

## Counseling Referrals

Finding the right therapist is so very important. The recommendations below include a partial listing of private therapists and larger agencies in WNY, but there are many other excellent therapists in our area. You may want to reach out to the providers on this list to learn more about them, or seek recommendations from friends or family members. Your health care provider is also an excellent source for referrals. It may take some research to find somebody who can accommodate your schedule and insurance. Keep in mind, therapists often cannot schedule you immediately, and you may not receive an appointment for a few weeks or up to a month (or they may not be taking new referrals at this time). Larger groups and organizations may be able to offer quicker availability.

***If you ever experience a mental health emergency contact Crisis Services at 716-834-3131, call 911, text 741741 for 24/7 free crisis support, or go to your nearest emergency department.***

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**Providers located on site at Audubon Women's Medical Associates: (also providing Telehealth or video call appointments)**

### **Therapists**

Lori Badach, LCSW-R, PMH-C  
716-639-0314

Areas of specialty: General counseling needs, PMDD, perinatal mood and anxiety disorders, pregnancy related concerns, miscarriage/stillbirth/infant loss/tmfr, general grief and loss, parenting, relationship issues

Insurance accepted: Highmark Blue Cross Blue Shield of WNY, Independent Health, Univera, and Fidelis

Alicia Kohlhagen, LCSW-R, PMH-C  
716-344-0809

Specialties: Women's mood's, perinatal mood and anxiety disorders, general counseling needs, infertility, trauma, gender affirming care including gender affirming surgery evaluations

### **Prescriber/Medication Management**

Angela Roche, WHNP, PMHNP  
716-831-0200

Areas of specialty: Perinatal depression, Postpartum depression, PMDD (PMS), menopausal transition with anxiety/depression and generalized anxiety and depressive disorders among other life transitions/ mood alterations.

***Please Note: The providers above maintain a private practice independent of Audubon Women's Medical Associates. Questions about scheduling and availability should be directed to the individual providers listed above.***

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**WNY Postpartum Connection(wnypostpartum.com)**

For issues related to pregnancy/loss/perinatal mood and anxiety disorders you can fill out a contact form through WNYPPCP(<https://www.wnypostpartum.com/get-connected>) to be linked with a therapist who has specific training in this area. Please see this website for an abundance of information and community resources as well.

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**Miscarriage/Stillbirth/ and Infant Loss**

Hospice Buffalo – Perinatal Program: offering support, education, and guidance to expectant parents and families whose unborn child has a life limiting diagnosis. Call 716-686-8077  
<https://www.hospicebuffalo.com/our-services/perinatal-program>

WNY Perinatal Bereavement Network – support and services for parents facing perinatal loss and death of a baby from miscarriage, ectopic pregnancy, stillbirth, or early infant loss. 716-626-6383  
<https://wnypbn.org/>

Footprints on the Heart (through Catholic Health System)-helps families cope with the loss of a baby caused by miscarriage, ectopic pregnancy, stillbirth and newborn death. 716-706-2112  
<https://www.chsbuffalo.org/services/pregnancy-loss>

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**Providers and Services in the Community:**

Cheryl A. Arena, LCSW-R  
651 Delaware Ave Ste 142 Buffalo, NY 14202  
716-430-2040  
Children and young adults up to age 25  
Specialities: General Counseling/Anxiety/Depression/Adjustment Issues

Lisa Balderman, LCSW-R  
2701 Transit RD STE 141  
Elma, NY 14059  
Virtual and in office sessions available  
(716) 507-8909  
Website: [www.baldermanwellness.com](http://www.baldermanwellness.com)  
Specialities: trauma ( EMDR, Progressive Counting, and brainspotting), grief, and General Counseling Needs/Anxiety/ Depression/Adjustment Issues

Catherine Broom  
293 union rd suite 2 buffalo NY 14224  
(in-person and telehealth)  
843-934-4557  
[catherinebroomlmhc@gmail.com](mailto:catherinebroomlmhc@gmail.com)  
[www.betterwithbroom.com](http://www.betterwithbroom.com)  
Specialties: General Counseling Needs/Anxiety/ Depression/Adjustment Issues, trauma therapy- Progressive Counting, DBT

Elisabeth Burn

1432 Niagara Street, Buffalo NY 14213

[eburnlmhc@gmail.com](mailto:eburnlmhc@gmail.com)

(716) 866-0074

Specialities: Individual and Couples Counseling/Anxiety/Blended Families/Perinatal Mood and Anxiety Disorders

Maddie Drilling, LMSW

Telehealth

607-398-0212/[hello@innerlakestherapy.com](mailto:hello@innerlakestherapy.com)

[maddiedrilling@innerlakestherapy.com](mailto:maddiedrilling@innerlakestherapy.com)

[www.innerlakestherapy.com](http://www.innerlakestherapy.com)

Specialties: General counseling needs/stress/coping skills, Anxiety, Depression, Adjustment Issues, CBT/DBT skills/ACT/Trauma informed

Dr. Sharon Deacon, LMFT, PH.D.

