

Perinatal Mood and Anxiety Disorders Referral List for Providers

We have created a resource guide referral options for your patients suffering from perinatal mood and anxiety disorders. These include therapists, social workers, psychologists/psychiatrists, public home health nurses and community workers where you may refer patients to be followed for perinatal mood and anxiety disorders (PMADs). You may click on the applicable county for your patient.

This list was compiled based on professional feedback including [Postpartum Resource Center of NY](#), perinatal network directors, hospital and office managers and social workers and community outreach programs. You may print the list as needed from the pdf below, but please note the information may not be the most current because as you know, it changes constantly. If you note a discrepancy, please email perinatalfamilyprogram@crouse.org and we will review and make the correction. Additionally, if you know of another resource and would like to add them, please sign up and fill in the requested information and we will review and add it to the list.

Please note, this resource guide is intended for medical professionals only. If you are a patient, please consult your medical provider for individual advice.

Mobile Crisis Assessment Team

MOBILE CRISIS ASSESSMENT TEAM (MCAT) 24 HOUR SUPPORT CONTACT INFO

Onondaga & Oswego Counties: 315-251-0800

Cayuga County: 315-253-0341 (if you're calling outside business hours, the call will be forwarded to Onondaga County number)

Cortland County: 607-756-3771

Madison County: 315-251-0800 from 5 p.m.-8 a.m. or 315-366-2215 during regular business hours

Oneida/Herkimer/Schoharie/Otsego/Delaware and Chenango Counties: 315-732-6228 or 844-732-6628 (24 hours)

Lewis County: Monday through Friday, from 8 a.m.-4:30 p.m., 315-376-5450 and 315-405-0695, evenings and weekends

Resources for Medical Providers

Postpartum Support International Perinatal Psychiatric Consult line

Free consult line for questions about mental healthcare of pregnant and postpartum patients. A PSI expert will respond within 24-48 hours.

800-944-4773, ext 4.

Perinatal Mood and Anxiety Disorders Referral List for Providers

ProjectTeach

A NYS Maternal Mental Health Initiative. Consult with expert psychiatrists in maternal mental health through an open conference line. Interactive consultation calls two times per week: Tuesdays from 3-4 p.m. and Thursdays from 1-2 p.m.

Reprotox

Summaries on the effects of medications, chemicals, infections and physical agents on pregnancy, reproduction and development.

UpToDate

Evidence-based, physician-authored clinical decision support resource to check drug interactions.

Online Patient Support

Post-Partum Support International

Warm line: 1-800-944-4773. The site also features a blog and “chat with an expert” calls each week.

National Institute of Child and Maternal Health

Video, blog and internet community support group.

Postpartum Resource Center of New York

Helpline: 1-855-631-0001 or 631-422-2255

Broome County

All served by Mothers and Babies Perinatal Network of South Central NY

Offers free/low-cost services, education and referral, including a list of therapists that accept Medicaid Managed Care (included in the list below)

457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Broome County Department of Health

225 Front Street, Binghamton NY 13905.

ATTN: Mary Monopoly, 607-778-2851/2869

Fax:607-778-2864

Wilson Hospital Perinatal Center Social Worker

Vicki Eherts, 607-763-5177

Perinatal Mood and Anxiety Disorders Referral List for Providers

Jennifer McCormick, CSW/therapist, LCSW

Psychotherapy counseling and consultation for pregnancy and postpartum depression/anxiety
607-228-2085

Accepts Medicaid and will work with Perinatal/Postpartum mental health:

Andrea Barbis: 607-254-9754

Annette Blake: 607-786-1200

Associates in Psychotherapy: 607-768-8879

Bonnie Bansky Donovan: 607-760-3358

Carole Belardinelli: 607-757-9389

Catholic Social Services: 607- 729-9166

Family & Children's Society: 607-729-6206

Heidi Kaufman: 607-771-2172

Jeffrey Cole psychologist: 607-761-2934

Joanne Thomas: 607-648-9249

Judy Vieux: 607-723-3167

Kathleen Difulvio-Kaepplinger: 607-341-2653

Laura Ward: 607-341-0624

Lourdes Mental Health Group: 607-584-4465

Lydia Smith: 607-237-1042

Oakdale Psychology: 607-754-1101

Patrica Dailey: 607-237-5418

Paul Komatinsky: 607-729-8410

Samaritan Counseling Center: 607-754-2660

Stuart Post: 607-759-1885

Perinatal Mood and Anxiety Disorders Referral List for Providers

Susan Henderson, RP, LCSW/SAP: 1-800-537-0634

Tina Folger: 607-773-0034

Virginia Bronson: 607-427-9382

Cayuga County

Cayuga Counseling Services

17 E. Genesee Street, Auburn NY 13021
315-253-9795

Cayuga County Community Health

8 Dill Street, Auburn NY 13021
ATTN: Brenda Kelly
315-253-1560
Fax: 315-253-1156

Cayuga County Mental Health

146 North Street, Auburn NY 13021
315-253-0341

Alexis Glennon, LCSW Clinical Social Worker/Therapist

315-871-0943

Skaneateles Psychiatry

315-873-3616

Claire Robinson Howard, NP

315-359-4634

Integrative Counseling

188 Genesee St., Suite 207, Auburn NY 13021
315-253-4630

Accepts most insurance including Fidelis, UHC, MVP, Beacon, Pomco and if do not participate, have self pay or sliding scale when appropriate.

Auburn Community Hospital

Heather Verdi, LMSW, Director of Care Transitions
315-567-0501.

Lynda Hamilton-Darrow, LMSW

Cell:315-558-2227 Office:315-567-0466 Fax: 315-255-7498

Perinatal Mood and Anxiety Disorders Referral List for Providers

Chemung County

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457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Accepts Medicaid Managed Care:

Clinical Associates of the Southern Tier: 607-936-1771

Family Services of Chemung County: 607-733-5696

Milissa B Cerio Clinical Counseling Services: 607- 737-4040

Southern Tier Counseling Center: 607-734-0980

Tioga County Dept. of Mental Hygiene: 607-565-9594

Cortland County

All served by Mothers and Babies Perinatal Network of South Central NY

Offers free/low-cost services, education and referral, including a list of therapists that accept Medicaid Managed Care (included in the list below)

457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Cortland County Health Department

60 Central Avenue, Cortland NY 13045

ATTN: Teri Owens

607-753-5028

Fax: 607-756-3483

Accepts Medicaid Managed Care:

Perinatal Mood and Anxiety Disorders Referral List for Providers

Family Counseling Services of Cortland: 607-753-0234

Maureen Kiely, CSW: 607-643-4029

Cortland County Mental Health Clinic: 607-758-6100

Gregory Moss: 607-545-4532

Lisa Loomis, LCSW: 607-261-1858

Stephanie Perez, PhD: 607-753-6511

Delaware County

All served by Mothers and Babies Perinatal Network of South Central NY
Offers free/low-cost services, education and referral, including a list of therapists that accept Medicaid Managed Care (included in the list below)

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Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Delaware County Public Health

99 Main Street, Delhi NY 13753

ATTN: Wayne Shepard

607-746-3166

Fax: 607-746-3243

Accepts Medicaid Managed Care

Sally George: 607-746-8899

Delaware County Mental Health Services in Walton, Sidney, Stamford, Margeterville: 607-832-5888

Maverick Family Counseling: 607-679-8650

Ithaca

All served by Mothers and Babies Perinatal Network of South Central NY
Offers free/low-cost services, education and referral, including a list of therapists that accept Medicaid Managed Care (included in the list below)

457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

Perinatal Mood and Anxiety Disorders Referral List for Providers

1-800-231-0744

Ithaca Postpartum Summit Contact Persons:

Melissa Gagnon, North East Peds

Nicole Alsopp, Director of Maternal Child Health & Cayuga Birth Place

607-274-4380

Ithaca Prescribers:

Rebecca Golding, RN, ANP, PMHNP

315-380-0915

Accepts Aetna, Fidelis, Medicare, Molina and self-pay

Jennifer Gunn, MD

607-277-0784

Mails out bills, client sends in for reimbursement, insurances pay 50%

Anna Hales, NP, PhD

607-273-9870

Currently not accepting new patients; self-pay

Denise Kooperman, NP

607-272-1014

Accepts most insurances except Medicaid based plans like Fidelis

Kathleen Lacson, NP

607-592-0448

Accepts Aetna and self-pay

Janet Lewis, MD

315-536-6050

self pay only

Denise Wittlin-Horvath, LCSW-R, NPP

607-256-1167

Accepts Aetna and self-pay

Ithaca Therapists Who Do Postpartum Work:

Merike Andre-Barrett, Therapist

Insight Counseling

607-220-8590

Accepts Aetna and Fidelis

Perinatal Mood and Anxiety Disorders Referral List for Providers

Sarah Cort, MA, LMFT

607-288-2686

Does not accept any insurance, fee determined in session with client

Maria Holden, Psy.D.

