Table of Contents

Mental Health and Human Services for Adults

Albany County ........................................................................................................................................................................ 2-4
Rensselaer County .................................................................................................................................................................... 4-5
Saratoga County ....................................................................................................................................................................... 6-7
Schenectady County ............................................................................................................................................................... 8

Mental Health and Human Services for Children and Adolescents

Albany County ........................................................................................................................................................................ 9-10
Rensselaer County .................................................................................................................................................................... 10-11
Saratoga County ....................................................................................................................................................................... 11-12

Substance Abuse Services for Adults, Children, and Adolescents

Albany County ........................................................................................................................................................................ 13
Rensselaer County .................................................................................................................................................................... 14
Saratoga County ....................................................................................................................................................................... 15
Schenectady County ............................................................................................................................................................... 15

Grief/Bereavement Services for Adults, Children, and Adolescents

Albany County ........................................................................................................................................................................ 16
Rensselaer County .................................................................................................................................................................... 16
Saratoga County ....................................................................................................................................................................... 17

Additional Mental Health and Human Services Resources ................................................................. 17

Websites for Additional Information ......................................................................................................................... 18

Helpful Hotlines ............................................................................................................................................................... 19
Albany County Department of Mental Health
175 Green Street
Albany, NY 12202
Phone: (518) 447-4537
www.albanycounty.com
✓ Adult Treatment Clinic
✓ Albany County Assertive Community Treatment Program (ACT)
✓ CART Mobile Crisis
✓ Intensive Case Management
✓ The Albany County Mental Retardation/Developmental Disability (MRDD) Committee

Albany Medical Center
43 New Scotland Ave.
Albany, NY 12208
Phone: (518) 262-5756
www.amc.edu
✓ Psychiatry (treatment, assessments, individual and group psychotherapy, medication management, family education, etc.).
✓ Substance Abuse Services - SBRI Program (see Substance Abuse services).
✓ Comprehensive Care Center for Eating Disorders of Northeastern New York

CDPC- Capital District Psychiatric Center
75 New Scotland Ave.
Albany, NY 12208
Phone: (518) 447-9611
Fax: (518) 434-0041
www.omh.ny.gov
✓ Psychiatric treatment and rehabilitation
✓ Inpatient Treatment Programs and Outpatient Clinics (Albany and Schenectady)
✓ Adult Community Residences

Choices Counseling and Consulting
523 Western Avenue, Suite 2A
Albany, New York 12203
Phone: (518) 438-2222
Fax: (518) 438-7777
info@choicesconsulting.com
✓ Couples Counseling
✓ Family Therapy
✓ Group Counseling
✓ Individual Therapy
Comprehensive Care Center for Eating Disorders of Northeastern New York
Albany Medical Center South Clinical Campus
25 Hackett Blvd (3rd Floor)
Albany, NY  12208
Phone: (518) 262-5299
Fax: (518) 262-6303
24 Hour Toll Free Hotline: 1-888-747-4727
http://www.amc.edu/Patient/services/NECCED/index.html

Equinox, Inc. – Community Services Agency
95 Central Ave
Albany, NY 12206
Phone: (518) 434-6135
Fax: (518) 434-4502
24-hour Hotline: (518) 432-7865
www.equinoxinc.org
✓ Domestic Violence Services
✓ Youth Services
✓ Mental Health Counseling Services
✓ Counseling Center for Substance Abuse

Karner Psychological Associates
2280 Western Ave
Guilderland, NY 12084
Phone: (518) 456-5056
Fax: (518) 456-6512
✓ Mental Health Counseling Services

Life Centers USA Counseling
1843 Central Avenue
Albany, NY 12205
Phone: (518) 389-2699
✓ Trauma
✓ Grief
✓ Marriage Counseling
✓ Family Counseling
✓ Parenting
✓ Co-Dependency
✓ Depression and Anxiety
✓ Domestic Violence
✓ Anger and Stress Management
✓ Mental Health and Anxiety

