens Falls, NY 12801

Phone: 518-745-0079

True North

Website: <http://www.truenorthat499glen.com/>

Address: 499 Glen Street Glens Falls, NY 12801

Phone: 518-798-9187

Oakwise Counseling

Website: <https://www.oakwisecounseling.com/>

Address: 16 West Notre Dame St, Suite 3 Glens Falls, NY 12801

Phone: 518-490-9473

Glens Falls Hospital Comprehensive Behavioral Health Services

Website:

<https://www.glensfallshospital.org/services/outpatient-programs-and-services/behavioral-health/>

Address: 100 Park Street Glens Falls, NY 12801

Phone: 518-926-1000

**Hoosick Falls**

Rensselaer County Mental Health

Website:

<https://www.rensco.com/departments/mental-health/hoosick-falls-satellite-clinic/>

Address: 69 Church Street Hoosick Falls NY 12090

Phone: 518-686-0694

**Hudson Falls**

Adirondack Samaritan Counseling Center

Website: <https://www.adirondacksamaritan.org/>

Address: 15 Boulevard, Hudson Falls, NY 12839

Phone: 518-747-2994

Caleo Counseling Services

Website: <https://www.wvamh.org/clinical-counseling/>

Address: 3043 State Route 4, Hudson Falls, NY 12839

Phone: 518-747-2284

## **Lake George**

BeADK Therapy

Website: <https://www.beadk.com/>

Address: 1810 State Route 9, Suite C Lake George, NY 12845

Phone: 518-685-3474

## **Latham**

Saratoga Psychological Associates – Latham Office

Website: <https://saratogapsych.com/services.html>

Address: 711 Troy Schenectady Road Latham, NY 12110

Phone: 518-783-1063

Freedom First Psychological Services, PLLC

Website: <https://freedomfirstpsych.com/>

Address: 4 Avis Dr Suite 101 Latham, NY 12110

Phone: 518-560-4277

## **Malta**

Union Counseling Behavioral Health Center – Malta Office

Website: <https://unioncounselingbhc.weebly.com>

Address: 5 Hemphill Place Malta NY, 12020

Phone: 518-289-5072

## **Pittsfield**

The Brien Center

Website: <https://www.briencenter.org/>

Address: 359 Fenn St, Pittsfield, MA 01267

Phone: 413-499-0412

Elizabeth Freeman Center (Domestic/Sexual Violence)

Website: <https://www.elizabethfreemancenter.org/>

Address: (Main Office) 43 Francis Ave, Pittsfield, MA 01201

Phone: 413-499-2425

24 Hour Hotline: 866-401-2425

Affirmative Counseling (LGBTQ+ friendly)

Website: <http://affirmativecounseling.net/home.html>

Address: 2 Depot Street, Dalton, MA 01226

Phone: 413-358-3038 Sara Shuff, LICSW

413-358-5697 Kelly Heck, LICSW

**Saratoga**

Saratoga Center for the Family

Website: <https://saratogacff.org/mental-health-services>

Address: 359 Ballston Avenue Saratoga Springs, NY

Phone: 518-587-8008

Saratoga Psychological Associates – Saratoga Office

Website: <https://saratogapsych.com/services.html>

63 Franklin Street, 1st Floor Saratoga Springs, NY 12866

Phone: 518-587-0499

Capital Counseling Saratoga

Website: <http://capitalcounseling.org/capital-counseling-saratoga/#>

Address: 100 West Ave Saratoga Springs, NY 12866

Phone: 518-462-6531

Saratoga Counseling Solutions

Website: <https://www.melissamccabe.com/areas-of-focus>

Address: 77a Excelsior Avenue, Saratoga Springs, NY 12866

Phone: 518-490-6429

ECS Psychological Services

Website: <https://ecspsychological.com/services-for-children/>

Address: 210 Church Street Saratoga Springs, NY 12866

Phone: 518-580-0520

Cathy Gayron, LCSW-R

Address: 229 Washington Street Suite 204, Saratoga Springs, NY 12866

Phone: 518-595-4792

**Schenectady**

Schenectady Mental Health Associates (SMHA)

