

NEW YORK CAPITAL REGION



Patient Mental Health Resource Guide

Dedicated to preventing kidney disease and improving the lives of patients and family members

22 Colvin Avenue
Albany, NY 12206
Phone: 518-533-7880
Fax: 518-458-9690
E-mail: info@healthykidneys.org
Website: www.healthykidneys.org

About Us

The Northeast Kidney Foundation (NeKF) is a voluntary health organization dedicated to preventing kidney disease and enhancing the lives of all those affected. Formed in 1974 as a philanthropic gift of Edwin and Whoda Sperber, the Foundation provides services to patients, family members, the general public and clinical and academic professionals throughout the Northeast.

Mission

The Northeast Kidney Foundation works to improve the quality of life of those affected by kidney disease and related conditions through early identification, intervention, prevention and support services; to promote organ donation, and to empower those we serve to be an effective voice for better healthcare at the local, state and federal levels.

Services

We accomplish our mission through multifaceted community programs including those that provide direct assistance to patients, educate healthcare professionals, patients and the general public, shape health policy through advocacy, increase organ donation, and raise awareness. Your support of the Northeast Kidney Foundation provides vital funding for patient and family services; patient, public and clinical education, local research programs, and healthcare advocacy. The work of the NeKF is funded entirely by public contributions.

Programs

The NeKF hosts the Kidney Club support group that provides information on wellness, vocational rehabilitation for patients and families and networking. We support numerous symposiums for physicians, nurses, and allied health professionals on kidney disease and transplantation. We offer a free community Kidney Screening program to screen at risk individuals for early signs of kidney disease.

The Kidney Classroom is a school based educational program designed to teach kids about kidney function, making healthy choices, and lifelong kidney health. The NeKF participates in community health fairs to educate the public about kidney and related diseases, organ donation, the NeKF and its services.

MENTAL HEALTH AND KIDNEY DISEASE

Feelings of Depression and Anxiety are common

High prevalence rates of depression and anxiety are among patients with chronic kidney disease (CKD). There are many fears in facing a long-term disease. Phobia of dialysis because of feelings of loss of dependence and restricted mobility. Dependence on the dialysis machine, medical staff, and family members can create resentment that can affect your treatment, health and adjustment. You may feel you are a burden to your family, or have negative feelings of sadness, anger, worry, and fear. These are real feelings that can bring confusion while trying to cope with the illness and the changes in lifestyle.

Depression is associated with increased mortality, hospitalization rates, poor treatment compliance, and poor quality of life in patients. However, many depressive symptoms go undiagnosed. It is normal that you feel frustrated and angry sometimes and expressing your feelings and needs in a respectful manner is a healthy way to address your concerns. This is why it is important that you reach out to professional help if you are having difficulty in managing complex feelings. Asking for help does not mean there is something wrong with you; it means that you care about your health and wellbeing.

Contact professional help when:

-  You have thoughts about suicide
-  Depression last for more than two weeks
-  You have a loss of appetite or increased appetite
-  You have too much or too little sleep
-  You loose interest in activities you used to enjoy
-  You have repeated angry outbursts
-  Drug or alcohol abuse
-  Inability to make decisions
-  Social isolation

Mental Health Services Directory

Albany County
Columbia County
Fulton County
Greene County
Montgomery County
Rensselaer County
Saratoga County
Schenectady County
Schoharie County
Warren County
Washington County

Albany County

Albany Behavioral Health Services
255 Orange Street, Suite 205, Albany, NY 12210
518-729-2126
www.albanybehavioralhealthllc.com

Albany County Department for Children, Youth and Families - Children's Mental Health Services
260 South Pearl Street, Albany, NY 12202
518-447-4550
www.albanycounty.org

Albany County Department of Mental Health
ACT Program
175 Green Street, Albany, NY 12202
518-447-4668
www.albanycounty.org

Albany County Department of Mental Health
Adult Clinic
260 South Pearl Street, Albany, NY 12202
518-447-4555
www.albanycounty.org