Parsons Child and Family Center
60 Academy Road
Albany, NY 12208
Phone: (518) 426-2600
www.parsonscenter.org
✓ Mental Health Counseling Services
✓ Parenting Education
✓ Child Abuse/Neglect Treatment and Prevention
✓ Family Guidance
Pinnacle Behavioral Health
1 Pinnacle Place Suite 102
Albany, NY 12203
Phone: (518) 689-0244
Fax: (518) 689-0241 (Office Fax)
www.pinnaclebehavioralhealth.com
pinbill@nycap.rr.com
✓ Medication and Stress Management
✓ Marriage, family, and relationship counseling
✓ Psychotherapy for depression and anxiety

Vitality Physicians Group Practice
135 Woodlawn Avenue
Albany, NY 12208
Phone: (518) 691-0732
http://www.vitality.vg/WELCOME.html
✓ Individual Counseling and Group Therapy

Rensselaer County

Northeast Career Planning
1700 6th Avenue
Troy, NY 12180
Phone: (518) 273-0818
www.northeastcareer.org
✓ Vocational Evaluation
✓ Supported Employment
✓ Job Placement
✓ Interpreter Services
✓ Programs for Recipients of Social Services
✓ IPRT
✓ Supported Education
✓ Substance Abuse
✓ Employment Contracts
✓ Veteran Services
✓ Community Support Services
Rensselaer County Department of Mental Health
1641 Third Street
Rensselaer, NY 12144
Phone: (518) 463-8869
http://www.rensco.com/departments_mentalhealth.asp
✓ Outpatient Substance Abuse Prevention, Intervention and Treatment Services
✓ Forensic Services
✓ Rensselaer City Center Outpatient Treatment
✓ Court Consultation
✓ Intensive Case Management (Adult & Child)
✓ Private Proprietary Homes for Adults (PPHA)
✓ Adult Home Supportive Case Management
✓ MICA Services & Outreach (Mental Illness and Chemical Addiction)

Samaritan Hospital
2215 Burdett Avenue
Troy, NY 12180
Phone: (518) 271-3300
http://www.nehealth.com/Medical_Care/SAM
✓ Alcohol and Drug Services
✓ Dietary Services
✓ Emergency Services
✓ Geriatric Psychiatric Services
✓ Hospice Services
✓ Outpatient Rehabilitation Services
✓ Outpatient Services
✓ Occupational Therapy Services
✓ Outpatient Psychiatric Services
✓ Psychiatric Services

Unity House of Troy
33 Second Street
Troy, NY 12180
Phone: (518) 274-2607
http://www.unityhouseny.org
info@unityhouseny.org
✓ Domestic Violence Services
✓ Housing & Support Services
✓ Street Ministry

YWCA Greater Capital Region
21 First Street
Troy, NY 12180
Phone: (518) 274-7100
Fax: (518) 274-2572
http://www.ywca-gcr.org
info@ywca-gcr.org
✓ Women come for the following:
✓ Time of Crisis
✓ Job Training
✓ Career Counseling
✓ Child Care
✓ Health and Fitness
Saratoga County

Four Winds Saratoga
30 Crescent Avenue
Saratoga Springs, NY 12866
Phone Number: 1-518-584-3600 or 1-800-888-5448
http://www.fourwindshospital.com/saratoga/saratoga.html
✓ Inpatient Services:
  ✓ Group and Family Therapy
  ✓ Creative Arts and Activities Therapy
  ✓ Alcohol/Substance Abuse Counseling
  ✓ Eating Disorder Counseling
  ✓ Psychological Trauma Counseling
  ✓ Abuse Counseling
  ✓ Anxiety, Mood, and Behavioral Disorder Counseling
  ✓ Electroconvulsive Therapy (When clinically advised.)
  ✓ Services for Older Adults Are Also Available
✓ Outpatient Services:
  ✓ Partial Hospitalization Program (Daytime Inpatient Program)
  ✓ Group and Family Psychotherapy
  ✓ Individual Therapy
  ✓ Medication Education
  ✓ Therapeutic Activities
  ✓ Substance Abuse Counseling
  ✓ Eating Disorder Counseling
  ✓ Psychological Trauma Counseling
  ✓ Abuse Counseling
  ✓ Intensive Outpatient Program

