

Mental Health Resource Guide

The following list is provided as a convenience for our parents. However, West Seneca Central School District does not endorse these providers. Parents should be aware that other mental health professionals in our community who are not on the list may be equally qualified to provide assistance.

Child Psychiatrists

Behavioral Health Associates

Dr. Ronald Cooke

2360 Sweet Home Road, Suite 4

Amherst, NY 14228

Phone: (716) 748-7474

Web: www.bhaofwny.com

* Accepts Highmark and Traditional Blue Cross/Blue Shield

Dent Neurologic

Dr. Capote

3980 Sheridan Drive

Amherst, NY 14226

(Evaluates all ages)

Phone: (716) 250-2000

Web: www.dentinstitute.com

* Accepts Aetna, Aetna Medicare, Blue Cross/Blue Shield, Blue Cross/Blue Shield Excellus, Cigna, Empire, Fidelis, Independent Health, MagnaCare, Martin's Point, Medicare and Medicare Railroad, Molina, MVP, Nascentia Health Plus Medicare Advantage Plan, Nova, NYS Medicaid, RMSCO, UPMC, United Healthcare, Univera and Wellcare

New Directions Youth & Family Services- Children's Clinic

356 Main Street ER

Randolph, NY 14772

see web for other locations

Phone: (716) 358-3636

Web: <https://fosteringgood.org/services/childrens-clinic-of-wny/>

Chanel Freeman NP in Psychiatry PLLC

Amherst, NY 14226

Phone: (716) 218-9827

Web: www.chanelfreemanpsychiatry.com/

(Appointments via Telehealth, accepting patients 13 and older)

* Accepts Aetna NY, Aetna EAP, Aetna FL, Blue Cross/Blue Shield MA, Cigna, ComPsych, ComPsych EAP, Highmark Blue Cross/Blue Shield WNY and Northeastern New York, Medicare Part B

Oishei Children's Hospital Child Psychiatry Clinic

Buffalo General Medical Center 1028

Main Street

Buffalo, NY 14202

Phone: (716) 859-5460

Intake Phone: (716) 859-5454

Web: www.ochbuffalo.org/care-treatment

Suburban Psychiatric Associates

Amherst Location

85 Bryant Woods South

Amherst, NY 14228

Hamburg Location

4535 Southwestern Blvd, Building 700 Suite 704

Hamburg, NY 14075

Phone: (716) 689-3333

Web: www.suburbanpsych.org

* Accepts Medicare, Blue Cross/Blue Shield, Independent Health, Univera, Nova, Optum, United Behavioral Health, Lifetime Benefit Solutions (RMSCO), Aetna (commercial only)

Williamsville Psychiatry, PLLC

5904 Sheridan Drive

Williamsville, NY 14221

(Treats ages 5 and up)

Phone: (716) 886-5493

Web: www.williamsvillepsych.com

Owl Psychiatry

490 Center Road, Suite 2C

West Seneca, NY 14224

Phone: (716) 243- 4151

*Accepts Aetna, Oxford, United Healthcare,
Oscar Health, Cigna**UBMD Psychiatry, University
Psychiatric Practice, Inc.**

1001 Main Street 4th Floor

Buffalo, New York 14203

Phone: (716) 835-1246

Website

**Niagara Frontier Psychiatric: Rahman
Muhammad S MD**

21 Princeton Pl # 1A,

Orchard Park, NY 14127

Phone: (716) 662- 1933

WNY Medical

4979 Harlem Road, Amherst NY

Phone: (716) 923-4380

Web: <https://www.wnymedical.com/>**Psychologists****East Amherst Psychology Group**

9750 Transit Road East Amherst, NY 14051

Phone: (716) 636-1375

Web: <http://eapg9750.com/>**East Quaker**

6556 East Quaker

Orchard Park, NY 14217

Phone: (716) 539-9232

Web: <https://eastquaker.com/>*Accepts Blue Cross/Blue Shield, Independent
Health and Univera**Counseling Agencies****CPH Mental Health Counseling**

Phone: (716) 322-6394

Email: admin@cphbuffalo.comWeb: <https://www.cphpsych.com/>

(Specializes in areas of gender concerns)

WNY Psychotherapy Services

315 Alberta Drive, Suite 211

Amherst, NY 14226

Phone: (716) 837-6705

70 Linwood Ave

Orchard Park, NY 14127

Phone: (716) 675-9232

Web: <https://www.wnypsychotherapy.com/>**Williamsville Wellness Center**

2350 North Forest Road Suite 35B

Getzville, NY 14068

Phone: (716) 626-9016

Web: <https://www.willamsvillewellness.org/>**Best Self Behavioral Health**

3176 Abbott Road Suite 500

Orchard Park, NY 14127

see web for other locations

Phone: (716) 842-0440

Web: <https://www.bestsselfwny.org>**Brightside Counseling Services**

40 Gardenville Pkwy W

Buffalo, NY 14224

Phone: (716) 783-0407

Web: <https://www.brightsidecounselingservices.com/>**OLV Human Services**

Baker Victory Services

790 Ridge Road, Lackawanna, NY 14218

Phone: (716) 828-9500

Web: <https://www.olvhs.org/residential-treatment-facility-overview>**Healing Hearts Counseling Center**

