

Emily Crowley, LMSW

Social Work Support for Women at OB/GYN Associates of WNY partnering with GPPC.

3505 Orchard Park Rd. West Seneca NY 14224

716-675-5222 x103 | ECrowley@OGAWNY.com

Counseling Referrals

The recommendations below include a partial listing of private practice therapists and larger agencies in WNY, but there are many other therapists in our area. It may take some research to find somebody who can accommodate your schedule or who is accepting patients at this time. Keep in mind, therapists often cannot schedule you immediately, and you may not receive an appointment for a few weeks or up to a month. Larger groups and organizations may be able to offer quicker availability.

If you ever experience a mental health emergency contact Crisis Services at 716-834-3131, call 911, or text 741741 for 24/7 free crisis support/ or go to your nearest emergency department.

Providers located through OB/GYN Associates of WNY

(Providing telehealth appointments only)

Dr. Maureen Ryan DNP, NP-C

716-704-5683

Areas of Specialty: Sexual Health & Wellness Counseling

Prescribers:

Dr. Cromwell

716-675-5222

Areas of Specialty: OBGYN Doctor at our Springville Location. Prescribes Suboxone for non-obstetric patients.

Dr. Amber Krol

716-675-5222

Areas of Specialty: OBGYN Doctor at our West Seneca and Lancaster location. Prescribed Suboxone for our obstetric patients.

Providers and Services in the Community

General Counseling Needs/Anxiety/Depression/Adjustment Issues

Cheryl Arena, LCSW-R (adults ages up to 25)

Buffalo NY 14222

716-430-2040 Cherylaarena@gmail.com

Michelle Atallah, LCSW

Amherst NY 14228

716-249-1483 MichelleAtallahLCSW@gmail.com

Kimberly S. Girdlestone, LCSW

Buffalo NY 14226

716-844-9150 kimberlytherapy2018@gmail.com

Counseling for Women's issues/Pregnancy, Prenatal, Postpartum

Jennifer Urban, LCSW-R, PMH-C

Orchard Park NY

716-906-2800

Insurances accepted: Highmark, BlueCross BlueShield of WNY, Independent Health

Diana Springer, LCSW, PMHC

Williamsville NY

716-819-8670

Insurances accepted: Aetna, Cigna, oxford, United Healthcare, Optum, Oscar, BlueCross and BlueShield, Independent Health

Danielle Stoner, LMSW, PMH-C

Cheektowaga NY

716-218-8413

Insurances accepted: Aetna, Cigna and Ever north, Highmark, Highmark BCBS of Western New York, Independent Health, Optum, Oscar Health, Oxford, UnitedHealthcare UHC | UBH, Out of Network

Madelien Lutter, LMHC, PMH-C

East Aurora NY

716-325-4828

Insurances accepted: Aetna, Cigna and Ever north, Optum, Oscar Health, Oxford, UnitedHealthcare UHC | UBH

Cara Borrero, LCSW

Telehealth Appointments Only

716-222-8459

Insurances accepted: Highmark BCBS of WNY, Independent Health, Optum

WNYPostPartumConnection.com

Submit your information on the list-serve and you will be connected with a therapist who is accepting patients at this time based on your insurance.

Counseling for Children, Adolescents, Young Adults

Emily Crowley, LMSW

Depew NY

716-575-2025

Insurances accepted: Univera, Tricare, Independent health, BCBS, Amerigroup

Jennifer Einarrson, LCSW-R

Orchard Park NY

716-662-2228

Insurances accepted: Cigna, MVP Health Care

Andrea Pierce, LMHC

West Seneca NY

716-466-9320

Insurances accepted: Independent Health, Highmark BCBS of WNY, Optum

Jenna Reed, LMSW
Cheektowaga NY
716-575-2684

Insurance accepted: Aetna, Cigna, ever north, Univera, UnitedHealthcare UHC| UBH

Tara Benson, LCSW
Amherst NY
716-317-1564

Insurances accepted: BlueCross and BlueShield, Univera, Independent Health

Support Groups for Teens/young Adults

Let's Get to the TEA, in Therapy. Teen. Empowerment. Advocacy: Females ages 13-17years old. Contact Emily Crowley, LMSW emilyc@apiercecounseling.com or <https://brand.page/Letsgettothetea>