Albany County Department of Mental Health
Adult Mobile Crisis Team
175 Green Street, Albany, NY 12202
518-549-6500
www.albanycounty.org

Albany Medical Center
Psychiatry Outpatient Clinic
25 Hackett Boulevard, Albany, NY 12208
518-262-7239
www.amc.edu

Albany VAMC Samuel S. Stratton
113 Holland Avenue, Albany, NY 12208
518-626-5000
www.albany.va.gov

Alliance for Positive Health
927 Broadway, Albany, NY
518-434-4686
www.allianceforpositivehealth.com

Capital Counseling
650 Warren Street, Albany, NY 12208
518-462-6531
www.capitalcounseling.org

Capital Counseling
21 Aviation Road, Albany, NY 12205
518-462-6531
www.capitalcounseling.org

Capital District Behavioral Health
20 Century Hill Drive Suite 202, Latham, NY 12110
518-785-7283
www.cdbehavioralhealth.com

Capital District Psychiatric Center
Child and Adolescent Services
75 New Scotland Avenue, Albany, NY 12208
518-549-6929
www.omh.ny.gov

Capital District Psychiatric Center
Clinic Treatment Program
75 New Scotland Avenue, Albany, NY 12208
518-549-6000
www.omh.ny.gov

Equinox Inc.
Outpatient Clinic and PROS
500 Central Avenue, Albany, NY 12206
518-435-9931
www.equinoxinc.org

Karner Psychological Associates
2280 Western Avenue, Guilderland, NY 12084
518-456-5056
www.karnercare.com

Mental Health Empowerment Project PeerConnect518
3 Atrium Drive, Suite 205, Albany, NY 12205
518-434-1393
www.mhepinc.org

Northeast Career Planning
Personalized Recovery Oriented Services (PROS)
339 Broadway, Menands, NY 12204
518-465-5204
www.northeastcareer.org

Parsons Child & Family Center
Child and Adolescent Mobile Crisis Response Team
60 Academy Road, Albany, NY 12208
518-292-5499
www.parsonscenter.org

Parsons Child & Family Center
Behavioral Health Center
401 New Karner Road, Albany, NY 12205
518-431-1650
www.parsonscenter.org

Pinnacle Place Behavioral Health
10 McKown Road, Albany, NY 12203
518-689-0244
www.pinnaclebehavioralhealth.com

Rehabilitation Support Services
Albany County Division Office
314 Central Avenue, Albany, NY 12206
518-462-1094
www.rehab.org

Saint Catherine Center for Children
40 North Main Avenue, Albany, NY 12203
518-453-6700
www.st-cath.org

Samaritan Counseling Center
568 Loudon Road, Latham, NY
518-374-3514
www.samaritancounselingcenter.org

Samaritan Counseling Center
386 Delaware Avenue, Delmar, NY 12054
518-374-3514
www.samaritancounselingcenter.org

SUNY Psychological Services Center
299 Washington Avenue, Albany, NY 12206
518-442-4900
www.albany.edu/psc

The Counseling Center at LaSalle
391 Western Avenue, Albany, NY 12203
518-242-4731
www.lasalle-school.org

Columbia County

Capital District Psychiatric Center
75 New Scotland Avenue, Albany, NY 12208
518-549-6000
www.omh.ny.gov

Columbia County Mental Health Clinic
325 Columbia Street, Hudson, NY 12534
518-828-9446
www.columbiacountymhc.com

Columbia Memorial Hospital Department of Psychiatry
71 Prospect Avenue, Hudson, NY 12534
518-828-7601 x.8136
www.columbiamemorialhealth.org

Mental Health Association of Columbia-Greene
PROS Program and Mobile Crisis Assessment
713 Union Street, Hudson, NY 12534
518-828-4619
www.mhacg.org

Valatie Behavioral Health Center
1301 River Street, Valatie, NY 12184
518-828-9446 x2277
www.columbiacountymhc.com

Fulton County

Catholic Charities Mental Health Residences Program
55 East Main Street, Suite 100, Johnstown, NY 12095
518-762-8313
www.cccrda.org