Firm Foundations Marriage & Family Therapy

Lancaster, NY 14086

716-216-2165

[drdeacon@firmfoundationsmft.com](mailto:drdeacon@firmfoundationsmft.com)

[firmfoundationsmft.com](http://firmfoundationsmft.com)

Specialities: Couples/Marriage Therapy, Infidelity/Betrayal, Pregnancy/Parenting Preparation, Life Transitions, Sexual Desire, Arousal, Performance Issues, Infertility, Family & Relationship Conflicts, Communication

Ceaton C Falgiano, LCSW-R

Telehealth (soon to be in person in Williamsville 12/23)

716-525-4753

Specialities: General Counseling Needs/Anxiety/Depression/Adjustment Issues

Danielle Hall, LMHC

5687 Main St, Williamsville, NY 14221

716-264-1833

[dhall.counseling@gmail.com](mailto:dhall.counseling@gmail.com)

[Dhallcounseling.com](http://Dhallcounseling.com)

Specialities: General Counseling Needs, Anxiety/ Depression, Adjustment Issues, Perinatal Care, Trauma

Sarah Fitzgerald, LCSW-R

716-574-2342

Southgate Plaza, West Seneca

Specialities: General Counseling/Anxiety/Depression/Adjustment issue/Grief/Narcissistic Abuse

Katie Janik

4043 Maple Road Suite 202, Amherst, NY 14226

716-316-1491

[kjanik@katiejanik.com](mailto:kjanik@katiejanik.com)

Specialties : Maternal Mental Health/Perinatal/Postnatal/Fertility, General Counseling Needs/Anxiety/Depression/Adjustment Issues, Grief Counseling, EMDR

Shay Kahani, LCSW, CST  
Shay Kahani Wellness LLC  
Virtual sessions  
330-550-5995  
[shaykahaniwellness@gmail.com](mailto:shaykahaniwellness@gmail.com)  
[shaykahani.com](http://shaykahani.com)

Specialties: Sex Therapy (desire, intimacy, pain disorders), Couple/ marriage/ ENM Therapy, Relationship Issues, Pregnancy, Prenatal, Postpartum, Life Transitions, Marital and Premarital, Trauma and PTSD, Men's Issues, Infertility, EMDR

Raelyn Legg LMHC LMFT PMH-C

She / her/ hers

Become The Way Psychotherapy

Phone: (716) 404-9094

Email: [raelynlegg@becomethewaytherapy.com](mailto:raelynlegg@becomethewaytherapy.com)

Specialties: perinatal trauma / birth trauma, Anxiety, OCD, fertility issues, couples, eating disorders / body image. I also specialize in LGBTQ+ and gender affirming care.

Sarah Marchand, PhD

Evolve Behavioral Services, LLC

8604 Main St., Suite 3, Williamsville, NY 14221

716-903-0260

[drsarahmarchand@gmail.com](mailto:drsarahmarchand@gmail.com)

[www.evolvebs.net](http://www.evolvebs.net)

Specialties: General Counseling Needs/Anxiety/ Depression/Adjustment Issues/prenatal and perinatal care/trauma

Sharon Itkoff Nacache ATR-BC LCAT LPAT PMH-C

(she/hers)

Perinatal Mental Health Certified Art Psychotherapist

Teletherapy in NY & NJ

646.982.9626

Specialties: General Counseling Needs/Anxiety/ Depression/Adjustment Issues, Children, Adolescents, Young Adults, Grief Counseling, Mental Health Counseling and Art Therapy

Amanda Polino, LCSW-R

8207 Main St. Suite #1

Williamsville, NY 14221

(716) 650-5819

[AmandapolinoLCSW@yahoo.com](mailto:AmandapolinoLCSW@yahoo.com)

Specialties: Anxiety, depression, life transitions, relationships, prenatal/postpartum, woman's issues

