

Counseling Resources

(revised 10/20/2021)

AGENCIES or GROUPS

C.A.R.E.S. Team

#882-4357 (HELP)

<https://www.shswny.org/services/cares>

-Crisis and re-stabilization Emergency Services open 24 hrs/day 7days a week. A crisis counselor is available at all times and ready to help families of children under 18 yrs.old who may be experiencing a serious behavioral and/or emotional concern.

Crisis Services- 24hr. hotline

#834-3131 or 2-1-1

2969 Main St.

Buffalo, NY 14214

www.crisisservices.org

Crisis Text Line (available 24/7): Text: 741-741

Text HOME to 741741 if in a crisis situation. Trained mental health providers can help immediately.

Suicide Hotline

#784-2433

Family Support Center of Hamburg (FSC)

#646-3200 ex.7256

5305 Abbott Rd

Hamburg, NY 14075

This is a free counseling service available to all Hamburg students and their families. A coping skills group is also available for adolescents who have depression, anxiety and/or self-injury.

Baker Victory Services

#828-9500

650 Ridge Rd.

Lackawanna, NY 14218

www.bakervictoryservices.org

Best-Self Behavioral Health

#884-0888

140 Pine Street.

Hamburg, NY 14075

(you must call the intake number first to arrange the appt. @ 835-7807)

<https://www.bestselfwny.org/>

This is an outpatient mental health clinic that provides counseling to children (ages 3-18) and their families. Treatment is provided for the following reasons: depression, anxiety, attention deficit disorder, poor academics, poor relationship with parents, etc... CATS has a child psychiatrist (Dr. Ewen MacPherson) on staff that is available to assess for medication

Buffalo Centre for the Treatment of Eating Disorders

#276-6939

95 John Muir Dr.

Amherst, NY 14228

www.buffalocentre.com

Catholic Charities**#648-6515**

40 Main St.

Hamburg, NY 14075

www.ccwny.org

-This is an outpatient mental health agency. Catholic Charities mostly works with families experiencing any type of problems. They can refer to a psychiatrist at Monsignor Carr if needed.

The Counselor's Corner**#801-4670**

6265 Sheridan Dr. Suite 122

Williamsville, NY 14221

www.counselorscorner.net***Division of Adolescent Medicine*****#323-0050*****- specializes in eating disorders***

Women's & Children's Hospital of Buffalo

1404 Sweet Home Road, 4th Floor

AMherst, NY 14228

The Providers at East Quaker (former FMS Psychology)**#539-9232**

6556 EAsT Quaker Street

Orchard Park, NY 14127

<https://eastquaker.com/>***Life Transitions Center*****#836-6460**

150 Bennett Rd.

Cheektowaga, NY 14227

www.lifetransitionscenter.com***Spectrum Health & Human Services*****#710-5172**

227 Thorn Ave.

Orchard Park, NY 14127

www.shswny.com

-Outpatient mental health counseling and substance abuse treatment.

Suburban Psychiatric Associates**#689-3333**

4535 Southwestern Blvd., Bldg 700, suite 704

Hamburg, NY 14075

<http://www.suburbanpsych.org/>***Horizon Health Services*****#662-6802**

3045 Southwestern Blvd., Suite 109

Orchard Park, NY 14127

<http://www.horizon-health.org/>***The Summit Center*****#629-3400**

150 Stahl Rd.

Getzville, NY 14068

www.thesummitcenter.org

WNY Psychotherapy Services

70 Linwood Avenue.

Orchard Park, NY 14127

www.wnypsychotherapy.com

#675-9232

INDIVIDUAL THERAPISTS

Linda Abrams, Clinical Social Worker & CASAC

#648-4407

162 Main St.

Hamburg, NY 14075

-Linda is in private practice and provides counseling to adolescents, adults, and families. She specializes in the following areas: identity/self-esteem, depression, anxiety, relationship concerns, substance abuse and life transition issues. Linda's clinical style is solution-focused, strength-based and holistic. She utilizes techniques, which include expressive arts and mindfulness practices.

Mary Beiter, LCSW-R

#652-8100 ext 7

552 Linden Ave.

East Aurora, NY

Laura Benedict, Ph.D. Clinical Psychologist

#667-7031

6541 Webster Road

Orchard Park, NY 14127

Amanda Brennan, LMHC

#801-4670

6265 Sheridan Dr. Suite 122

Williamsville, NY 14221

Katie Booker, LCSW (Katie Booker Counseling)

#867-4431

474 Niagara Falls Blvd Ste 5

Tonawanda, NY 14222

<https://www.katiebookercounseling.com/>

Day Cummings, LMSW RN

#507-*6281

4263 St. Francis Drive

Athol Springs, NY 14010

-Individual, family and group counseling is available for children and adults experiencing grief related issues as well as depression, anxiety, behavior problems, parenting, and other issues. This location is 15 minutes away from downtown Buffalo.

