

Behavioral Health/ Mental Health Providers

Initial Resources/Suggestions

[Directly Through Insurance Company](#) – You can search for approved providers through the website of your insurance company. You can usually find the website information you need on the front or back of your insurance card, by calling the company directly, or doing a general search online (for example, google “CDPHP approved provider search”).

[Psychology Today Therapist Finder](#) –A general search tool for mental health providers. You can apply filters to suit your individual needs (based on location, insurance, issue, gender/language of provider, etc.). [Link](#)

Psychiatrist Finders – These are two search tools for psychiatrists. You can apply filters to suit your individual needs (based on location, insurance, issue, gender/language of provider, etc.).

- [Link 1](#)
- [Link 2](#)

[New York State Psychological Association](#)

Free referral service by phone (518) 437-1040 or online [Find a psychologist](#)

Primary Care Doctor – Primary Care Physicians/Pediatricians are able to make referrals for mental health services providers.

Albany

[Albany Behavioral Health Services](#)

721 Madison Ave Albany, NY 12210

Phone: 518-729-2126

Capital Counseling - Albany

650 Warren St Albany, NY 12208

Phone: 518-462-6531

Capital Psychological Associates

4 Atrium Drive, Suite 240, Albany, NY 12205

Phone: 518-453-9220

Capital Region Outpatient Wellness Network (Crown East)

4 Atrium Drive, Suite 100, Albany NY 12205

Phone: 518-363-6784

Karner Psychological Associates

2280 Western Ave. Guilderland, NY 12084

Phone: 518-456-5056

Northeast Psychological Associates

Hanover Square - 435 New Karner Road, Albany, NY 12205

Phone: (518) 456-2060

Pinebush Mental Health

1A Pine West Plaza Albany NY 12205

Phone: 518-862-1665

Pinnacle Behavioral Health

1 Pinnacle Place Albany, NY 12203

Phone: 518-689-0244

Saratoga Psychological Associates

Wolf Road Office - 1 Marcus Blvd, Suite 105 Albany, NY 12205

Phone: (518) 783-1063

University at Albany Psychological Services

299 Washington Avenue, Albany, NY 12205

Phone: (518) 442-4900

Clifton Park

Capital District Marriage & Family Therapy

855 Route 146, Suite 101 Clifton Park, NY 12065

Phone: 518-880-2395

Karner Psychological Associates

634 Plank Rd., Suite 206 Clifton Park, NY 12065

Phone: 518-456-5056

Legacy Behavioral Health

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

Phone: 844-253-4229

Saratoga Psychological Associates

632 Plank Road Clifton Park, NY 12065

Phone: (518) 587-0499

With Grace Mental Health Counseling

7 Corporate Drive or 6 Chelsea Place Clifton Park, New York

Phone: (518) 400-0033

Colonie

[Capital Counseling Colonie](#)

21 Aviation Road (Rear Entrance) Albany, NY 12205

Phone: 518-462-6531

Delmar

[Bethlehem Counseling Associates](#)

200 Delaware Ave. Delmar, NY 12054

Phone: 518-439-0090

[Dr. Jill DeTosta](#)

399 Kenwood Avenue Delmar, NY 12054

Phone: (518) 314-0047

Hoosick Falls

[Hoosick Falls Satellite Clinic](#)

69 Church St., Hoosick Falls, NY

Phone: (518) 686-0694

Hudson Falls

[Adirondack Samaritan Counseling Center](#)

15 Boulevard Hudson Falls, NY 12839

Phone: 518-747-2994

[Caleo Counseling Services](#)

3043 State Route 4 Hudson Falls, NY 12839

Phone: 518-747-8243

Latham

[Freedom First Psychological Services, PLLC](#)

3 Lear Jet Ln Suite 104 N Latham, NY 12110

Phone: 518-560-4277

[Saratoga Psychological Associates](#)

