

MENTAL HEALTH RESOURCES for ADOLESCENTS

Local Agencies for Outpatient Services

- Only for adolescents, but they can remain linked there until they are 21 years old
- Psychiatrists on site, but clients must be linked with a counselor as well
- Accept numerous types of insurance, both public and private

Best Self Behavioral Health

3350 Main Street Buffalo 14214

835-4011

www.bestselfwny.org

Intake is through Open Access Hours. You do not need to call ahead of time. Simply present at the agency to complete the intake during the times indicated: Tuesday 12:30pm-3:00pm and Wednesday 8:30am-11:30am

Catholic Charities-Monsignor Carr Clinic

1465 Payne Avenue N. Tonawanda 14120

694-7749

www.ccwny.org

Intake is through a central system. You MUST call 1-877-448-4466. They will either schedule an appointment for you or instruct you to come to walk –in hours: Monday, Tuesday and Wednesday between 10:00am-11:00am. They will ask you to arrive at 9:30am to complete paperwork first

Local Practices for Outpatient Services

- Collection of various providers: social workers, psychologists, psychiatrists and psychiatric nurse practitioners (both of whom can prescribe medication), mental health counselors and others
- The Practice may or may not take public insurance/third party reimbursement, such as Managed Medicaid, Child Health Plus, etc.
- Each provider may accept different insurances
- Each provider may vary in their treatment of adolescents, adults or both
- Websites typically include biographies of all providers, where it may indicate with what age range they work, what they may specialize in and whether or not they are accepting new clients
- May have multiple sites, so be sure the provider you are considering works closer to Tonawanda

Family Counseling Associates

884 Brighton Road Tonawanda 14150

836-9460

www.familycounselingwny.com

Suburban Psychiatric Associates

85 S. Bryant Woods Amherst 14228

689-3333

www.suburbanpsych.org

UBMD Psychiatry

4955 North Bailey Amherst 14226

835-1246

www.ubmd.com

WNY Psychotherapy Services

315 Alberta Dr #211 Amherst 14226

837-6705

www.wnypschotherapy.com

Check Your Health Insurance Website/Provider Manual

- You can obtain a list of providers covered by your insurance. Start with Mental Health or Behavioral Health. Some website then have filters, where you can search by specialty areas, such as anxiety, trauma, grief, etc.
- You can contact your child's school counselor or social worker, who may be able to provide suggestions based on your options

Counseling Assistance Program of Tonawanda (CAP-T)

- Outpatient mental health services, provided by Best Self Behavioral Health, at the high school
- Only available Thursday 8:00am-5:00pm and Friday 8:00am-3:00pm
- Limited spots are available and there may be a wait list
- Priority is given to families with transportation issues, however elementary students need to be transported to appointments by families
- Contact Joelle Labert, High School Social Worker at 213-4625

Crisis Intervention

- Available 24 hours/day
- Used for phone consultation
- Can conduct home visits to assess safety and determine if evaluation at the hospital is necessary

CARES: Crisis and Re-Stabilization Emergency Services

882-4357 (882-HELP)

Emergency Evaluation/ Inpatient Services

- Available 24/day
- Conduct evaluations at their hospital to assess safety and determine if admission to the psychiatric unit is necessary
- Present at the emergency room and indicate you are seeking a psychiatric evaluation

Eastern Niagara Hospital-Transitions Unit

521 East Avenue Lockport 14094

514-1297

Erie County Medical Center-CPEP

462 Grider St, Buffalo 14215

898-3465

BryLin Hospital *You MUST call first. They do not have an emergency room. Hours are 7:00am-11:00pm

1263 Delaware Ave, Buffalo 14209

886-8200

Support for Primary Care Physicians (Sometimes used if considering prescribing medication but would like input)

- Phone consultation for primary care physicians with a child/adolescent psychiatrist
- Available Monday through Friday 9:00am-5:00pm
- Calls are ONLY accepted by physicians; families cannot call themselves

Child and Adolescent Psychiatry for Primary Care (CAPPC)

Toll Free: 1-855-227-7272

www.cappcn.org