Website: <https://smha-crown.com/schenectady-mental-health-associates-smha/>

Address: 1411 Union Street Schenectady, New York 12308

Phone: 518-374-0295

Union Counseling Behavioral Health Center – Schenectady Office

Website: <https://unioncounselingbhc.weebly.com>

Address: 1311 Union Street Schenectady NY 12308

Phone: 518-374-6263



Ellis Medicine

Website: <http://www.ellismedicine.org/services/mental-health.aspx>

Adult Outpatient Mental Health Services – 518-243-3300

Child & Adolescent Outpatient Mental Health Services – 518-382-2290

Capital Counseling Schenectady

Website: <https://capitalcounseling.org/contact/>

Address: 670 Franklin St Schenectady, NY 12305

Phone: 518-462-6531

Osika & Scarano Psychological Services – Schenectady Office

Website: <https://www.ospsychservices.com/>

Address: 432 Franklin Street Schenectady, NY 12305

Phone: 518-745-0079

Northeast Parent and Child Society – The Child Guidance Center

Website:

<https://www.addiction-programs.net/directory/listing/northeast-parentchild-society-the-child-guidance-center>

Address: 530 Franklin Street Schenectady NY 12304

Phone: 518-381-8911

Family and Child Service of Schenectady

Website: <https://www.familyandchildservice.com/>

Address: 246 Union Street Schenectady NY 12305

Phone: 518-393-1369

Haven Grief Counseling Center

Address: 218 Nott Terrace Schenectady NY 12305

Phone: 518-370-1666

Center for Solutions

Website: <https://center4solutions.org>

Address: 2141 Eastern Parkway, Niskayuna, NY 12309

Phone: 518-982-1274 Fax: 518-982-1277

**Troy**

Capital Counseling Troy

Website: <http://capitalcounseling.org/capital-counseling-troy/>

Address: 120 Defreest Drive Suite 220 Rensselaer Tech Park Troy, NY 12180

Phone: 518-462-6531

Joe Kelley, LCSW-R

Address: 1801 6th Ave #201, Troy, NY 12180

Phone: 518-956-0177

Dr. Alex Marsal, Licensed Clinical Psychologist

Website: <https://www.dralexmarsal.com>

Address: 459 Broadway, Troy, NY 12180

Phone: 518-588-7513 Fax: 518-373-0470

Email: [dr.alexmarsal@gmail.com](mailto:dr.alexmarsal@gmail.com)

Morningstar Center for Addiction Counseling

Address: 406 Fulton Street Suite 211, Troy, NY 12179

Phone: 518-274-1164

Rensselaer County Mental Health

Website: <https://www.rensco.com/239/Mental-Health>

Address: 1600 7th Avenue, Troy, NY 12180

Phone: 518-270-2800

(Hoosick Falls Satellite Office: 518-686-0694)

Samaritan Outpatient Mental & Behavioral Health

Website: <https://www.sphp.com/find-a-service-or-specialty/behavioral-health/>

Address: 2215 Burdett Ave, Troy, NY 12180

Phone: 518-326-7556

START Children's Center of Rensselaer County (child victims of sexual&physical abuse)

Address: 131 6th Ave, Troy, NY 12180

Phone: 518-271-6001

The Community Hospice of Rensselaer County (Grief & Loss Support)

Website: <https://www.communityhospice.org/>

Address: 295 Valley View Blvd, Troy, NY 12180

Phone: 518-724-0242

### **Warren County**

Warren County Office of Community Services (Mental Health)

Website: <https://warrencountyny.gov/mhcs>

Address: 230 Maple St., Suite 1 Glens Falls, NY 12801

Phone: 518-792-7143

**Telehealth Only:**

Valera Health

Website: <https://www.valerahealth.com>

Address: 134 North 4th Street, Brooklyn, NY 11249

aptihealth

Website: <https://www.aptihealth.com/>

Address: 340 Broadway, Suite 7, Saratoga Springs, NY 12866

Phone: (888) 454-3827