



## CAPITAL DISTRICT COUNSELING RESOURCES

### Counseling Providers:

#### **Dianna G. Masto, LCSW**

834 Kenwood Ave, Slingerlands, NY 12159

Phone: (518) 478-9620

Accepts Insurance: Yes

Services:

- Specializes in working with children under 18.
  - Can bring family members into sessions when relevant.
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### Capital Counseling

Offices:

- Albany: 650 Warren St, Albany, NY 12208
- Saratoga: 100 West Ave, Saratoga Springs, NY 12866
- Schenectady: 670 Franklin St, Schenectady, NY 12305
- Rensselaer: 120 Defreest Drive Suite 170, Rensselaer Tech Park, Troy, NY 12180
- Clifton Park: 4 Chelsea Place Suite 102, Clifton Park, NY 12065
- Colonie: 21 Aviation Road (Rear Entrance), Albany, NY 12205

Website: <http://www.capitalcounseling.org>

Contact Information:

- Main Phone: (518) 462-6531
- Crisis or Emergencies: 911 or 1-800-273-TALK
- Fax: (518) 462-0181

Accepts Insurance: Yes. Copay depends on plan.

Services:

- Works with children, adolescents, families, and couples.
  - Can work with patients on specific mental health issues/disorders (anxiety, eating disorders, etc.)
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### Albany Counseling Services

732 Madison Ave, Albany, NY 12208

Website: <https://www.albanycounselingservices.com>

Contact Information:

- Phone: (518) 227-0847
- Fax: (518) 888-3324
- Email: [espinoza.lcsw@gmail.com](mailto:espinoza.lcsw@gmail.com)

Accepts Insurance: Yes

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- CDPHP, BSNNY, NYSHIP, EMPIRE, Fidelis, Cigna, Medicaid, and Medicare Services:
  - “Albany Counseling Services offers individual, couples, and family counseling for children, teens, and adults.”
  - Important Note: For Spanish speaking patients, Liz Espinoza (LCSW-R) can speak Spanish; Nota Importante: Para pacientes que hablan español, Liz Espinoza (LCSW-R) puede hablar español
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## **Ellis Hospital Mental Health Services**

1101 Nott St, Schenectady, NY 12308

Website: <http://http://www.ellishospital.org/services/mental-health.aspx>

Contact Information:

- Main Hospital Phone: (518) 243-4000
- Hospital Information Phone: (518) 243-4366
- Emergency Phone: (518) 243-4121
- Outpatient Mental Health Service Phone: (518) 243-3300

Accepts Insurance: Yes

Services:

- The mental health section of the hospital website did not mention insurance, but the hospital does have a list of accepted insurance companies elsewhere on the site. It should be noted that any independent practitioners who work at the hospital might accept different insurance plans, so you should verify ahead of time that your plan will be accepted.
  - Has been working with adults for 40 years, but also provides services for children and adolescents.
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## **Samaritan Counseling Center**

Offices:

- Scotia: 220 N Ballston Ave, Scotia, NY 12302
- Schenectady: 8 N Church St, Schenectady, NY 12305
- Saratoga Springs: 75 Railroad Pl, Saratoga Springs, NY 12866
- Clifton Park: 971 NY-146, Clifton Park, NY 12065
- Delmar: 386 Delaware Ave, Delmar, NY 12054
- Latham: 568 New Loudon Rd, Latham, NY 12110
- Malta: 1 Hemphill Pl, Malta, NY 12020
- North Greenbush/Rensselaer: 706 Bloomingrove Dr, Rensselaer, NY 12144
- Bedford: 44 Village Green, Bedford, NY 10506

Website: <http://www.samaritancounselingcenter.org>

Contact Information:

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- Main Office Phone: (518) 374-3514
- Fax: (518) 374-9193

Accepts Insurance: Yes

Programs:

- Focuses on family, couples, pre-marital, and personal counseling.
  - Also provides training/professional development, business/executive coaching, and clergy/congregational services.
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## **Choices Counseling and Consulting**

10 Colvin Ave Suite 102 Albany, NY 12206

Website: <https://www.choicesconsulting.com>

Contact Information:

- Phone: (518) 438-2222
- Fax: (518) 438-7777
- Email: [Info@ChoicesConsulting.com](mailto:Info@ChoicesConsulting.com)

Accepts Insurance: Yes

- CDPHP
- Blue Cross Blue Shield
- Blue Shield NENY
- MVP
- Out of Network Benefits (check with your provider)
- IMPORTANT NOTE: Certain therapists might accept different insurance plans. Please make sure you verify ahead of time that your plan will be accepted.
- IMPORTANT NOTE: There are waiting lists for clients with certain types of insurance. There are currently openings for individuals with CDPHP.

Services:

- Provides individual, couple, family, and group counseling.
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## **Bethlehem Counseling Associates, LLC**

200 Delaware Ave, Delmar, NY 12054

Website: <http://www.bethlehemcounseling.com>

Contact Information:

- Phone: (518) 439-0090
- Fax: (518) 439-0267

Accepts Insurance: Yes

Services:

- Provides individual, couple, family, and group counseling



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## Union Counseling Behavioral Health Center

### Offices:

- Schenectady: 1311 Union St, Schenectady, NY 12308
- Malta: 5 Hemphill Pl Suite 121, Malta, NY 12020

Website: <https://www.unionstreetcounseling.com>

### Contact Information:

- Schenectady Phone: (518) 374-6263
- Schenectady Fax: (518) 374-1778
- Malta Phone: (518) 289-5072
- Malta Fax: (518) 289-5225

Accepts Insurance: Yes

### Services:

- Works with all ages
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## Dr. Heidi R. Wright (Psychologist)

1365 Washington Ave Suite 102A, Albany, NY 12206

Website: [Click here for Psychology Today Profile](#)

### Contact Information:

- Phone: (518) 241-4173

Accepts Insurance: Yes

- Blue Shield
- CDPHP
- Out of Network (Check with your provider)

### Services:

- Dr. Wright works with people (individuals or families) of all ages (children - senior citizens), and she specializes in personality disorders, relationship issues, and mood disorders.
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## Karner Psychological Associates

### Offices

- Guilderland: 2280 Western Ave, Guilderland, NY 12084
- Clifton Park: 634 Plank Rd Suite 206, Clifton Park, NY 12065

Website: <https://www.karnercare.com>

### Contact Information:

- Phone: (518) 456-5056
- Fax: (518) 456-6512
- Email: [info@karnercare.com](mailto:info@karnercare.com)

Accepts Insurance: Yes