

Community Resource List

Mental Health/Counseling Services

Families can search for approved providers through the website of your insurance company, by calling the company directly, or doing an online search (i.e., google “CDPHP approved provider search”).

[Psychology Today Therapist Finder](#) – This is a general search tool for mental health providers. You can apply filters based on individual needs (i.e., location, insurance, referral concern, gender of provider, etc.).

Psychiatrist Finders – Below are two search tools for finding psychiatrists. You can apply filters based on individual needs (i.e., location, insurance, referral concern, gender 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 to mental health services providers.

Schenectady County

Schenectady County Mobile Crisis Team

Dispatched in teams to consult for mental health crises for children, teens and adults.

Phone: 518-292-5499

Monday - Friday 8am - 10pm

Saturday - Sunday 11am - 7pm

Website: <https://www.northernrivers.org/mobile-crisis>

The Family Room (alternative to ER for mental health emergencies)

Address: 1023 State Street (parking in rear; entrance on side of building off Waldorf Place)

Schenectady, NY

Phone: 518.831.8700

Hours: Monday - Friday | 10 am - 6 pm

Ages 10-17

Ellis Outpatient Child & Adolescent Treatment:

Address: 624 McClellan Street, Suite 204, Schenectady, NY 12304

Phone: 518-382- 2290

Dr. Amanda Student

Website: <https://drascounseling.com/counseling/>

Completely virtual

Phone: 518-730-4295

Northern Rivers: Behavioral Health Centers

Website: <https://www.northernrivers.org/our-services/behavioral-health?id=22>

Address: 530 Franklin Street, Schenectady, NY 12305

Phone: 518.381.8911

Second Nature Counseling

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

Address: Historic Campbell House 101 State Street, Suite 101 Schenectady, NY 12305

Phone: (518) 952-9290

Email: hello@secondnaturecounseling.com

Union Street Counseling Services

Website: <https://www.uscs.info/>

Address: Schenectady Location: 2310 Nott Street East, Niskayuna, NY 12309

Phone: (518) 374-6263

Malta Location: 5 Hemphill Place, Suite 121

Malta NY, 12020

Phone: (518) 289-5072

Center for Solutions

Website: <http://www.center4solutions.org/>

Address: 2141 Eastern Pkwy, Niskayuna, NY 12309

Phone: 518-982-1274

Samaritan Counseling Center

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

Address: 220 N Ballston Ave, Scotia, NY 12302 & 8 N Church St, Schenectady, NY - Multiple Locations

Phone: (518) 374-3514

Healthy Alliance

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

Phone: 518-701-2200

Location: 430 Franklin St, 2nd Floor, Schenectady, NY 12305

New Choices Recovery Center:

Providing free substance abuse counseling to students is part of the many programs they offer.

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

Address: 728 State Street, Schenectady, NY 12307

Phone: 518- 346-4436

Conifer Park:

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

Address: 600 Franklin St, Schenectady, NY 12305

Phone: 518-372-7031

St. Peter's Addiction Recovery Center (SPARC)

Website: <https://oasas.ny.gov/location/st-peters-addiction-recovery-center-inc-sparc>

Address: 2925 Hamburg Street, Schenectady, Schenectady, NY, 12303

Phone: 518-357-290

Montgomery County

St. Mary's HealthCare: Children's Mental Health Clinic

This clinic provides outpatient mental health diagnosis and treatment for seriously emotionally disturbed children and teens, and their families, who reside in Fulton, Montgomery

Website: <https://www.smha.org/services/childrens-mental-health-clinic/>

Address: Memorial Campus, 3rd floor, 4988 State Highway 30, Amsterdam, NY 12010.

Phone: 518-843-7520.

Albany County

Albany County Mobile Crisis Team (ask for mobile crisis)

518- 549-6500

Ellie Mental Health

Website: <https://elliementalhealth.com/locations/latham-ny/>

Address: 1182 Troy Schenectady Road, Suite 204 Latham, NY 12110

Phone: 518-400-5180

Email: ellieNY20501@elliementalhealth.com

Offers in person and online therapy, family, play, art and group therapy

Vitality Psychiatry

Website: <https://vitalitypsychiatry.org/adolescent-child-behavioral-therapists/>

Phone: 518-691-0732

Address: 1 Pine West Plaza, Suite 114 Albany, NY 12205

Email: life@vpgrp.org

Offers in person and online therapy, family, play, and adolescent therapy.

Capital Region Outpatient Wellness Network (CROWN)

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

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

Phone: 518-347-0295

Common Sense Wellness Network

Website: <https://www.commonsensemh.com/home>

Address: Multiple locations

Phone: (518) 545-4691

Clearwater Counseling

Website: <https://www.clearwaterpllc.com/contact>

Address: Multiple Locations

Phone: 518-245-6271

Capital Counseling Albany

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

Address: 650 Warren St Albany, NY 12208

Phone: 518-462-6531

Brian Freidenberg, Ph.D.