Fulton County Department of Mental Health_Adult
Mental Health Services
57 East Fulton Street, Gloversville, NY 12095
518-773-3525
www.co.montgomery.ny.us

Mental Health Association in Fulton & Montgomery
Counties
307-309 Meadow Street, Johnstown, NY 12095
518-762-5332
www.mentalhealthassociation.org

The Family Counseling Center
Behavioral Health Clinic and Walk-in Crisis
11-21 Broadway, Gloversville, NY 12078
518-725-4310
www.thefamilycounselingcenter.org

The Family Counseling Center
Behavioral Health Clinic
309 West Montgomery Street, Johnstown, NY 12095
518-725-4310
www.thefamilycounselingcenter.org

Greene County

Capital District Psychiatric Center
75 New Scotland Avenue, Albany, NY 12208
518-549-6000
www.omh.ny.gov

Greene County Mental Health Center
905 Greene County Office Building, Cairo, NY 12413
518-622-9163
www.greenegovernment.com

Mental Health Association of Columbia-Greene
PROS at the Firehouse
30 West Bridge Street, Catskill, NY 12414
518-943-0176
www.mhacg.org

Montgomery County

Mental Health Association in
Fulton & Montgomery Counties
307-309 Meadow Street, Johnstown, NY 12095
518-762-5332
www.mentalhealthassociation.org

Montgomery County Department of Mental Health
Adult Mental Health Services
57 East Fulton Street, Gloversville, NY 12095
518-773-3557
www.co.montgomery.ny.us

Saint Mary's Healthcare Children's Mental Health
Services
4988 State Highway 30, Amsterdam, NY 12010
518-843-7520
www.smha.org

Saint Mary's Healthcare Inpatient Psychiatric Care
427 Guy Park Avenue, Amsterdam, NY 12010
518-8421-7333
www.smha.org

Saint Mary's Healthcare Mental Health Adult Clinic
427 Guy Park Avenue, Amsterdam, NY 12010
518-841-7341
www.smha.org

Saint Mary's Healthcare PROS
4988 State Highway 30, Amsterdam, NY 12010
518-841-3698
www.smha.org

Rensselaer County

Capital Counseling
120 Defreest Drive, Suite 185, Rensselaer, NY 12180
518-462-6531
www.capitalcounseling.org

Capital District Psychiatric Center
75 New Scotland Avenue, Albany, NY 12208
518-549-6000
www.omh.ny.gov

Eastern Door Counseling Center
620 Washington Avenue, Rensselaer, NY 12144
518-252-7073
www.easterndoor.org

Mental Health Empowerment Project, the Empowerment
Exchange
2136 Burdett Avenue, Troy, NY 12180
518-235-2173
www.mhepinc.org

Parsons Child & Family Services
Adult Mobile Crisis Response Team
Child and Adolescent Mobile Crisis Response Team
Through Samaritan Hospital
518-271-3540
www.parsonscenter.org

Rensselaer County Department of Mental Health
Unified Services for Children & Adolescents
1600 7th Avenue, Troy, NY 12180
518-270-2800
www.rensco.com

Rensselaer County Department of Mental Health
Hoosick Falls Clinic
69 Church Street, Hoosick Falls, NY 12090
518-686-0694
www.rensco.com

Rensselaer County Department of Mental Health
Rensselaer Clinic
1641 3rd Street 2nd Fl, Rensselaer, NY 12144
518-463-8869
www.rensco.com

Samaritan Counseling Center
706 Bloomingrove Drive, Rensselaer, NY 12144
518-283-1849
www.samaritancounselingcenter.org

Samaritan Hospital Behavioral Health Services -
Outpatient
2215 Burdett Avenue, Troy, NY 12180
518-271-3554
www.sphp.com

Samaritan Hospital PROS Program
1801 Sixth Avenue, Troy, NY 12180
518-271-1122
www.sphp.com

Unity House of Troy, Inc.
PROS Program
2431 6th Avenue, Troy, NY 12180
518-274-2607
www.unityhouseny.org