Latham Office- 711 Troy Schenectady Road Latham, NY 12110

Phone: (518) 783-1063

Malta

[Union Counseling Behavioral Health Center](#)

Malta Office - 5 Hemphill Place Suite 121 Malta NY, 12020

Phone: 518-289-5072

Niskayuna

[Union Counseling Behavioral Health Center](#)

2310 Nott Street East Niskayuna, NY 12309

Phone: (518) 374-6263

Rensselaer

[Rensselaer City Clinic](#)

1641 3rd Street 2nd Floor Rensselaer, NY 12144

Phone: (518) 463-8869

Samaritan Counseling Center

Phone: (518) 374-3514

Locations in Albany, Rensselaer, Saratoga, and Schenectady counties

Saratoga

Capital Counseling Saratoga

100 West Ave Saratoga Springs, NY 12866

Phone: 518-462-6531

ECS Psychological Services

210 Church Street Saratoga Springs, NY 12866

Phone: 518-580-0520

Karner Psychological Associates

63 Franklin St. Saratoga Springs, NY 12866

Phone: 518-456-5056

Saratoga Center for the Family

359 Ballston Avenue Saratoga Springs, NY

Phone: 518-587-8008

Saratoga Counseling Solutions

77a Excelsior Avenue, Saratoga Springs, NY 12866

Phone: 518-490-6429

Saratoga Psychological Associates

Saratoga Office - 63 Franklin Street, 1st Floor Saratoga Springs, NY 12866

Phone: 518-587-0499

Schenectady

Ellis Medicine

The Family Room -1023 State St, Schenectady, NY 12307

**The support group for parents will be held at the Family Room on Mondays from 5:00-6:00 pm, starting March 3, 2025*

Office Phone: 518 831 8700

Email: oneila@ellismedicine.org

Capital Counseling Schenectady

670 Franklin St Schenectady, NY 12305

Phone: 518-462-6531

Osika & Scarano Psychological Services

Schenectady Office - 430 Franklin Street Schenectady, NY 12305

Phone: 518-744-7302

Troy

Capital Counseling Troy

120 Defreest Drive Suite 220 Rensselaer Tech Park Troy, NY 12180

Phone: 518-462-6531

Unified Services Child and Adolescent Clinic

1600 7th Ave 3rd floor, Troy, NY 12180

Phone: (518) 270-2800

- *Students have access to meet the professionals from this clinic in school*

Single Point of Access- SPOA

Children's Single Point of Access (CSPOA) is a centralized referral system for children and youth who need intensive mental health services to remain at home or in their community. CSPOA can direct youth as old as 21 to a variety of high-end community services. After receiving a referral request, CSPOA will conduct an assessment and interview the family and referrer to determine the child's needs.

Children's SPOA Coordinator for Rensselaer County

[SPOA Application](#)

Name: Cynthia Holcomb

Phone: (518) 270-2948

Emergency/Crisis Services in addition to Outpatient Mental Health Services

[Mobile Crisis Response Team Services](#)

-Northern Rivers (518)-292-5499

For immediate crisis services Monday- Friday 7 a.m. -11 p.m. Saturday-Sunday 11am-7pm.

Telephone support in addition to in-person crisis assessment

[Mobile Crisis Information](#)

[Psychiatric Crisis Unit Samaritan Hospital ER](#)

2215 Burdett Ave.

Troy, NY 12180

518-271-3540

[Ellis Hospital](#)

1101 Nott Street, Schenectady, NY 12308

Crisis/Inpatient Services 518- 243-4000

Child and Adolescent Outpatient Mental Health Services- 518-382-2290

Adult Outpatient Mental Health Services 518- 243-3300

Ellis Medicine's Walk-In Mental Health Services for youth, teens, and adults

The Family Room

Walk-In Mental Health services for ages 10-17

Address: 1023 State St., Schenectady (entrance on side on Waldorf Place)