2478 George Urban Blvd.

Depew, NY 14043

Phone: (716) 601-6220

Web: <https://www.healingheartscounselingwny.com/>**Horizon Health Services**

(Mental Health/Substance Abuse)

3345 Southwestern Boulevard, Suite 100

Orchard Park, NY 14127

Phone: (716) 662-6802

Web: <https://horizon-health.org/location/orchard-park-family-recovery-center/>

*Accepts Aetna/Meritain, Amerigroup, Blue Cross Highmark, Empire Carelton, Fidelis, Independent Health, Lifetime Health Benefits, Martins Point, MVP, Molina, NOVA, TRICARE, Univera, United Health Care (Optum) managed Medicaid and Essential Plans only

Shurmatz Counseling

Cheektowaga Office

2355 Union Road Suite 200

Cheektowaga, NY 14227

West Seneca Office:

950A Union Road Suite 328

West Seneca, NY 14224

Phone: (716) 217-6112

Web: <https://shurmatzcounselingwny.com/>

Endeavor Health Services

Cheektowaga location:

1526 Walden Avenue Suite 400

Cheektowaga, NY 14225

see web for other locations

Phone: (716) 895-6700

Web: <https://www.ehsny.org/>

Developmental Disabilities Resources

The ARC of Erie County

30 Wilson Rd.

Williamsville, NY 14221

Phone: (716) 272-3743

Web: <https://www.arceriecounty.org/>

People, Inc.

1219 North Forest Road

Williamsville, NY 14221

Phone: (716) 817-7400

Web: <http://people-inc.org>

Aspire of WNY

4635 Union Rd,

Cheektowaga, NY, 14225

Phone: (716) 505-5830

Email: info@aspirewny.org

Web: <https://www.aspirewny.org/>

Social Workers and Licensed Mental Health Counselors

Richard N Rutherford, LCSW

40 Gardenville Pkwy W, Suite 116

West Seneca, NY 14224

Phone: (716) 256-7884

Web: <https://www.psychologytoday.com/us/therapists/rnr-counseling-services-lcsw-pllc-west-seneca-ny/1201459>

*Accepts Univera, Aetna, Cigna and MVP with more insurances to be accepted soon

Laurie LaPorta, LCSW-R

3959 N Buffalo St. Suite #2

Orchard Park, NY 14127

Phone: (716) 597-5890

Greg Nuessle, LCSW-R

3959 N. Buffalo St.

Orchard Park, NY 14127

Phone: (716) 235-0930

Stacey Stevens, LMHC (EMDR)

300 Center Rd. West Seneca, NY 14224

Phone: (716) 598-0063

Web: <https://scscounseling.org/home>

Evolve Counseling Services of WNY

3959 N. Buffalo Road

Orchard Park, NY 14127

Phone: (716) 331-2960

Web:

<https://evolvecounselingservicesofwny1.dudaonline.com/>

Alicia Moonan, LMHC

7071 Boston State Rd.

Hamburg, NY 14075

Phone: (716) 558-6563

Web: <https://www.moonancounseling.com/>

* Does not accept Health Insurance

Julie Gutowski, LMHC

40 Gardenville Pkwy
West Seneca, NY 14224

Phone: (716) 816-6462

Web: <https://juliegutowski.com/>

*Accepts AETNA, BCBS Highmark WNY,
Cigna, Humana, Independent Health, Univera

Kathleen S. Kubera LCSW

Southtown Wellness LCSW PLLC
34 E Main Street
Hamburg, NY 14075

Phone: (716) 325-0006

Fazzino Mental Health Counseling, PLLC

50 Dyke Rd
West Seneca, NY 14224

Phone: (716) 635-5010

Doreen Nuessle, LCSW-R

3959 North Buffalo Road
Orchard Park, NY 14127

Phone: (716) 247-5451

Phoenix Therapy and Wellness

Nicole Wolasz LCSW-R
337 Cleveland Drive, Suite 6
Cheektowaga, New York 14215

Phone: (716) 228-8205

Email: nicolewolasz@gmail.com

Web: <https://nicolewolasztherapy.com/>

Andrew Wilton, LCSW

Seneca Mill Building
4184 Seneca Street, Suite 211

Phone: (716) 222-9066

Email: andrew@andrewwiltonlcsw.com

Web: <https://www.andrewwiltonlcsw.com/>

*Accepts Aetna, All Savers (UHC), Allied Benefit Systems, Christian Brothers Services, Cigna, GEHA - United Healthcare Shared Services, Harvard Pilgrim, Health Plans Inc, Health Scope, Medica, Meritain, Nippon, Optum, Oscar, Oxford, Surest, Trustmark Health Benefits, Trustmark Small Business Benefits, United Healthcare and UMR