Offers support groups for teens

Website: <https://www.psychologytoday.com/us/therapists/brian-freidenberg-albany-ny/318314>

Address: 5 Pine West Plaza, Suite 511, Albany, NY 12205

Phone: (518) 348-8689

Capital District Marriage & Family Therapy

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

Address: 855 Route 146, Suite 101, Clifton Park, NY 12065

Phone: 518-880-2395

Albany Behavioral Health Services

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

Address: 721 Madison Avenue, Albany, NY 12208

Phone: 518-729-2126

HPA/Live Well

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

Address: 260 Washington Avenue Extension, Suite 101, Albany, NY 12203

Phone: 518-218-1188

Freedom First Psychological Services

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

Address: 4 Avis Drive Suite 101 Latham, NY 12110 and 2596 St Route 145 Middleburgh, NY 12122

Phone: 518-560-4277

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: Multiple Locations

Main:(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

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

Address: Multiple Locations

Phone: (518) 783-1063

Capital Counseling Colonie

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

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

Phone: 518-462-6531

Psychology Wellness Practice

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

Address: 139 Vly Road Albany, NY 12205

Phone: (518) 608-4271

Contact Email: reception@pwpractice.com

Bereavement and Grief Counseling Support

The Community Hospice - Wave Riders

Weekly support groups for teens and adults

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

Phone: 518-724-0200

Address: 445 New Karner Road Albany, NY 12205

The Bryon Center for Loss and Healing (through St. Catherines)

Address: 775 Lancaster Street, Albany, NY 12203

Phone: 518-453-2515

Eating Disorder Support

HPA/Live Well

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

Address: 260 Washington Avenue Extension, Suite 101, Albany, NY 12203

Phone: 518-218-1188

Mental Health Counseling

Eating Disorder support

Groups

Capital Psychological Associates

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

Address: 4 Atrium Drive, Suite 240, Albany, NY 12205

Phone: 518-453-9220

Delmar

Bethlehem Counseling Associates

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

Address: 200 Delaware Ave. Delmar, NY 12054

Phone: 518-439-0090

Dr. Jill DelTosta

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

Address: 399 Kenwood Avenue Delmar, NY 12054

Phone: (518) 314-0047

Email: dr.jilldeltosta@gmail.com

Clifton Park

Legacy Behavioral Health

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

Address: 6 Chelsea Pl Suite 103 Clifton Park, NY 12065

Phone: (844)-253-4229

wearelegacyny@gmail.com

Saratoga

Four Winds (inpatient- voluntary hospitalization)

Website: https://www.fourwindshospital.com/about_four_winds/saratoga/

Address: 30 Crescent Avenue, Saratoga Springs, NY 12866

Phone: 518-584-3600

National Organizations

Crisis Mental Health Support

988 - 24/7 Textline

A Nationwide textline free for all to use when in need to speak to someone.

Mindful Care:

Virtual mental-health urgent care and ongoing care services

Website: <https://www.mindful.care/>

Phone: 516-505-7200

Medication Management

Mindful Care:

Virtual medication management

Website: <https://www.mindful.care/>

Phone: 516-505-7200

Mindful Care:

18+ only

Virtual medication management and individual counseling

Website: <https://www.mindful.care/>

Phone: 516-505-7200

GLSEN - Nationwide

A national organization started by educators to create a welcoming environment for LGBTQ+ students. They provide resources, training, and advocacy.

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

It Gets Better - Nationwide

National organization that works to provide support for members of the LGBTQ+ community while also educating others.

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

Trevor Project - Nationwide

A national organization that aims to provide mental health support for members of the LGBTQ+ community.

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

Additional Community Resources

Dial or visit 211 (Northeast NY): 24/7 information and referrals for food, housing, mental health, child and family supports in Schenectady and surrounding counties

NAMI Schenectady Directory: Community resource guide with links to mental health services, crisis hotlines, housing assistance, peer support, and more

<https://namischenectady.org/directory-of-services>

Scotia Relief: <https://www.scotiarelief.com/other-agencies>

City Mission of Schenectady

Food pantry, shelter, employment services, clothing

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

Address: 427 Hamilton Street Schenectady NY 12305

Phone: (518) 346- 2275

Schenectady Inner City Ministry (SICM)

Drive-up pantry at 839 Albany St. plus mobile pantry events several times per month

Website: <https://www.sicm.us/>

Address: 839 Albany Street, Schenectady, NY 12307

Phone: 518-346-4445

Scotia-Glenville Food Pantry (City View Church)

Serves residents of Scotia and Glenville with non-perishable groceries

132 Mohawk Ave., Scotia 12302

Hours: Tuesdays 5:30-7:00 pm and Fridays 9:00-11:00 am (once per month visits)

Phone: (518) 588-8214

Fresh Table Pop-Up Community Pantry (<https://freshtable.org>)

Mobile pantry offering fresh produce, meat & dairy—no ID required

Operates monthly in Scotia-Glenville and nearby areas

Friendly “farmers-market” style access to quality food

Food pantries are also located at Salvation Army, Bethesda House, PG Wright Pantry, State Street Pantry, Lighthouse Pantry, and Bridge Pantry. Most require ID or monthly sign-in. Click [here](#) for the resource guide.

