

## Counseling Resource List With Websites:

### -Emergency Numbers-

**CARES team:** (24/7 crisis mobile team to assess safety/suicidal thoughts): **Phone: 716-882-4357** <https://www.882-4357eriemha.org/crisis.php>

**Crisis Text Line** (available 24/7): **Phone: 741741**

Text HOME 741741 if in a crisis situation. Trained mental health providers can help immediately. <https://www.crisistextline.org/text-us/>

**National Suicide Prevention Lifeline** (available 24/7): **Phone: 988, call or text** <https://suicidepreventionlifeline.org/>

### -Individual Therapy-

**Trauma Therapists website (EMDR):** [www.westernnyemdr.com](http://www.westernnyemdr.com)

(*Eye Movement Desensitization Reprocessing specialized trauma therapy*)

Click on the “Find a Therapist” tab

### *Hamburg Resources:*

**Rebecca Darszewski, LCSW:** Phone: (716) 984-7616

229 Main St. Hamburg, NY 14075

<https://npino.com/social-worker/1023273539-mrs.-rebecca-anne-darszewski/>

**Circle of Daughters, Inc. Day Cummings, LCSW-R:** Phone (716) 507-6281

4263 St. Francis Drive Athol Springs, NY 14010

**Shari DeLisle, PhD:** Phone: (716) 866-8228

229 Main St. Hamburg, NY 14075

<https://www.psychologytoday.com/us/therapists/shari-delisle-hamburg-ny/107112>

**Ceaton Falgiano, LCSW:** Phone: (716) 751-5229

162 Main St. Hamburg, NY 14075

**Greg Griffin, LCSW-R:** Phone: (716) 496-3998

7071 Boston State Rd. Hamburg, NY 14075

<http://griffincounselingservices.com/>

**Alicia Moonan, LMHC:** Phone: (716) 558-6563  
7071 Boston State Rd. Hamburg, NY 14075

**Kate Nolan-Eaton, LMHC (EMDR):** (716) 939-1823  
229 Main St. Hamburg, NY 14075  
<https://www.psychologytoday.com/us/therapists/kate-nolan-eaton-lake-view-ny/428641>

**Danielle Vallas LMHC:** Phone: (716) 713-1940  
229 Main Street Hamburg NY, 14075  
<https://www.daniellevallas.com/>

*WNY Resources:*

**Mary Beiter, LCSW-R:** (716) 652-8100 ext 7  
552 Linden Ave. East Aurora, NY  
<http://www.marybeiter.com/>

**Colleen Edwards, LCSW-R (EMDR) (Virtual Only)** Phone: (716) 863-8627  
2341 Bowen Road P.O. Box 182 Elma, NY 14059  
<https://elmawellnesscenter.wordpress.com/>

**Jennifer Einarsson:** Phone: (716) 662- 2228  
3625 Eggert Rd. Orchard Park, NY 14127

**Julie Fierle, LCSW:** (uses horses in therapy) Phone: (716) 568-7042  
Lost Elms 2429 Lapham Rd. East Aurora, NY 14052  
<https://www.psychologytoday.com/us/therapists/julia-fierle-east-aurora-ny/242560>

**Kriss Jarecki, LCSW-R (EMDR):** Phone: (716) 913-2832  
552 Linden Ave. East Aurora, NY 14052  
<https://www.westernnyemdr.com/therapists/kriss-jarecki-lcsw-r>

**Laurie LaPorta, LCSW-R:** Phone: (716) 597-5890  
3959 N Buffalo St. Suite #2 Orchard Park, NY 14127

**Dr. Karen McClintock, Ph.D:** Phone: (716) 667-6331  
3959 N. Buffalo St. Orchard Park, NY 14217  
[https://www.behavioralhealthcarenetwork.org/profile\\_view.php?userid=5](https://www.behavioralhealthcarenetwork.org/profile_view.php?userid=5)

**Greg Nuessle, LCSW-R:** Phone: (716) 235-0930  
3959 N. Buffalo St. Orchard Park, NY 14127

**Alison Schweichler, LCSW-R:** Phone: 716-698-5707  
3685 Southwestern Blvd. Orchard Park, NY 14127

<https://www.westernnyemdr.com/therapists/alison-schweichler-lcsw-r>

**Meegan Stamm:** Phone: (716) 867-4431  
300 Center Road West Seneca, NY 14224

<https://www.westernnyemdr.com/therapists/meegan-m-stamm-lcsw-r>

**Stacey Stevens, LMHC (EMDR):** Phone: (716) 598-0063  
300 Center Rd. West Seneca, NY 14224

<https://scscounseling.org/about-me>

**Dawn Walker:** Phone: (716) 652-8100 Ext. 5  
552 Linden Ave East Aurora Ny 14052

<http://www.westernnyemdr.com/find-a-therapist-1/erie-county/east-aurora/dawn-walker>

**Dr. Amanda Whitehouse:** Phone: (716) 805-7995  
377 Main St. East Aurora, NY 14052

**Nicole Wolasz, LCSW-R (EMDR):** Phone: (716) 228-8205  
2478 George Urban Blvd. Depew, NY 14043

<https://nicolewolasztherapy.com/therapy/>

**Sue Yeager, LCSW-R:** Phone: (716) 652-8100  
552 Linden Ave East Aurora, NY 14052

<https://www.westernnyemdr.com/therapists/sue-yeager-lcsw-r>

### -Agencies or Group Practices-

#### *Hamburg Resources:*

**BestSelf Behavioral Health:** Phone: (716) 646-4991

*Preregister for walk-in by calling (716) 884-0888*

*Walk in Hours are...Monday 8:30am-11:30am & Wednesday 11:00am-2:00pm*

140 Pine St. Hamburg, NY 14075

**Family Support Center of Hamburg (FCS):** Phone: (716) 646-3200 x 7256

*Free Counseling for all Hamburg Students and Families*

5305 Abbott Rd. Hamburg, NY 14075

[https://www.hamburgschools.org/community/family\\_support\\_center](https://www.hamburgschools.org/community/family_support_center)