Jennifer Nahrebeski, LMHC

1293 Union Road
West Seneca, NY 14224

Phone: (716) 432-3656

Web: <https://counselorj.com/>

*Accepts Fielis, Martins Point, Blue Cross/Blue Shield and Independent Health

Lydia Coyle, LCSW

Cheektowaga, NY (telehealth appointments)

Phone: (716) 220- 7155

*Accepts Aetna, Blue Cross/Blue Shield,
Independent Health, Univera

Substance Abuse**24 Hour Addiction Hotline**

(Erie County)

Phone: 716-831-7007

Alcoholics Anonymous

(Erie County)

Phone: (716) 853-0388

Web: <https://buffalooaany.org/>

Al-Anon

Phone: (716) 853-2520

Web: www.aiswny.org

Renaissance House (Inpatient)

920 Harlem Road
West Seneca, NY 14224

Phone: (716) 827-9462

Web: www.ked.org

Narcotics Anon Family Group

Phone: (716) 878-231

Web: www.nar-anon.org

Beacon Center

3354 Sheridan Drive
Amherst, NY 14226

Phone: (716) 831-1937

Web: www.beaconcenter.net

LGBTQIA+ Resources

Trans Lifeline

(national crisis hotline for the trans community- all operators are transgender)

Phone: (877) 565-8860

The Trevor Project Lifeline

(Crisis line for LGBTQ youth under 25)

Phone: 1-866-488-7286

Web: <https://www.thetrevorproject.org/>

Pride Center of Western New York

(Offers various services for transgender, gender expansive and non-binary (TGNB) youth ages 5-17, and their parents, caregivers, and family members)

Phone: (716) 852-7743

Web:

<http://www.pridecenterwny.org/WhoWereHereForYouth>

ADHD Resources

University of Buffalo Department of Psychology

Psychological Assessment Services

168 Park Hall (North Campus)
Buffalo, NY 14260

Phone: (716) 645-3697

Web: <https://arts-sciences.buffalo.edu/psychology/about/psychological-services/psychological-assessment-services.html>

(provides evaluations)

Delaware Pediatrics

2550 Delaware Avenue
Buffalo, New York 14216

Phone: (716) 884-0230

Web:

<https://delawarepediatrics.com/parent-information/adhd-management/>

(provides evaluations and intervention)

Autism Resources

Autism Services, Inc.

40 Hazelwood Drive
Amherst, NY 14228

Phone: (716) 631-5777

Web: <https://autism-services-inc.org/>

The Summit Center

150 Stahl Road
Getzville, NY 14068

Phone: (716) 629-3400

Web: <https://www.thesummitcenter.org/>

Oishei Children's Hospital Autism Spectrum Disorder Center

Floor 2

1001 Main Street
Buffalo, NY 14203

Phone: (716) 323-6677

Web:

<https://www.ochbuffalo.org/care-treatment/autism-spectrum-disorder-center>

(provides evaluations)

OLV Human Services Evaluation and Treatment Center

790 Ridge Road
Lackawanna, NY 14218

Phone: (716) 828-9500

Web: <https://www.olvhs.org/etc>

(provides evaluations)

Eating Disorders

Narins Eating Disorder Center

Tracy Welchoff, PhD

2430 North Forest Rd, Suite 130
Amherst, New York 14068

Phone: (716) 688-5372

Mental Health Urgent Care

C.A.R.E.S Team

1235 Main St.

Buffalo, NY 14209

Phone: (716) 882-4357

Emergency services open **24 hrs. /day 7 days a week**. Crisis counselor is available at all times and is ready to help families of children under 18 who may be experiencing a serious behavioral and/or emotional problem

ECMC Mental Health Urgent Care

ECMC Main Building 1st Floor 462 Grider Street

Buffalo, NY 14215

Phone: (716) 898-1594

Web: <http://www.ecmc.edu/health-services-and-doctors/behavioral-health/outpatient-behavioral-health-services/help-center/>

Domestic Violence

24-Hour Hotlines

New York State: 1-800-942-6906

National: 1-800-799-7233

Crisis Services

24-Hour Hotline: (716) 285-3515

Haven House

330 Delaware Avenue

Buffalo, New York 14202

Phone: (716) 842-2750

Web: <https://cfsbny.org/haven-house-open-to-help-domestic-violence-survivors/>

Family Justice Center: Services for Domestic Violence Victims

4383 South Buffalo Street

Orchard Park, NY 14127

**see website for other locations*

Phone: (716) 634-4309

Web: <http://www.fjcsafe.org/>

Passage House Shelter

Phone: (716) 285-6984

Hotline: (716) 299-0909

Web: <https://pinnaclecs.org/our-services/do>

[mestic-violence-services/](#)

Suicide Hotlines

National Hotline: 988

Erie County Suicide Prevention

Hotline: (716)-834-3131

Hotlines in Crisis: National

Mandated Reporter Hotline: 1-800-635-1522

Child Abuse Community Hotline:

1-800-342-3720

Child Abuse National Hotline:

1-800-422-4453

National Runaway Safeline: 1-800-786-2929

* Includes participating insurance. Insurance can vary by provider and change frequently.