LOCAL COUNSELORS
(** denotes counselors of color)

Sharon Alger-Mayer, M.D.
AMC Clinical Nutrition Group
25 Hackett Blvd Albany, NY 12208
(518) 262-5299
https://www.amc.edu/PhysicianDirectory/index.cfm?event=showPhysicianDetail&PRACT_ID=3
Expertise: Anorexia, Bulimia, Eating Disorders, Obesity

** Lillian Ankrah, LCAT
Creative Counseling Concepts
Albany, New York 12207
(518) 621-3198
https://www.psychologytoday.com/us/therapists/ny/albany/456540?sid=5ed15a1c73f34&ref=19&rec_next=61&tr=ResultsName
Expertise: Art Therapy, Telehealth, Relationship Issues, Racial Identity, Self Esteem, Anxiety, Anger Management, Trauma and PTSD.

Associates in Mental Health and Neuropsychology
2310 Nott Street East
Niskayuna, NY 12309
(518) 372-6080
https://mentalhealth-neuropsychology.com/
Expertise: Academic Difficulties, Attention Disorders, Individual Therapy, Neuropsychological Assessment, Psychiatric Disorders, Psychotherapy.

** Dr. Angela Banks
10 McKown Road, Suite 206
Albany, New York 12203
(518) 519-3078
https://www.psychologytoday.com/us/therapists/ny/albany/754470?sid=5ed15a1c73f34&ref=16&rec_next=41&tr=ResultsName
Expertise: Mental Health, Individual Therapy, Couples Therapy, Depression, Anxiety, Stress, Racial Identity, Relationship Issues, Life Transitions, Trauma and PTSD.

** Sana Bhatti, LMHC
Pinnacle Behavioral Health
1 Pinnacle Place
Albany, NY 12203
(518) 689-0244
https://pinnaclebehavioralhealth.com/patient-info/practioners/
Expertise: Mental Health, Individual Therapy, Depression and other Mood Disorders, Anxiety Disorders, Dual Diagnosis, Substance Abuse, Thought Disorders, Sexuality Issues, Homelessness, Refugees, Medical Issues, and Trauma.
Capital Counseling
670 Franklin St
Schenectady, NY 12305
(518) 462-6531
http://capitalcounseling.org/capital-counseling-schenectady/
Expertise: Mental Health, Individual Therapy, Group Therapy, Family and Couples Therapy, Gambling Addiction, Mood Disorders, Nutrition, Grief, Substance Abuse.

Conifer Park – Schenectady Clinic
600 Franklin Street
Schenectady, NY 12305
(518) 372-7031
https://www.coniferpark.com/
Expertise: Chemical Dependency Treatment, Detoxification, Crisis Counseling, Inpatient Rehabilitation, Outpatient Services, and Family Programs.

** Miguel Diaz, LMHC
Vista Mental Health Counseling
636 Plank Rd, Suite 107
Clifton Park, New York 12065
(518) 941-8850
https://www.psychologytoday.com/us/therapists/ny/albany/310434?sid=5ed1632eb2b8e&ref=2&rec_next=121&tr=ResultsName
Expertise: Mental Health, Individual Therapy, Couples Therapy, Relationship Issues, Infidelity, Anxiety, Life Transitions, Divorce, Spirituality, Depression, Life Coaching, Life Transitions, Trauma and PTSD.

Four Winds Saratoga
30 Crescent Ave
Saratoga Springs, NY 12866
(518) 584-3600
https://www.fourwindshospital.com/about_four_winds/saratoga/index.html
Expertise: Depression and other Mood Disorders, Anxiety Disorders, Dual Diagnosis, Thought Disorders, Psychological Trauma and Abuse, Chemical Dependency, Dialectical Behavioral Therapy, Eating Disorder Treatment, Inpatient Treatment, Outpatient Treatment.

Terri Gerber, LCSW-R
435 New Karner Road #204
Colonie, NY 12205
(518) 860-9297
Expertise: Eating Disorders, Depression & Grief, Anxiety & PTSD, Couples & Parenting, E.M.D.R, Hypnotherapy, DBT, Care Of The Soul

** Laquanya Haggray, LMHC, CASAC
Ready Counseling Services
6 Automation Lane, Suite 115
Albany, New York 12205
(518) 244-8447
https://www.psychologytoday.com/us/therapists/ny/schenectady/472862?sid=5ed154350fa33&ref=12&rec_next=41&tr=ResultsName
Expertise: Mental Health, Individual Therapy, Substance Abuse, Anxiety, Depression, Trauma, Racial Identity, Sexual Identity, Relationship Issues.

** Tanya Henderson, LMHC, CASAC
Our Village Services
90 S. Swan Street, Suite 303
Albany, New York 12210
(518) 512-0164
https://www.psychologytoday.com/us/therapists/ny/albany/313030?sid=5ed15a1c73f34&ref=13&rec_next=41&tr=ResultsName
Expertise: Mental Health, Substance Abuse, Individual Therapy, Couples Therapy, Family Therapy, Grief, Anxiety and Trauma.