<https://www.findhelp.org/food/food-pantry--schenectady-ny>

****Ellis Family Room**

Located at the State Street Clinic, 1023 State St. Schenectady

Crisis Diversion for youth 10-17.

No referral is necessary, can walk in

Youth does not need to appear with a guardian

Will have a Peer Advocate, Case Manager, Social Worker and Social Worker Supervisor on staff

Will help connect the youth to services in the community, as well as help the family as a whole if necessary

Initially will be open Monday-Friday 10-6

Will bill if the family has insurance, however this is not necessary to receive help

LGBTQ+ Resources

Choices Counseling and Consulting

Affirming & Holistic Psychotherapies for Healing & Growth

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

phone: (518) 438 2222 fax: (518) 438 7777

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

Pride Center of the Capital Region:

LGBTQ+ support and resource center

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

Address: 332 Hudson Ave, Albany, NY 12210

Phone: 518-462-6138

Hometown Health - Schenectady and Amsterdam

Medical, behavioral health, dental, and vision support

Cost effective primary health care to all in need

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

Address: 1044 State Street, Schenectady NY 12307 - (518) 370-1441

67 Division Street, Amsterdam NY 12010 - (518) 627-2110, (518) 627-2111 (Spanish)

Things of My Very Own

Crisis services and programs for children

Food pantry open to the public

Website: <https://thingsofmyveryown.org/home/>

Address: 249 Green Street, Schenectady, NY 12305

Phone: 518-630-5143

Bethesda House

Emergency housing, Housing support, mental health counseling, case management

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

Address: 834 State Street Schenectady, NY 12307

Phone: 518-374-7873

Schenectady Community Action Program (SCAP)

Assistance with applying for HEAP, advocacy for housing stability, and employment services

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

Address: 913 Albany Street, Schenectady, NY 12307

Phone: 518-374-9181

YWCA - Schenectady

Shelter, advocacy & counseling for domestic violence

Website: <https://www.ywca-neny.org/>

Address: 44 Washington Avenue, Schenectady, NY 12305

Phone: 518 374-3394

24-hour emergency hotline for victims – 518.374.3386

NAMI - National Alliance on Mental Illness

Provides a variety of services and information, mental health support, transitional needs, food services, homelessness, medical needs

Visit their website to see a list of all their connections, always being updated

Website: <https://nami.org/Home>

Ibero - American Action League

A dual language multi service agency that uplifts, empowers, and advocates for Latinos and the underserved.

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

Mohawk Opportunities Program

Transitional services and housing opportunity available to adults

Mental health and recovery available to anyone over 18

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

Phone: (518) 374-8424

Address: 201 Nott Terrace, Schenectady, NY 12307

Safe Inc. of Schenectady

Afterschool programs, case management, employee readiness, safe emergency housing for teens

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

Address: 1344 Albany Street, Schenectady, NY 12304

Office line: 518- 374-0166

24-Hour line: 518- 374-5178

Girls Inc.

Mentoring, advocacy work and educational programs for girls

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

Address: 962 Albany Street, Schenectady New York, 12307

Phone: (518) 374-9800

Jack's Place

The goal of Jack's Place is to provide a "home" for the families of out of town patients of Ellis Medicine and Sunnyview Rehabilitation Hospital while their loved ones are rehabilitating.

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

Phone: 518-952-7648

Address: 17 Rosa Road, Schenectady NY 12308

CAPTAIN Community Human Services

-Support for families, counseling, food, housing, youth groups

Website: <https://captaincares.org/#main-content>

Address: 543 Saratoga Road, Glenville, NY 12302

Phone: 518.399.4624 or 518.399.8663

NYS Parent Helpline

Private and public agencies coming together to provide support for parents in all different circumstances.

Website: <https://nyspep.org/resources/parent-helpline>

Mohawk Humane Society - Pet Loss Support Groups

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

Address: 3 Oakland Avenue Menands, NY 12204 (For GPS, please use 193 Broadway)

Phone: 518.434.8128

Substance Abuse- Adolescent Outpatient Services