Saratoga County

Adirondack Samaritan Counseling Center
15 Boulevard, Hudson Falls, NY 12839
518-747-2994
www.adirondacksamaritan.org

Capital Counseling
100 West Avenue, Saratoga Springs, NY 12866
518-462-6531
www.capitalcounseling.org

Capital Counseling
4 Chelsea Place, Suite 102, Clifton Park, NY 12065
518-462-6531
www.capitalcounseling.org

Capital District Psychiatric Center
75 New Scotland Avenue, Albany, NY 12208
518-549-6000
www.omh.ny.gov

Catholic Charities Counseling Services
142 Regent Street, Saratoga Springs, NY 12866
518-587-5000
www.ccrda.org

Four Winds Hospital Inpatient & Outpatient Services
30 Crescent Avenue, Saratoga Springs, NY 12866
518-584-3600
www.fourwindshospital.com

Parsons Child & Family Center
Adult Mobile Crisis Response Team
Child and Adolescent Mobile Crisis Response Team
Through Saratoga County Mental Health Clinic
518-584-9030
www.parsonscenter.org

Parsons Child & Family Center
Behavioral Health Center
2452 U.S. Route 9, Suite 206, Malta, NY 12020
518-292-5433
www.parsonscenter.org

Samaritan Counseling Center
1 Hemphill Place, Ballston Spa, NY 12020
518-374-3514
www.samaritancounselingcenter.org

Samaritan Counseling Center
971 NY-146, Clifton Park, NY 12065
518-374-3514
www.samaritancounselingcenter.org

Saratoga Behavioral Health
2911 Route 9 Bldg 2, Malta, NY 12020
518-871-1258
www.saratogabehavioralhealth.com

Saratoga Center for the Family
359 Ballston Avenue, Saratoga Springs, NY
518-587-8008
www.saratogacff.org

Saratoga Community Health Center
Behavioral Health Services
24 Hamilton Street, Saratoga Springs, NY 12866
518-886-5880
www.saratogacommunityhealthcenter.org

Saratoga County Mental Health Center
Mental Health Clinic
135 South Broadway, Saratoga Springs, NY 12866
518-584-9030
www.saratogacountyny.gov

Saratoga County Mental Health Center
Personalized Recovery Oriented Services (PROS)
135 South Broadway, Saratoga Springs, NY 12866
518-885-4521
www.saratogacountyny.gov

Saratoga Hospital Mental Health Unit
211 Church Street, Saratoga Springs, NY 12866
518-583-8463
www.saratogahospital.org

Saratoga Psychological Associates
1 West Avenue, Suite 205, Saratoga Springs, NY 12866
518-587-0499
www.saratogapsych.com

Union Counseling Behavioral Health Center
5 Hemphill Place, Malta, NY 12020
518-289-5072
www.unioncounselingbhc.weebly.com

Schenectady County

Capital Counseling
670 Franklin Street, Schenectady, NY 12305
518-462-6531
www.capitalcounseling.org

Capital District Psychiatric Center
738 State Street, Schenectady, NY 12307
518-374-3403
www.omh.ny.gov

Capital Psychology
3761 Carman Road, Schenectady, NY
518-355-5800
www.cappsych.vpweb.com

Catholic Charities Counseling Services
1462 Erie Boulevard, Schenectady, NY 12306
518-372-5667
www.cccrda.org

Center for Solutions
1758 Union Street, Niskayuna, NY 12309
518-982-1274
www.center4solutions.org

Ellis Medicine
Adult Mental Health Clinic
1023 State Street, Schenectady, NY 12307
518-243-3300
www.ellismedicine.org

Ellis Medicine
PROS Program
1023 State Street, Schenectady, NY 12307
518-831-6960
www.ellismedicine.org

Ellis Medicine Child and Adolescent Treatment Services
624 McClellan Street, Schenectady, NY 12304
518-382-2290
www.ellismedicine.org

Family and Child Services of Schenectady
246 Union Street, Schenectady, NY 12305
518-393-1369
www.familyandchildservice.com

Mohawk Opportunities, Inc. - ACT Program
201 Nott Terrace, Schenectady, NY 12307
518-374-8424
www.mohawkopportunities.org

