

## **Local Mental Health Facilities for Therapy & Support**

- **Capital District Psychiatric Center:** [www.omh.ny.gov/omhweb/facilities/cdpc/](http://www.omh.ny.gov/omhweb/facilities/cdpc/) 518-549-6000
- **Albany Behavioral Health Services:** [www.albanybehavioralhealthllc.com/](http://www.albanybehavioralhealthllc.com/) 518-729-2126
- **Rehabilitation Support Services:** [www.rehab.org/](http://www.rehab.org/) 518-462-1094
- **Equinox, Inc.:** [www.equinoxinc.org/page/mental-health-services-25.html](http://www.equinoxinc.org/page/mental-health-services-25.html) 518-435-9931 x1
- **Outpatient MH - Samaritan Hospital:** [www.sphp.com/behavioral-health](http://www.sphp.com/behavioral-health) 518-271-3374
- **Albany Stratton VA MC:** [www.albany.va.gov/services/Mental\\_Health.asp](http://www.albany.va.gov/services/Mental_Health.asp) 518-626-5339
- **Capital Counseling:** [www.capitalcounseling.org/](http://www.capitalcounseling.org/) 518-462-6531
- **Albany County Dpt of MH:** [www.albanycounty.com/](http://www.albanycounty.com/) 518-447-4555
- **Pinnacle Behavioral Health:** [www.pinnaclebehavioralhealth.com/](http://www.pinnaclebehavioralhealth.com/) 518-689-0244
- **NY Connects Outreach:** [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov) 518-459-6422
- **Autism Society of the Greater Capital Region:** [www.asgcr.org/](http://www.asgcr.org/) 518-355-2191
- **Mental Health Empowerment Project:** [www.mhepinc.org/](http://www.mhepinc.org/) 518-434-1393
- **Eastern Door Counseling Center:** [www.easterndoor.org/](http://www.easterndoor.org/)
- **Albany Psychological Associates:** [www.albanypsych.com/](http://www.albanypsych.com/) 518-464-4440
- **Little Light Mental Health Counseling:** [www.littlelightmentalhealth.com/](http://www.littlelightmentalhealth.com/) 518-491-0754
- **Women's Health Center :** 2215 Burdett Ave, Troy, NY 12180 518-271-3288
- **Whitney M. Young, Jr. Health Center – Troy :** [www.wmyhealth.org](http://www.wmyhealth.org) 518-833-6900
- **START Children's Center Inc.:** 127 Bloomingrove Dr, Troy, NY 12180 518-271-6001
- **Union Street Counseling Services:** [www.unioncounselingbhc.weebly.com/](http://www.unioncounselingbhc.weebly.com/) 518-374-6263
- **Personalized Recovery Oriented Services:** [www.ellismedicine.org/](http://www.ellismedicine.org/) 518- 831-6960
- **Associates In MH: Erica R PHD:** [www.mentalhealth-neuropsychology.com](http://www.mentalhealth-neuropsychology.com) 518-372-6080
- **Second Nature Counseling:** [www.secondnaturecounseling.com/](http://www.secondnaturecounseling.com/) 518-952-9290
- **Northeast Parent and Child Society:** [www.neparentchild.org/](http://www.neparentchild.org/) 518-346-1284
- **Columbia County Mental Health Center:** [www.columbiacountymhc.com/](http://www.columbiacountymhc.com/) 518-828-9446
- **Mental Health Association of Columbia-Greene Counties:** [www.mhacg.org/](http://www.mhacg.org/) 518-828-4619
- **Lifepsycle Behavioral Health:** 110 Jefferson Heights, Catskill, NY 12414 518-943-1000
- **Greene County MH:** [www.greengovernment.com/departments/mental-health](http://www.greengovernment.com/departments/mental-health) 518-622-9163
- **Kinderhook Mental Health:** 1301 River St, Valatie, NY 12184 518-758-7795
- **Woodstock Manor Community Residence:** [www.woodstockmanor.com/](http://www.woodstockmanor.com/) 845-679-2761
- **Saratoga County MH Clinic:** [www.saratogacountyny.gov/departments/mental-health-center/](http://www.saratogacountyny.gov/departments/mental-health-center/) 518-584-9030
- **Saratoga Behavioral Health:** [www.saratogabehavioralhealth.com/](http://www.saratogabehavioralhealth.com/) 518-871-1258
- **Mental Health Association NYS:** [www.mhanys.org](http://www.mhanys.org) 518-434-0439
- **NAMI New York State Albany & Rensselaer:** [www.naminys.org/](http://www.naminys.org/) 518-462-2000
- **Parent to Parent of NYS:** [www.parenttoparentnys.org/](http://www.parenttoparentnys.org/) 518-381-4350

### **Facebook Support Groups are helpful:**

- **Mental Wellness Meetup-** [www.facebook.com/groups/mentalwellnessmeetup](http://www.facebook.com/groups/mentalwellnessmeetup)
- **Peers Supporting Mental Health-** [www.facebook.com/groups/PeersSupportingMentalHealth/](http://www.facebook.com/groups/PeersSupportingMentalHealth/)
- **Women's Advice Group And Mental Health Support -**  
[www.facebook.com/groups/WAGMentalhealthsupportgroup](http://www.facebook.com/groups/WAGMentalhealthsupportgroup)
- **Agoraphobia/Anxiety/Depression/PTSD/Mental Health Support Group:**  
[www.facebook.com/groups/937858082933091/?ref=br\\_rs](http://www.facebook.com/groups/937858082933091/?ref=br_rs)

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