Rebecca Darszewski, LCSW

#984-7616

162 Main St.

Hamburg, NY 14075

Shari DeLisle, Ph.D .

#803-6847

229 Main St.
Hamburg, NY 14075

Maggie Dreyer, MSW, LCSWR

#430-0704

300 Center Rd.
West Seneca, NY 14224

-Maggie has been a practicing clinician in the Buffalo area for over 19 years. She has expansive experience in the use of CBT and play therapy to provide counseling & advocacy for system issues, permanency planning, life cycle changes, grief/loss, anxiety, coping and stress management.

<https://www.mdreyer.org/>

Colleen Edwards, LCSW-R

863-8627

11403 Tomarsue Rd
Marilla, NY 14102

Jennifer Einarsson

#662- 2228

3625 Eggert Rd.
Orchard Park, NY 14127

Ceaton Falgiano, LCSW

#751-5229

162 Main St
Hamburg, NY 14075

Julie Fierle, LCSW: (uses horses in therapy)

#568-7042

Lost Elms 2429 Lapham Rd
East Aurora, NY 14052
<https://www.juliafierle.com/>

Greg Griffon, LCSW-R (Griffon Counseling Services)

#496-3998

7071 Boston St. Rd.
Hamburg, NY 14075
<http://griffinounselingservices.com/>

Dr. Tedd Habberfield, Ph.D. Psychologist

#626-7492

37 South Cayuga Road
Buffalo, NY 14221

-Dr. Habberfield specializes in adolescent depression/anxiety and mood disorders in males.

Dr. Howard Hitzel, Psy.D. Psychologist

#316-8774

229 Main St
Hamburg, NY 1475

-Dr. Hitzel offers counseling to adolescents, adults, couples, and families. Counseling with adolescents will focus on anxiety or depression, behavioral and school problems, adjustment difficulties, and problematic relationships with family or peers.

Kriss Jarecki, LCSW-R

#913-2832

552 Linden Ave.
East Aurora, NY 14052

Patricia Jones, Certified Social Worker

#652-8100

379 Main Street
East Aurora, NY 14052

<http://www.spensieninspired.com/>

-Patricia is in private practice at East Aurora Psychological Services. She specializes in treating children, adolescents, and families. Her areas of expertise are in treatment of child sexual abuse, foster care/adoption issues, ADHD, behavioral problems, separation/divorce, and childhood loss/grief issues. She also specializes in adults experiencing anxiety, depression and adjustment issues and grief/loss.

Nancy Kells-Kramer, Clinical Social Worker

#662-5499

300 International Dr Ste 100
Williamsville, NY 14221

-Nancy specializes in a variety of issues, including eating disorders, special education, treating women and adolescents.

Laurie La Porta, Clinical Social Worker

#597-5890

3559 N. Buffalo Street, Suite #2
Orchard Park, NY 14127

Dr. Karen McClintock, Ph.D. Psychologist

#667-6331

3959 N. Buffalo Rd.
Orchard Park, NY 14217

https://www.behavioralhealthcarenetwork.org/profile_view.php?userid=5

-Both psychologists specialize in treating adolescents and families presenting with a variety of different issues

Karin Meisner, LCSW

#662-4268

6195 W. Quaker Rd.
Orchard Park, NY 14127

Alicia Moonan, LMHC (Moonan Counseling)

#558-6563

7071 Boston St. Rd.
Hamburg, NY 14075

<https://www.moonancounseling.com/>

Annie J. Monaco, MSW, LCSW-R

#289-2037

4955 North Bailey Avenue, Suite 100
Amherst, NY 14226

<https://www.annimonaco.com/contact>

Annie has extensive training in family therapy, play therapy, trauma therapy, and offender work. Annie's specialty includes working with children, teens, families and adults affected by trauma.