Saratoga Center for Family
359 Ballston Ave
Saratoga Springs, NY 12866
Phone: (518) 587-8008
www.saratogacff.org
✓ Parenting Programs
✓ Child Custody Stress Prevention
✓ Strengthening Families
✓ Anger Management
✓ Healing Together (support group for women)
✓ Greif and Loss Group
✓ Healing with our Children (support group for parents/guardians with a child victim of trauma)
Saratoga County Mental Health Center
211 Church Street
Saratoga Springs, NY 12866
Phone: (518) 584-9030
www.saratogacountyny.gov
✓ Behavioral Disorder Therapy
✓ Thought Disorder Therapy
✓ Mental Illness and Alcohol/Drug Dependence Therapy
✓ Community Intervention
✓ Crisis Intervention
✓ Family Counseling
✓ Individual Counseling
✓ Group Counseling
✓ Symptom Management

Vitality Physicians Group Practice
6 Chelsea Place
Clifton Park, NY  12065
Phone: (518) 691-0732
www.vitality.vg
✓ Psychiatric Evaluations
✓ Individual Counseling
✓ Group counseling
✓ Medication Management
✓ Substance Abuse Counseling
✓ Child and Adolescent Psychiatry
✓ Trans Cranial Magnetic Stimulation
✓ Dialectic Behavioral Therapy
✓ Family and Couples Counseling
✓ Grief Counseling
✓ Sex Therapy
✓ Psychological Testing
✓ Cognitive Behavioral Therapy
✓ Child Therapy
✓ Individual Psychotherapy
Schenectady County

Ellis Hospital
1101 Nott Street
Schenectady, NY 12308
Phone: (518) 243-4000
http://www.ellishospital.org
✓ Mental Health Services
✓ Nutrition Services
✓ Rehabilitation Services
✓ Sleep Disorder Services

Schenectady Mental Health Associates
1362 Union Street
Schenectady, NY 12308
(518) 374-0295
http://www.smhassoc.com/
✓ Depression & Major Depression
✓ Impulse Control Disorders
✓ Anger Management
✓ Bipolar Disorders
✓ Anxiety Disorders
✓ Schizophrenia Disorders
✓ Eating Disorders
✓ Learning Disorders
✓ ADD & ADHD
Mental Health and Human Services for Children and Adolescents

Albany County

Albany County Department for Children, Youth and Families
260 South Pearl Street
Albany, NY 12202
Phone: (518) 447-4550
Fax: (518) 447-2045
www.albanycounty.com
✓ Crisis assessment and stabilization
✓ Referrals to appropriate resources
✓ Outpatient treatment
✓ Psychiatric assessments
✓ Medication prescription
✓ Children with Special Health Care Needs Program
✓ Early Intervention
✓ Independent Living Program
✓ Foster Care Services

CDPC- Capital District Psychiatric Center
75 New Scotland Avenue
Albany, NY 12208
Phone: (518)447-9611
Fax: (518) 434-0041
www.omh.ny.gov
✓ Child and Adolescent outpatient program

Karner Psychological Associates
2280 Western Ave
Guilderland, NY 12084
Phone: (518) 456-5056
Fax: (518) 456-6512
✓ Mental Health Counseling Services

Parsons Child and Family Center
60 Academy road
Albany, NY 12208
Phone: (518)-426-2600
www.parsonscenter.org
✓ Educational services
✓ Behavioral health & family counseling services
St. Anne Institute
160 North Main Avenue
Albany, NY 12206
Phone: (518) 437-6500
Fax: (518) 437-6555
http://www.stanneinstitute.org
- Residential Child Care (women ages 12-18)
- Regents Accredited and Certified Junior and Senior High School
- Pre-School and Day Care Programs (for 3 and 4 year olds)
- Day Services
- Sex Abuse Prevention Programs
- Community Based Services
- Community Connections Program

Rensselaer County

Rensselaer County Department of Mental Health
1641 Third Street
Rensselaer, NY 12144
Phone: (518) 463-8869
http://www.rensco.com/departments_mentalhealth.asp
- Outpatient Substance Abuse Prevention, Intervention and Treatment Services
- Forensic Services
- Rensselaer City Center Outpatient Treatment
- Court Consultation
- Intensive Case Management (Adult & Child)
- MICA Services & Outreach (Mental Illness and Chemical Addiction)
- Student Assistance & Preventative programs