Ashley Schimenti, LMHC

716-513-4461

8207 Main St. Suite 1

Williamsville NY 14221

Specialties: General Counseling Needs/Anxiety/ Depression/Adjustment Issues/Relationship issues

Diana Springer, LCSW, PMH-C

716-819-8670

<https://www.dianaspringer.com/>

[dianaspringerLCSW@gmail.com](mailto:dianaspringerLCSW@gmail.com)

Specialities: General Counseling Needs/Anxiety/ Depression/Adjustment Issues

Jennifer Urban, LCSW-R, PMH-C

716-906-2800

6456 New Taylor Rd, Orchard Park, NY 14127

[jmurbanlcsw.com](http://jmurbanlcsw.com)

Specialities: accepting clients seeking treatment for infant loss and termination for medical reasons

Michelle Volpe, LCAT, ATR-BC 1

404 Sweet Home Rd, Suite #2, Buffalo NY 14228

716-303-3524

Specialities" Art Therapy as well as CBT, mindfulness, motivational interviewing, person centered therapy and DBT skills.

Heather Zukowski, LCSW

40 Gardenville Pkwy, West Ste. 209

West Seneca, NY 14221

716-795-7291

[hzuklcsw3@gmail.com](mailto:hzuklcsw3@gmail.com)

Specialities: General Counseling Concerns, anxiety, depression, EMDR, developmental disabilities, trauma informed cognitive behavioral therapy

**Agencies and Group Practices that offer services from both therapists (counselors) and psychiatrists/nurse practitioners (prescribers):**

- Be Embodied - 716-931-9037; locations in Williamsville and Kenmore; services from age 2 through adult, families, individuals and couples
- Best Self Behavioral Health – 716-884-0888; locations in Buffalo, Amherst, North Collins, and Orchard Park; services for adults and adolescents
- Child and Family Services – 716-842-2750; locations in Buffalo and Cheektowaga; services for adults, families, and children

- Endeavor Health Services – 716-895-6700; locations in Buffalo, Bowmansville, and Cheektowaga; services for adults, families, and children
- Erie County Medical Center – 716-898-3255; located in Buffalo; services for adults, families, and children
- Horizon Health Services – 716-831-1800; 18 locations across WNY; services for adults, families, and adolescents
- Jewish Family Services – 716-883-114; located in Buffalo; services for adults and children, accept insurance and offer a sliding scale for those without insurance
- Spectrum Human Services – 716-662-2040; locations in Buffalo, Orchard Park, West Seneca, Springville and Wyoming County; services for adults, families, and children
- Suburban Psychiatric Associates – 716-689-3333; locations in Amherst and Hamburg; adults and children
- Williamsville Wellness Center – 716-626-9016; located in Williamsville, services for adults

**Groups and Agencies that offer counseling only (no MD, NP or other prescribers):**

- CMH Counseling – 716-884-7569; located in Buffalo; individuals and couples
- Harmonia Collaborative Care (formerly Community Concern of WNY) – 716-947-5025; located in Derby; children ages 13 through adults
- WNY Psychotherapy Services – 716-837-6705; locations in Amherst and Orchard Park; accept most types of insurance; services include adults, couples, families, and children
- Linwood Psychotherapy Associates – 716-886-7304; located in Buffalo; services for adults, couples, and children
- Counselor's Corner – 716-204-5552; located in Williamsville; adults, couples, and children
- FMS Psychology – 716-539-9232; located in Orchard Park; services for children, families, and adults
- Explore What's Next - 716-308-6683; located in Buffalo and Amherst, services for adults and teens, fee for service only but insurance may cover services as an out of network provider
- Hamburg Counseling - 716-648-0650; located in Hamburg, services for adults and adolescents, insurance may cover services depending on the individual therapist

**Online resources for finding a therapist and other resources:**

Psychology Today - [therapists.psychologytoday.com](https://therapists.psychologytoday.com)

Buffalo 211 - [www.211wny.org](http://www.211wny.org)

**Emergency Services in addition to 911 for life threatening emergencies:**

- If you or someone you know has thoughts of suicide or self-harm please get help immediately – call Crisis Services at 834- 3131 or the National Suicide Prevention Line at 800-273-8255 •

ECMC Psychiatric Emergency Department located at ECMC Hospital

- Bryn Mawr Hospital - call Admissions at 716-249-6376 ext. 2264 • Crisis Text Line – send a text to 741741 for 24/7 free crisis support

***\*\*\* This listing is for recommendations only. Therapy is an individual process dependent on many variables. There is no guarantee of compatibility or availability for the providers listed above.***