Insurances accepted: private pay, Optum, Independent Health, BlueCross BlueShield

Mental Health Advocates of WNY: Teen Peer support groups Ages 13-18. Call to register 716-886-1242 x345

20 Something Support Groups: Ages 18-28. Call to register: 716-886-1242 x345

Eating Disorders

Karen McClintock, PHD
Orchard Park NY
716-667-6331

Insurances accepted: Aetna, BlueCross Blue Shield, Excellus BCBS, Empire BCBS, Highmark BCBS

Mary Ellen Rubin, PHD
Williamsville NY
716-632-5563

Insurances accepted: BlueCross BlueShield, Independent Health, Empire BlueCross BlueShield

Samantha Sessamen, LMHC
Williamsville NY
716-698-3469

Insurances accepted: Out of Network

Nicole Chumsky, LMHC
Kenmore NY
716-906-3770
Nicole.c@bemindfulliving.com

Insurances accepted: Highmark BCBS of WNY, Independent Health, Out of Network

Best Self Behavioral Health,
Sweet Home NY
716-884-0888

Narins Eating Disorder Center
Amherst NY
716-688-5372

Eating Disorder Support groups

WNY Comprehensive Care center for ED: Adult Recovery Support Group, 4th Tuesday of every month Zoom/telephone.

Adolescent Recovery Support group, 2nd Wednesday of every month. Zoom/telephone.

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

Eating Disorders of WNY: Call Kimberly Boorman 716-819-1338 or email Edaofwny@yahoo.com

Eating Disorders Anonymous: Call 716-380-4035 or email Edcatt2@gmail.com

Grief Counseling

Amy Creamer, LMHC (perinatal loss specialist)

Williamsville NY

716-990-3137

Michelle Marabella, LMHC

Depew NY

716-955-0675

Day Cummings, LCSW, RN

Circle of Daughters, Inc.

Hamburg NY

716-507-6281

momsspirit@aol.com

Grief Support Groups

Circle of Daughters, Inc.- Adult Parental Loss Support Groups, bereaved child support groups, general bereavement, and grief support groups.

Wilson Support Center at Hospice- grief support groups (community bereavement group, Adolescent grief support, suicide bereavement group, widows, and widowers, after a parent dies, storm clouds and rainbows, adult sibling support, bereaved parents, tiniest angels) are all offered through the Wilson Support Center at Hospice. All are welcome- you do not need to have received through hospice.

WNY Perinatal Bereavement Network- support and services for parents facing perinatal loss and death of a baby from miscarriage, ectopic pregnancy, stillbirth, or early infant death.

Footprints on the heart- support group held at sisters' hospital in the Seton building for parents facing perinatal loss and death of a baby from miscarriage, ectopic pregnancy, stillbirth, or early infant death.

Pregnancy/Postpartum Anxiety and Depression/Pregnancy Loss

Nancy Owen, PSI Coordinator

716-516-3628 CALL ONLY (this number does not receive texts)

Nowen@KaleidaHealth.org

Molly McDermott, PSI Coordinator

716-201-0602 (text or call)

Mmcd5mcder@gmail.com

For a complete list of trained in perinatal mood and anxiety disorders:
WNY postpartum Connection www.postpartum.com

Hospice Buffalo-Perinatal Program: offering support, education, guidance to expectant parents and families whose unborn child has a life limiting diagnosis. Call 716-686-8077

Mental Health Counseling and Art Therapy

Karie Gower, LCAT ATR-BC
Buffalo NY
716-217-6615

Lana Orrange, LCAT Creative Arts Therapist, PLLC
Elma NY
716-427-3723
Gillian Field, LCAT Creative Arts Therapist, PLLC
Elma NY
585-684-7894

PTSD/Trauma/EMDR

For a listing of providers trained and certified in EMDR:
WNY Regional EMDR Network www.westernnyemdr.com

Couples/Premarital/family Therapy

Dr. Sharon A. Deacon PHD, LMFT
Lancaster NY (telehealth only)
716-216-2165 or email: drdeacon@firmfoundationsmft.com
Insurance accepted: private pay only.