START Children's Center
2136 Burdett Avenue
Troy, NY 12180
Phone: (518) 271-6001
Fax: (518) 271-6836
www.startchildrenscenter.com
- Crisis Intervention
- Individual/Group/Family Therapy
- Case Management
- Forensic Interviewing
- Consultation
- Legal Advocacy
- Emergency Assistance
- Community Training
Unity House of Troy
33 Second Street
Troy, NY 12180
Phone: (518) 274-2607
http://www.unityhouseny.org
info@unityhouseny.org
- Unity Sunshine Program
- Child Care (6 weeks - 5 years)
- Early Intervention Program
- Special Needs
- Traveling Summer Camp
- Universal Pre-K

Vanderheyden Hall
614 Cooper Hill Road
P.O. Box 219
Wynantskill, NY 12198
Phone: (518) 283-6500
www.vanderheydenhall.org
mbcarman@vanderheydenhall.org
- Cares for children with special developmental, emotional, and behavioral needs:
  - Residential Program
  - Day Treatment Program
  - Clinical Services
  - Crisis Intervention
  - Respite Services
  - In-Home Parent Assistance Programs

Saratoga County

Catholic Charities of Saratoga, Warren & Washington Counties: Family Counseling Program
142 Regent Street
Saratoga, NY 12866
Phone: (518) 587-3127
www.ccrlda.org/saratoga
- Individual Therapy
- Interpersonal Therapy
- Couple and Family Counseling

Donovan House
30 East High Street
Ballston Spa, NY 12020
Phone: (518) 885-8220
www.ccrlda.org/saratoga
- Group Home Program
- Comprehensive Child Care
- Social Work Services
- Educational Services
- Group and Family Counseling
- Limited Aftercare
Four Winds Saratoga
30 Crescent Avenue
Saratoga Springs, NY 12866
Phone: 1-518-584-3600 or 1-800-888-5448
www.fourwindshospital.com
Inpatient Services:
✓ Individual Therapy
✓ Group Therapy
✓ Family Therapy
✓ Recreational Therapy
✓ Educational Therapy
✓ Depression Counseling
✓ Substance Abuse Counseling
✓ Suicide Counseling
✓ Social Isolation Counseling
✓ Eating Disorders Counseling
✓ Physical Abuse Counseling
✓ Sexual Abuse Counseling

Mentoring Program
368 Broadway, Suite 16
Saratoga Springs, NY 12866
Phone: (518) 581-1487
www.ccrcda.org/saratoga
✓ Provides Mentors for Children Ages 6-14
✓ Social Work Services
✓ Group Activities

Saratoga Center for Family
359 Ballston Ave.
Saratoga Springs, NY 12866
Phone: (518) 587-8008
www.saratogacff.org
✓ Pediatric Forensic Medical Exams
✓ Victims Advocacy
✓ Counseling Services
✓ Forensic Interviews
✓ Strengthening Families
✓ Anger Management

Saratoga County Mental Health Center
211 Church Street
Saratoga Springs, NY 12866
Phone: (518) 584-9030
http://www.saratogacountyny.gov/departments.asp?did=196
✓ Emotional Counseling
✓ Behavioral Counseling
✓ Community Interventions
✓ Family Counseling
✓ Individual Counseling
✓ Group Counseling
Substance Abuse Services for Adults, Children and Adolescents

Albany County

Albany Medical Center- SBIRT Program (Screening, Brief Intervention, and Referral to Treatment)
43 New Scotland Avenue
Albany, NY 12208
Phone: (518) 262-5756
www.amc.edu
Email: sbirt@mail.amc.edu

Equinox Inc.
95 Central Ave
Albany, NY 12206
Phone: (518) 434-6135
Fax: (518) 434-4502
www.equinoxinc.org
✓ Outpatient substance abuse counseling