Parsons Child & Family Center Behavioral Health Center
530 Franklin Street, Schenectady, NY 12305
518-381-8911
www.parsonscenter.org

Parsons Child & Family Center
Adult Mobile Crisis Response Team
Child and Adolescent Mobile Crisis Response Team
Through Ellis Hospital
518-243-4000
www.parsonscenter.org

Rehabilitation Support Services
Schenectady County Division Office
314 Central Avenue, Albany, NY 12206
518-462-1094
www.rehab.org

Samaritan Counseling Center
8 N. Church Street, Schenectady, NY 12305
518-374-3514
www.samaritancounselingcenter.org

Samaritan Counseling Center
220 N. Ballston Avenue, Scotia, NY 12302
518-374-3514
www.samaritancounselingcenter.org

Schenectady Mental Health Associates
1411 Union Street Schenectady, NY 12308
518-374-0295
www.smha-crown.com

Union Counseling Behavioral Health Center
1311 Union Street, Schenectady, NY 12308
518-374-6263
<https://www.unionstreetcounseling.com/>

Schoharie County

Catholic Charities Counseling Services
489 West Main Street, Cobleskill, NY 12043
518-234-3581
www.ccrda.org

The Neighborhood Center, Inc. and Schoharie County
Department of Mental Health - Mobile Crisis
Assessment Team (MCAT)
628 Mary Street, Utica, NY 13501
315-732-6228

Rehabilitation Support Services
Schoharie County Division Office
P.O. Box 758, Cobleskill, NY 12043
518-234-8291
www.rehab.org

Schoharie County Community Mental Health Center
113 Park Place, Schoharie, NY 12157
518-295-8336
www.schohariecounty-ny.gov

Warren County

Adirondack Psychological Health Services
478 Glen Street, Glens Falls, NY
518-792-1410

Adirondack Samaritan Counseling Center
15 Boulevard, Hudson Falls, NY 12839
518-747-2994
www.adirondacksamaritan.org

Capital District Psychiatric Center
100 Glen Street, Glens Falls, NY
518-223-0788
www.omh.ny.gov

Catholic Charities Counseling Services
35 Broad Street, Glens Falls, NY 12801
518-793-6212
www.ccrda.org

Glens Falls Hospital - Behavioral Health Center
100 Park Street, Glens Falls, NY 12801
518-926-3210
www.glensfallshospital.org

Glens Falls Hospital - Center for Children and Families
1 Lawrence Street, Glens Falls, NY 12801
518-926-710
www.glensfallshospital.org

Mental Health Community Services for Warren and
Washington Counties
230 Maple Street Suite 1, Glens Falls, NY 12801
518-792-7143
www.warrencountyny.gov

Parsons Child and Family Center
ACT Program
375 Bay Road Suite 204, Queensbury, NY 12804
www.parsonscenter.org

Warren-Washington Associations for Mental Health
Caleo Counseling Services
3043 State Route 4, Hudson Falls, NY 12839
518-747-8243

Washington County

Adirondack Samaritan Counseling Center
15 Boulevard, Hudson Falls, NY 12839
518-747-2994
www.adirondacksamaritan.org

Mental Health Community Services for Warren and
Washington Counties
230 Maple Street Suite 1, Glens Falls, NY 12801
518-792-7143
www.warrencountyny.gov

Warren-Washington Associations for Mental Health
Caleo Counseling Services
3043 State Route 4, Hudson Falls, NY 12839
518-747-8243

Other Resources

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/chat/>

1-800-273-8255 24/7 availability

CONTACT Lifeline 518-689-4673

New York State Department of Mental Health and Human Services

<https://www.omh.ny.gov/>

Behavioral Health Treatment Services Locator

<https://findtreatment.samhsa.gov/>

Mental Health Association in New York State (MHANYS)

<https://mhanys.org/>

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/>

New York State National Alliance in Mental Illness (NAMI)

<http://www.naminys.org/>

New York State Coalition for Children's Behavioral Health

<https://cbhny.org/>

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