

REFERRALS FOR COUNSELING

SUICIDE PREVENTION LIFELINE

Dial 988 - 1-800-273-TALK (8255) - text HOME to 741741
Visit WWW.CRISISTEXTLINE.ORG - WWW.SUICIDEPREVENTIONLIFELINE.ORG

Crisis

Samaritan Hospital Outpatient Mental Health Center	(518) 271-3540
Capital District Psychiatric Center	(518) 549-6500
Dr. James Nalbhone & Associates	(518) 549-6500

Websites to find local counselors:

www.psychologytoday.com – Psychology Today
www.nymhca.org – NY Mental Health Counselors Association
www.aacap.org (Families and Youth) - American Academy of Child & Adolescent Psychiatry

Online Therapy & Psychiatric Services:

www.valerahelath.com (they accept MOST insurance - verify they accept your insurance)
www.aptihealth.com (they accept MOST insurance - verify they accept your insurance)

Pediatrics

Anna Moon (birth – 21yo)	Troy	(518) 270-2666
Capital Dist Psychiatric Ctr (Child & Adolescent Svcs)	Albany	(518) 549-6929
Unified Services for Children and Adolescents	Troy	(518)270-2800 (Rens Cty Residents)
Dr. James Nalbhone & Associates	Albany	(518) 438-9722/(518) 438-0033
On Track NY @ Northernrivers (16-30 y/o)	Albany	(518) 292-5452
Capital Counseling	Alb, Rens, Clifton Pk	(518) 462-6531
Judith Lucas, MD / Anthony Malone, MD	AMC	(518) 262-5511
Parent Network of the Capital Region	Latham	(518)640-3320 email: info@pncrny.org
www.pncrny.org	(assists with school relationships to ensure appropriate education for the child, and help with getting correct resources)	

Medication Management

Capital Region Outpatient Wellness Network	Castleton	(518)245-9349
Pinebush Mental Health	Albany	(518)862-1665
Pinnacle Place	Albany	(518)689-0244
Union Street Counseling Services	Schenectady & Malta	(518) 374-6263

Addiction

Alcoholics Anonymous: <https://www.aa.org/>
Narcotics Anonymous: <https://www.na.org/>

Support Groups

Parent Network of the Capital Region	Latham	(518)640-3320	info@pncrny.org	www.pncrny.org
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Post Partum Depression Support www.albanyfamilylifecenter.com
www.shadesoflightps.org
www.postpartum.net