Pinnacle Behavioral Health
1 Pinnacle Place Suite 102
Albany, NY 12203
Phone: (518) 689-0244
Fax: (518) 689-0241 (Office Fax)
www.pinnaclebehavioralhealth.com
pinbill@nycap.rr.com
✓ Alcohol and drug dependence evaluation
✓ DWI and DWUI evaluations

SPARC- St. Peter’s Addiction Recovery Services
3 Mercycare Lane
Guilderland, NY 12084
Phone: (518) 452-6700
http://www.sphcs.org/AddictionRecoverySPARC
✓ Inpatient and outpatient services for adults
✓ Detoxification services
✓ Support services
✓ Outpatient services for children/adolescents

The Addictions Care Center of Albany, Inc.
90 McCarty Avenue
Albany, NY 12202
Phone: (518) 465-5470
www.theacca.net
✓ Outpatient clinic programs
✓ Community residence programs
✓ Prevention education to children/adolescents
Rensselaer County

Conifer Park Inc. Chemical Dependency Outpatient Clinic
1801 6th Avenue 1st Floor
Troy, NY 12180
Phone: (518) 274-5143
Fax: (518) 273-1350
http://www.coniferpark.com/troy.html
✓ Early Recovery
✓ Relapse Prevention
✓ Dual-focused Groups (for clients coping with mental issues and addiction)
✓ Gender-specific groups for Men and Women

Hudson Mohawk Recovery Center, Inc.
Troy Location:
1724 Fifth Avenue
Troy, NY 12180
Phone: (518) 272-3918
Fax: (518) 272-6391 or (518) 272-2149

East Greenbush Location:
743 Columbia Turnpike
East Greenbush, NY 12061
Phone: (518) 477-7535
Fax: (518) 477-7555
http://www.hmrecovery.net/main/contact.htm
✓ Outpatient Services:
✓ Evening Intensive Program (9-10 hours/week)
✓ Day Treatment Program (20 hours/week)
✓ Residential Programs
✓ Educational Programs:
✓ NYS Drinking Driver Program
✓ Batterers’ Intervention Program
✓ Educate Youth Program

Pahl House Residential Chemical Dependency for Youth
106-108 9th Street
Troy, NY 12180
Phone: (518) 272-0206 x310
http://www.pahlinc.org/
✓ Substance Abuse Treatment Services
✓ Residential Long-Term Treatment (more than 30 days)

Seaton Health Addiction Services Acute Care
1300 Massachusetts Avenue
Troy, NY 12180
Phone: (518) 268-5542
www.setonhealth.org
✓ Inpatient
✓ Substance Abuse Treatment
✓ Detoxification
✓ Buprenorphine Used In Treatment
Saratoga County

Four Winds Saratoga
30 Crescent Avenue
Saratoga Springs, NY 12866
http://www.fourwindshospital.com/saratoga/saratoga.html
Phone: 1-518-584-3600 or 1-800-888-5448
✓ Inpatient Therapy
✓ Outpatient Therapy

Saratoga County Alcohol and Substance Abuse Services
243 Church Street
Saratoga Springs, NY 12866
Phone: (518) 587-8800
✓ Men’s and Women’s Rehab
✓ Family Counseling
✓ Individual Counseling
✓ Group Counseling

Saratoga County Mental Health Center
211 Church Street
Saratoga Springs, NY 12866
Phone: (518) 584-9030
http://www.saratogacOUNTny.gov
✓ Alcohol and Drug Program

St. Peter’s Addiction Recovery Center
125 High Rock Avenue
Saratoga, NY 12866
Phone: (518) 885-6884
http://www.sphcs.org/AddictionRecoverySPARC

Schenectady County

St. Peter’s Addiction Recovery Center - Rotterdam
2925 Hamburg Street
Schenectady, NY 12303
Phone: (518) 357-2909
http://www.sphcs.org/AddictionRecovery/SPARC
Grief/Bereavement Services for Adults, Children and Adolescents

Albany County

Albany Medical Center
43 New Scotland Avenue
Albany, NY 12208
Phone: (518) 262-5756
www.amc.edu
✓ Grief support

Family and Children Services of the Capital Region, Inc.
650 Warren Street
Albany, NY 12208
Phone: (518) 462-6531
Fax: (518) 462-0181
✓ Counseling Services
✓ Disaster Services