** Frederick Jones, LMHC
Albany Psychological Associates
1740 Western Avenue
Albany, NY 12203
(518) 464-4440
http://www.albanypsych.com/
Expertise: Mental Health, Individual Therapy, Psychiatric Disorders, Depression and other Mood Disorders, Anxiety Disorders, Dual Diagnosis, Thought Disorders, Psychological Trauma and Abuse, Chemical Dependency.

Karner Psychological Associates
634 Plank Road, Ste 206
Clifton Park, NY 12065
(518) 456-5056
https://karnercare.com/
Expertise: Alcohol/Substance Abuse or Dependence, Depression and Anxiety, Opiate Abuse and Mental Illness, Opiate Addiction and Dependence, Developmental Disorders or Learning Disorders and Disabilities, Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), Obsessive Compulsive Personality Disorders (OCD), Bipolar Disorder and Depression, Post-traumatic Stress Disorder (PTSD) and Trauma Management, Adult Schizophrenia and Child Onset Schizophrenia, Stress and Anxiety Disorders along with Anger Management, Personality Disorders and Dissociative Disorders, Seasonal Affective Disorder and Depressive Disorder with Seasonal Pattern, Life Coaching and Career Coaching for Professionals and College Students, Chronic Pain, Catastrophic Illness and Catastrophic Injury, Relationship and Communication Problems, Feeding and Eating Disorders, Coping with Loss: Bereavement and Grief, Health and Wellness: Creating Optimal Health and Related Habits, Sleep and Wake Disorders, Gender Issues, Sexual & Paraphilic Disorders.
** Denise King, LCSW  
Pinnacle Behavioral Health  
1 Pinnacle Place  
Albany, NY 12203  
(518) 689-0244  
https://pinnaclebehavioralhealth.com/patient-info/practioners/  
Expertise: Mental Health, Individual Therapy, Medical Issues, Substance Use Disorders, Legal Issues.

** Dr. Sarah Leclerc  
Bel Esprit Psychological Services  
Saratoga Springs, New York 12866  
(518) 245-3120  
https://www.psychologytoday.com/us/therapists/ny/albany/492686?sid=5ed1632eb2b8e&ref=17&rec_next=141&tr=ResultsName  
Expertise: Mental Health, Telehealth, Group Therapy, Depression, Anxiety, Mood Disorders, Self Esteem, Women’s Issues, Body Positivity, Trauma and PTSD, Stress, Substance Use, and Coping Skills.

** Angela Lewin  
Albany Behavioral Health Services  
255 Orange Street, Suite 205  
Albany, NY 12210  
(518) 729-2126  
http://albanybehavioralhealthllc.com/  
Expertise: Individual Therapy, Substance Abuse

** Dr. Nnenna Lindsay  
Freedom First Psychological Services  
4 Avis Drive, Suite 101  
Latham, NY 12110  
(518) 560-4277  
https://freedomfirstpsych.com/  
Expertise: Culturally Responsive Individual Therapy, Depression, Anxiety, Stress, Interpersonal Relationships, Trauma, Domestic Violence, Adjustment Difficulties, Sexuality, Racial Identity, and Social Justice.

** Dr. Amina Mahmood  
HPA/LiveWell  
260 Washington Avenue Extension, Suite 101  
Albany, NY 12203  
(518) 218-1188  
http://hpalivewel.com/  
Expertise: Multicultural Individual Therapy (Specifically Ethnic Minorities, Immigrant and Refugee Populations), Mental Health, Health Psychology, Relationship Issues, Interpersonal Violence.
** Alphonso Mitchum, LCSW-R
Anchored Counseling Services
5 Pine West Plaza, Suite 511
Albany, New York 12205
(518) 768-4937
https://www.psychologytoday.com/us/therapists/ny/albany/258495?sid=5ed15a1c73f34&ref=20&rec_next=61&tr=ResultsName
Expertise: Mental Health, Christian, Individual Therapy, Couples Therapy, Family Therapy, Mood Disorders, Anxiety, Depression, Grief, Men’s Issues, Family Conflict, Grief, Substance Use, Spirituality, Trauma and PTSD.

Northeast Psychological Associates
Hanover Square
435 New Karner Road
Albany, NY 12205
(518) 456-2060
http://nepsych.com/
Expertise: Psychotherapy for Depression and Anxiety, Family & and Relationship Counseling, Stress Management, Alcohol and Drug Dependence Evaluations, Treatment for Behavioral and Academic Problems/ADHD, Women’s and Men’s Issues, Pain Management/Behavioral Medicine, Relaxation/Meditation Training, Assessment and Treatment of Eating Disorders, Grief/Bereavement Counseling, Trauma Based Disorders, Career Development and Vocational Adjustment Services, Intellectual/ Educational and Psychological Evaluations

Natalie Nussbaum, Ph.D.
2220 Lynwood Dr Schenectady, NY 12309
(518) 372-7356
https://www.caredash.com/doctors/natalie-nussbaum-phd-schenectady-ny
Expertise: Clinical Psychology

Mary O’Connor
Clinical Associates of Clifton Park
989 Route 146, Building 199
Clifton Park, NY 12065
(518) 383-3249
Expertise: Anger Management, Anxiety/Panic Disorders, ADD/ADHD, Bipolar Disorders, Depression, Eating Disorders, Grief/Loss, Relationships, Life Transitions, OCD, Personality Disorders, Self-Abuse, Sexual Abuse, Rape, Trauma/PTSD

Laurie Pollard, NPP
Clifton Park Psychiatry NP Care
632 Plank Road, Ste 207
Clifton Park, NY 12065
(518) 366-0082
Expertise: Behavioral Issues, Bipolar Disorder, Coping Skills, Divorce, Eating Disorders,
Family Conflict, Infidelity, Life Coaching, Life Transitions, Medication Management, Relationship Issues, Stress, Women's Issues, Mood Disorders.