Greg Nuessle, LCSW-R

#235-0930

3959 N. Buffalo Rd.
Orchard Park, NY 14217

Alison Schweichler, LCSW-R

3685 Southwestern Blvd
Orchard Park, NY 14127

#698-5707

Jennifer Schwenbeck, Ph.D., Clinical Social Worker

46 Main St.
Hamburg, NY 14075

#646-4991

Meegan Stamm, MSW, LCSW

300 Center Rd.
West Seneca, NY 14224
<https://www.mmscounseling.com/>

#867-4431

Stacey C. Stevens, MS, LMHC

300 Center Rd.
West Seneca, NY 14224
<https://scscounseling.org/home>

#598-0063

Stacey's clinical focus primarily addresses the unique needs of children, teens and adults affected by significant traumas including sexual abuse, foster/residential care, grief, anxiety. *New patients are not accepted between June 1st -September 1.

Danielle Vallas LMHC

229 Main Street
Hamburg NY, 14075

#713-1940

Dawn Walker LCSW-R

552 Linden Ave
East Aurora Ny 14052

#652-8100 Ext. 5

Suzanne Wirth, Licensed Mental Health Counselor

4207 Sheva Lane
Hamburg, NY 14075
<http://www.thesafeplaceforfamilycounseling.com/>

#826-0909

Nicole Wolasz, LCSW-R (specializes in EMDR)

300 Center Rd.
West Seneca NY 14224
<https://nicolewolasztherapy.com/>

#228-8205

Sue Yeager, LCSW-R

552 Linden Ave
East Aurora, NY 14052

#652-8100

PSYCHIATRISTS

Child & Adolescent Psychiatry (Oishei Children's Hospital)

#878-1200

888 Delaware Ave.
Buffalo, NY 14202

Advanced Psychiatric Nurse Practitioner Practice

#626-9016

5330 Main Street
Williamsville, NY 14221

Dr. Junaid Hashim

#886-5493

1275 Delaware Ave.
Buffalo, NY 14209

Suburban Psychiatric Assoc.

#689-3333

(Dr. Chris Martin, & Dr. Holly Mutton specialize in treating adolescents)
85 Bryant Woods
Amherst, NY 14228

Transit Psychiatry (Psychiatric Nurse Practitioners)

#706-5921

571 Terrace Blvd.
Depew, NY 14043

UBMD Psychiatry

#835-1246

4955 North Bailey Ave. Suite 130
Amherst, NY 14226

Williamsville Wellness Center (Psychiatric Nurse Practitioners)

#626-9016

21 Linwood Ave
Williamsville, NY 14221

WNY Psychotherapy Services

#675-9232

3065 Southwestern Blvd. Suite 204
Orchard Park, NY 14217

SUBSTANCE ABUSE

Alcoholics Anonymous- "AA"

#853-0388

OR

24 Hour Helpline: 1 (800) 711-6375

This is a support group for recovering alcoholics. Times and locations vary, call for local listings.

Al-Anon & Alateen

#856-2520

These are support groups for family and friends of alcoholics. Alateen is specifically for teenagers affected by someone's drinking. Times and locations vary, call for listings.

Horizon Human Services

#662-6802

3045 Southwestern Blvd, Suite 109
Orchard Park, NY 14127

Face to Face: Kids Escaping Drugs: Jessica Sherman

#827-9462 x315

920 Harlem Rd.
Buffalo, NY 14224

Narcotics Anonymous- "NA"

#878-2316

This is similar to AA, but it is meant for those who abuse illegal or prescription drugs.

Nar-Non

#875-0548

This is a support group for family and friends of persons addicted to illegal or prescription drugs.

Renaissance Campus (Alcohol and Drug Dependency Services)

920 Harlem Rd

West Seneca, NY 14224

-inpatient care for chemically dependent adolescents

<http://ked.org/>

Renaissance House, boys 12-18

Karen Ackerman- admissions

#821-0391

Stepping Stones, girls 12-18

Kathy Damon- admissions

#821-9220

Promise House, boys up to age 20

#332-3991

Spectrum Human Services

#662-6638

227 Thorn Ave.

Orchard Park, NY 14127

www.shswny.com

Outpatient mental health counseling and substance abuse treatment.

OTHER

P.I.N.S. Diversion

Family Services Team/Early Intervention Program

#858-8349

One Niagara Plaza
Ground Floor, Room 29
Buffalo, NY 14202 Phone:

Empower Girls Buffalo

#866-4911

P.O. Box 101
Kenmore, NY 14223

<http://www.empowergirlsbuffalo.com/>

-A fun, interactive program for girls which incorporates healthy living, exercise, creating nutritious snacks and learning how to navigate through life with a positive perspective.

Narins Eating Disorder Center

#688-5372

2430 N Forest Rd Suite 140
Getzville, NY 14068