Pinnacle Behavioral Health
1 Pinnacle Place Suite 102
Albany, NY 12203
Phone: (518) 689-0244
Fax: (518) 689-0241 (Office Fax)
www.pinnaclebehavioralhealth.com
✓ Grief and Bereavement counseling

Rensselaer County

The Community Hospice
295 Valley View Blvd
Rensselaer, NY 12144
Phone: 1-800-678-0711
Fax: (518) 724-0294
www.communityhospice.org
✓ Grief Support
✓ Bereavement services also available for the following counties
✓ Albany
✓ Columbia and Greene County
✓ Montgomery County
✓ Schenectady County
Grief/Bereavement Services for Adults Children and Adolescents

Saratoga County

The Community Hospice of Saratoga County
179 Lawrence Street
Saratoga Springs, NY 12866
Phone: (518) 581-0800

Additional Resources for Mental Health and Human Services

Battleboro Retreat
1 Anna Marsh Lane
Brattleboro, VT 05302
Phone: (802) 258-3700
Fax: (802) 258-3791
http://www.brattlebororetreat.org
✓ LGBT Inpatient Program
✓ Children & Adolescents Programs
✓ Adult Inpatient & Outpatient Programs
✓ Alcohol and Drug Addiction Treatment
✓ Uniformed Services Programs

Conifer Park
79 Glenridge Rd
Glenville, NY 12302
Phone: 1-800-989-6446
http://www.coniferpark.com
✓ Adolescent Program (drug and alcohol rehabilitation)
✓ Inpatient Rehabilitation Program
✓ Detoxification / Crisis Services
✓ Family Programs
✓ Dual Diagnosis / MICA Services
✓ Pain Management
✓ Activities / Recreation Therapy
✓ Latino Program

McPike Addiction Treatment Center
1213 Court Street
Utica, NY 13502
Phone: (315) 738-4600
Fax: (315) 738-4437
http://www.oasas.ny.gov/atc/mcpike/index.cfmtimjones@oasas.state.ny.us
Websites for Additional Information

Anxiety Disorders Association of America
http://www.adaa.org/
✓ Promotes Awareness of Mental Health
✓ Find Counseling/Treatment
✓ Information on Mental Health

Helpguide.org
http://www.helpguide.org/
✓ Information on Mental Health
✓ Helpful Tools to Assist Treatment Options

National Alliance on Mental Illness
http://www.nami.org/
✓ Information on Mental Illness
✓ Information on Stigma
✓ Information on Treatment Options

National Foundation for Depressive Illness, Inc. (NAFDI)
http://www.depression.org
✓ Information on Depression

National Institute on Mental Health
http://www.nimh.nih.gov/
✓ Information on Mental Health

NEDA- National Eating Disorders Association
http://www.nationaleatingdisorders.org
✓ Information on Eating Disorders

OASAS- Office of Alcoholism and Substance Abuse Services
www.oasas.ny.gov
✓ Information on Alcoholism and Substance Abuse

Substance Abuse and Mental Health Administration
http://www.samhsa.gov/
✓ Find Counseling/Treatment
✓ Information on Mental Health and Substance Abuse

Eating Disorders

Ophelia’s Place- Eating Disorders
www.opheliasplace.org

Something Fishy - Eating Disorders
www.something-fishy.org
Hotlines for Mental Health Support

CONTACT Lifeline
(518) 689-4673

Equinox Hotline for Domestic Violence
(518) 432-7865

IMAlive
https://www.imalive.org/
✓ Online Crisis Intervention Chat Service

National Hope line Network
1-800-SUICIDE
http://hopeline.com/

National Suicide Prevention Lifeline
1-800-273-TALK
http://www.suicidepreventionlifeline.org/

Psychiatric Emergency - CART Mobile Crisis
Albany County
(518) 447-9650

The Samaritans - Suicide Prevention Center
(518) 689-HOPE (4673)

Warm Line
The Empowerment Center in New York
877-HELP-800, 877-4357-800
Available 8 - 6 PM M-F (EST)