** Alicia Rothenberg, MHC  
Little Light Mental Health Counseling  
10 McKown Road, Suite 206  
Albany, New York 12203  
(518) 217-4681  
https://www.psychologytoday.com/us/therapists/ny/albany/493728?sid=5ed15a1c73f34&ref=13&rec_next=21&tr=ResultsName  
Expertise: Mental Health, Individual Therapy, Mood Disorders, Substance Abuse, Racial Identity, Sexual Identity, Trauma and PTSD.

Saratoga Psychological Associates  
Clifton Park Office  
632 Plank Road  
Clifton Park, NY 12065  
(518) 587-0499  
https://saratogapsych.com/  

Schenectady Center for Psychotherapy  
1575 Union Street  
Schenectady, NY 12309  
(518) 374-0511  
Expertise: Mental Health, Individual Therapy, Mood Disorders, Anxiety, Relationship Issues.

Schenectady Mental Health Associates  
1362 Union Street  
Schenectady, NY 12309  
(518) 374-0295  
https://smha-crown.com/  
Expertise: ADD/ADHD, anxiety Disorders, Bipolar Disorders, Depression, Eating Disorders, Impulse Control Disorders, Learning Disorders, Schizophrenia Disorders, Anger Management, PTSD

** Puspita Sen, LMHC  
Wholesome Mental Health Counseling  
878 New Scotland Road  
Albany, New York 12208  
(518) 893-4115  
https://www.psychologytoday.com/us/therapists/ny/albany/212311?sid=5ed15a1c73f34&ref=1&rec_next=81&tr=ResultsName
Expertise: Mental Health, Multicultural Individual Therapy, Couples Therapy, Family Therapy, Psychiatric Disorders, Depression and other Mood Disorders, Anxiety Disorders, Dual Diagnosis, Thought Disorders, Sexuality Issues, Psychological Trauma and Abuse, Chemical Dependency, and Compassion Fatigue.

** Sherman Stovall Jr., LCSW-R  
Legacy Behavioral Health  
Clifton Park, New York 12065  
(518) 278-7170  
https://www.psychologytoday.com/us/therapists/ny/albany/104244?sid=5ed1632eb2b8e&ref=6&rec_next=121&tr=ResultsName  
Expertise: Mental Health, Telehealth, Depression, Anxiety, Mood Disorders, Thought Disorders, ADD/ADHD, Internet Addiction, Men’s Health, Domestic Violence, Substance Abuse, Sexual Identity, Parenting, Racial Identity, Divorce, Trauma and PTSD.

** Dr. Melanie Styles  
Legacy Behavioral Health  
Clifton Park, New York 12065  
(518) 278-7170  
https://mylegacynyc.com/meet-our-team  
Expertise: Mental Health, Individual Therapy, PTSD, Anxiety, Mood Disorders, Gender Identity, Trauma, Marriage and Family Interventions, Stress, Faith-based Therapy.

** Dr. Simon Udemgba  
Compassionate Treatment Center  
401 New Karner Road  
Brandon Place  
Albany, New York 12205  
(518) 512-0253  
https://www.psychologytoday.com/us/therapists/ny/schenectady/156128?sid=5ed154350fa33&ref=15&rec_next=21&tr=ResultsName  
Expertise: Mental Health, Individual Therapy, Mood Disorders, Thought Disorders, Racial Identity, Sexual Identity, Grief, Trauma, Substance Abuse, Veterans, Medical Issues, Relationship Violence.

Union Center  
1583 Union Street  
Schenectady, NY 12309  
(518) 374-7347  
http://www.theunioncenter.com/  
Expertise: ADHA, Oppositional Defiant Disorder, Conduct Disorder, Anger Management, Anxiety & Panic Attacks, Depression, Gay & Lesbian Issues, Grief & Loss Personality Disorders, Stress Management, Trauma & Abuse, Work/Stress Issues

Union Counseling Behavioral Health Center  
1311 Union Street
Schenectady, NY 12308
(518) 374-6263
https://unioncounselingbhc.weebly.com/
Expertise: ADHD, Anxiety & Stress, Abuse, Bipolar Disorder, Borderline Personality Disorder, Depression, Eating Disorders, PTSD

Susan Woods, PhD
700 McClellan Street
Schenectady, NY 12304
(518) 372-0166
http://drsusanswoods.com/
Expertise: General Psychology, Clinical Psychology, Child Psychology, Cognitive Behavioral Therapy, Eating Disorders, Depression