Phone: 518.831.8700

Hours: Monday - Friday | 10 am - 6 pm

[Click here for more information on The Family Room](#)

The Living Room

Walk-In Mental Health services for adults

Address: 1023 State St., Schenectady (entrance in front)

Phone: 518.243.1523

Hours: Monday - Friday | 10 am - 6 pm

[Click here for more information on The Living Room](#)

Four Winds Saratoga

Outpatient and Inpatient

30 Crescent Avenue Children/Adolescent/Adult Saratoga Springs, NY 12866

(518) 584-3600

1-800-959-1287

[National Suicide Prevention Lifeline](#) 988

Additional Specialized Resources/Agencies

Chelsea Place Psychological Services

- Developmental Assessments

- Individual and Group Counseling

6 Chelsea Place Suite 202 Clifton Park, NY 12065 (518) 982-1886

Randy Cale, PhD

- Parenting Groups, Neurofeedback, Individual or Family Therapy/Coaching services

634 Plank Rd Suite Clifton Park (518) 606-3805

Hope Club of the Capital Region

1 Penny Lane Cancer Support Community Latham, NY 12110

Phone: 518-220-6960

St. Peter's Crime Victim Services

Rensselaer County at Samaritan Hospital

2200 Burdett Avenue, Troy, New York 12180

Phone: (518) 271-3410

Sexual Assault 24 Hour hotline (518) 271-3257

START Children's Center

- Trauma informed comprehensive services to youth and families

- Family Intervention Program is school based- provides linkage and works to increase youth school engagement

- Problematic sexual behavior treatment program

127 Bloomingrove Drive Troy, NY 12180

(518) 271-6001

Grief Support

Community Hospice

The Community Hospice Offers support groups for grieving

Grief Support Services

Wave Riders Program children and adults

Rensselaer County (518) 285-8100

Referrals/Questions 518-724-0242

Substance Abuse

Conifer Park

79 Glenridge Road, Glenville, New York 12302

Intake 1-800- 989-6433

Outpatient Services- [Troy Outpatient Clinic](#) 2435 Sixth Avenue Troy, New York 12180
(518) 274-5143

Hope House

Troy Outpatient Clinic Admissions 518-486-8972

1724 Fifth Avenue Troy, NY 12180 (518) 272-3918

Substance Abuse and Mental Health Services Administration

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

1-800-662-HELP (4357)

New York State Hotline for Sexual Assault and Domestic Violence

1-800-942-6906 or text 844-997-2121

Unity House

Domestic and Sexual Violence Services Program- Help is Available Around the Clock

Unity House's 24-hour Domestic and Sexual Violence Hotline, text line, and web chat feature are anonymous services which provide crisis intervention, information and referrals 24-hours a day, year-round. Collect calls accepted. To talk with an advocate in confidence:

Call (518) 272-2370 Text: (518) 720-6161 Or use web chat online: rc.chat/uhdvs

Virtual Providers

Charlie Health

Virtual Intensive Outpatient Program for ages 11-50

Schedule intake- 866-491-5196

Vita Health

Mental Health Services-accept most major health plans

Family Support Program

Youth Nominated Support Team for Suicide- no cost to parents or youth

1-844-866-8336

In home services for children with health and behavioral issues:

Vanderheyden Children and Family Treatment Support Services

Northern Rivers

Behavioral Health Centers

We have three conveniently located outpatient mental health centers:

- 401 New Karner Road, Albany, NY 12205, 518.431.1650
- 2452 U.S. Route 9, Suite 206, Malta, NY 12020, 518.292.5433
- 327 Abbotsford Road, Schenectady, NY 12304, 518.372.9423

Our centers provide help to children and adults with challenges including anxiety, depression, mood disorders, trauma, school behavior difficulty, coping with loss, bullying, and suicidality. Our mental health counselors and social workers have a wide variety of areas of expertise, and we work to ensure that every client gets the help he or she needs.