**Suburban Psychiatric Associates:** Phone: (716) 689-3333

4535 Southwestern Blvd. Bldg. 700, Suite 704 Hamburg, NY 14075

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

*WNY Resources:*

**Adolescent Medicine – Oishei Children’s Hospital (*Eating Disorders*):**

Phone: (716) 323-0050

Adolescent-Medicine *Floor 4* 1001 Main Street Buffalo, NY 14203

<https://www.ochbuffalo.org/care-treatment/>

**Healing Hearts Counseling Center:** Phone: (716) 601-6220

2478 George Urban Blvd. Depew, NY 14043

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

**Horizon Health Services:** (*Mental Health/Substance Abuse*) Phone: (716) 662-6802

3045 Southwestern Blvd. Suite 109 Orchard Park, NY 14127

<https://www.horizon-health.org/>

**Narins Eating Disorder Center:** Phone: (716) 688-5372

2430 N Forest Rd. Suite 140 Getzville, NY 14068

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

**Spectrum Human Services:** (*Mental Health/Substance Abuse*) Phone: (716) 662-6638

227 Thorn Ave Orchard Park, NY 14217

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

**The Providers at East Quaker:** Phone: (716) 539-9232

(group of psychologists & social workers who specialize in treating adolescents, adults & families)

6556 East Quaker Orchard Park, NY 14127

<https://eastquaker.com/>

**WNY Psychotherapy Services:** Phone: (716) 675-9232

70 Linwood Ave. Orchard Park, NY 14217

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

**-Psychiatrists-**

*Hamburg Resources:*

**Suburban Psychiatric Associates:** Phone: (716) 689-3333

4535 Southwestern Blvd. Bldg. 700, Suite 704 Hamburg, NY 14075

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

*WNY Resources:*

**UBMD Psychiatry:** Phone: (716) 835-1246

*(Dr. Michael Adragna, Dr. Michael Cummings, Dr. Jennifer Haak, Dr. David Kaye, Dr. Joshua Russell)*

4955 North Bailey Ave Suite 130 Amherst, NY 14226

<https://ubmd.com/practice-locations/practices/psychiatry.html>

**WNY Medical:** Phone: (716) 923-4380

4979 Harlem Rd. Amherst, NY 14228

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

**Williamsville Psychiatry: (Dr. Junaid Hashim)** Phone: 716-886-5493

5904 Sheridan Drive Williamsville, NY 14221

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

**Williamsville Wellness Center: (Psychiatric Nurse Practitioners)** Phone: (716) 626-9016

21 Linwood Ave Williamsville, NY 14221

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

-Eating Disorders-

*WNY Resources:*

**Adolescent Medicine – Oishei Children’s Hospital (*Eating Disorders*):**

Phone: (716) 323-0050

Adolescent-Medicine *Floor 4* 1001 Main Street Buffalo, NY 14203

<https://www.ochbuffalo.org/care-treatment/>

**BestSelf (Amherst location)-** Phone: 716-539-5255

19 Hopkins Drive Amherst, NY, 14221

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

**Narins Eating Disorder Center:** Phone: (716) 688-5372

2430 N Forest Rd. Suite 140 Getzville, NY 14068

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

-Substance Abuse-

*WNY Resources:*

**Alcoholics Anonymous (AA):** Phone: (716) 853-0388 24/7 Hotline- 1(800) 711-6375  
Support group for recovering alcoholics various locations  
<https://www.aa.org/>

**Al-Anon & Alateen:** Phone: (716) 856-2520  
Support group for family and friends of alcoholics/teens  
<https://al-anon.org/al-anon-meetings/>

**BestSelf Behavioral Health Mental:** (*Mental health/Substance Abuse*) Phone: (716) 822-2117  
3176 Abbott Rd, Suite 500 Orchard Park, NY 14127  
<https://www.bestselfwny.org/>

**Face to Face: Kids Escaping Drugs:** Jessica Sherman: (716) 827-9462 x315  
920 Harlem Rd, Buffalo, NY 14224  
<https://ked.org/>

**Horizon Health Services** (*Mental health/Substance Abuse*) Phone: (716) 662-6802  
3345 Southwestern Blvd. Suite 100, Orchard Park, NY 14127  
<https://www.horizon-health.org/>

**Narcotics Anonymous (NA):** Phone: (716) 878-2316  
<https://www.nawny.org/>

**Renaissance Campus** (*Alcohol and Drug Dependency Services/inpatient care for chemically dependent*)  
930 Harlem Rd. West Seneca, NY 14224  
Renaissance House (boys 12-18)  
**Karen Ackerman**-admissions Phone: (716) 821-0391  
**Promise House** (boys up to 20) Phone: (716) 332-3991  
**Stepping Stone** (girls 12-18) Phone: (716) 821-9220

**Spectrum Human Services:** (*Mental health/substance abuse*) Phone: (716) 662-6638  
227 Thorn Ave Orchard Park, NY 14217  
<https://www.shswny.org/>