Psychiatry/Medication Evaluation and Prescription

Faye Taber, Psychiatric Nurse Practitioner, PMHNP, BC
Cheektowaga NY
716-451-2675

Insurances accepted: Aetna, Amerigroup, BCBS, Cigna & Evernorth, Empire BCBS, Excellus BCBS, Fidelis, Highmark, Highmark BCBS of WNY, Humana, Independent Health, Medicaid, Medicare, Optum, TRICARE, UnitedHealthcare UHC | UBHA, Univera.

Danielle Esposito, Psychiatric Nurse Practitioner, PMH-NP, BC
West Seneca NY
716-243-4151
Self-Pay only

Jerry Corp, PMHNP
Online Only
716-913-6919 or go to his website www.mindfulpnp.com
Insurances accepted: Aetna, BCBS, cigna + evernorth, Fidelis, Highmark BCBS of WNY, Medicaid, Optum, Oscar Health, Oxford, United Healthcare UHC|UBH

*****This listing is for recommendations only. Therapy is an individual process dependent on many variables. There is no guarantee of compatibility or availability for the providers listed above.**
Should you need further assistance, please reach out to our Social Worker, Emily Crowley at 716-675-5222 ext. 103.

Agencies & Group Practices

Agencies that offer services including both counseling & psychiatry/nurse practitioners (prescribers):

BeEmbodied- 716-931-9037; Williamsville & Kenmore
Best Self Behavioral Health- 716-884-0888; Buffalo, Amherst, North Collins, Orchard Park, Hamburg
Catholic Charities- 716-856-4494; throughout WNY
Child and Family Services- 716-842-2750; Buffalo & Cheektowaga
Endeavor Health Services- 716-895-6700; Buffalo, Bowmansville & Cheektowaga
ECMC- 716-898-3255; Buffalo
Horizon Health Services- 716-831-1800; 18 locations across WNY
Jewish Family Services- 716-883-1114; Buffalo
Spectrum Human Services- 716-662-2040; West Seneca, Buffalo, Orchard Park, Springville & Wyoming County
Suburban Psychiatric Associates- 716-689-3333; Amherst & Hamburg
Williamsville Wellness Center- 716-626-9016; Williamsville

Agencies and Groups that offer counseling only:

CMH Counseling- 716-884-7569
Healing Hearts Counseling- 716-601-6220; Depew
WNY Psychotherapy Services- 716-837-6705; Amherst & Orchard Park
Linwood Psychotherapy Associates- 716-886-7304; Buffalo
Counselors Corner- 716-204-5552; Williamsville

Online resources for finding a therapist and other resources:

www.PsychologyToday.com
Buffalo211- www.211wny.org
WNY Postpartum Connection- www.wnypostpartum.com

Emergency Services in addition to 911 for life threatening emergencies

If you or someone you know has thoughts of suicide or self-harm please get help immediately- call crisis services at 716-834-3131 or the National Suicide Prevention Line 800-273-8255
ECMC Psychiatric Emergency Department located at ECMC Hospital
Brylin Hospital- call admissions at 716-249-6376 ext 2264
Crisis Text Line- send a text to 741741 for 24/7 free crisis support.

Cancer Support Groups

- South Towns Breast Cancer Support Group
Located at Trinity Episcopal Church 261 E. Main St. Hamburg NY
Every 3rd Monday from 7-8:30PM starting 9/18
- Support Groups through Breast Cancer Network of WNY <https://www.bcnwny.org/calendar>
- Roswell Park Comprehensive Cancer Center
All groups meet in the new Resource Center at Roswell Park.
Call Rachel Walmeyer at 845-1300 ext 7218 or Leah Rivas at 845-1300 ext 5005