415-569-2455

Accepts Aetna, fee \$150.00

Jane Margaret Hunt, LCSW-R, IAAP

607-227-5129

Accepts Aetna, Excellus BC/BS, Medicare

Mary Lauppe, MSW

607-280-1198 Accepts Aetna, Excellus, Fidelis and Optum, sliding scale fee depends on situation

Michelle Russo, LCSW-R

607-760-4300

Accepts Aetna, otherwise sends claims to out-of-network benefits on behalf of the client

Gail Zussman, LCSW-R

607-387-5825

Accepts Aetna, Excellus BC/BS, sometimes Cigna, send bill to clients for other insurance companies out of network

Stacey Smith, MA

607-882-2559

Sliding scale \$80-\$160.00

Andre Williams, CSW/therapist, LCSW

607-250-1286

Karen Tranter, CSW/therapist, MSW, LCSW-R

607-545-4606

Joanne Zager, PhD, Psychologist

607-431-8928

Jefferson County

North Country Prenatal/Perinatal Council, Inc. (NPCC: Every Woman, Every Child, Every Family)

200 Washington St., Suite 300

Perinatal Mood and Anxiety Disorders Referral List for Providers

Watertown NY 13601

1-800-279-8679

ncppc.org

Tina Cobb, Executive Directory, 315-788-8533, ext. 227

Jefferson County Public Health Service

531 Meade Street, Watertown NY 13601

ATTN: Preventive Services

315-786-3720

Fax: 315-779-8607

Homecare: Peggy, 315-786-3770 or 315-786-3786

Homecare Fax: 315-786-3751

Healthy Families of Jefferson County/Community Health Worker Program

(referral form, fax or email to ATTN: CHW supervisor)

315-788-8533

Samaritan Medical Center, Watertown

Inpatient Psychiatry

315-785-4661

Jefferson-Lewis FQHC- North Country Family Health Center

238 Arsenal St. Watertown NY 13801

315-782-9450

A psychiatrist can see patients via telemedicine.

Deborah E. Launt, LCSW

Watertown

607-624-2009

Specializes in pregnancy/postpartum depression and anxiety

Harvest House Counseling

Watertown

315-750-4733

Holly Hanley, LMFT, MS

Watertown

315-658-6104

Tara Cole Counseling Service, CSW/Therapist, LMSW

PO Box 902, Brownville NY 13514

Perinatal Mood and Anxiety Disorders Referral List for Providers

315-816-4157

CCIC

315-782-7445

Walk-in hours on Monday through Wednesday, from 9 a.m.-3p.m.

Any insurance/sliding fee scale. Medication/Counseling

Carthage Behavioral Health

315-493-3300

Walk-ins after 4 p.m., no waitlist.

Any ins/sliding fee scale.

Medication/Counseling

Catholic Charities

Deb Baxter, 315-788-4330

Counseling only.

No wait, sliding fee scale.

CREDO Mental Health

315-788-1530

Walk-ins: Monday through Friday starting at 8 a.m., based on priority.

All insurance/ sliding fee scale.

Medication/Counseling

Family Counseling Services of NNY

315-782-4483

200 Mullin St., Ste 102 Watertown NY 13601

No wait, 2 weeks to fully establish.

Does not accept straight Medicaid.

Counseling only.

Fort Drum Behavioral Health

Military Only

315-722-0215 or 315-722-2778

Active Duty: 1 week

Family Members: 1-2 weeks.

Medication and counseling.

NCFHC, including school base health centers

315-782-9450

1-4 week wait.

Perinatal Mood and Anxiety Disorders Referral List for Providers

All insurance/sliding fee scale.

Counseling only.

Professional Counseling Services

Katherine Scott, 315-782-3956

No waiting list, does not accept insurance, counseling only.

River Community Wellness Program

315-482-1277

No wait

Rubenzahl Knudsen & Associates

315)-788-3332

Does not accept straight Medicaid

Samaritan Behavioral Health

315-779-5074 (SUD)

Outpatient: Monday-Friday from 8 a.m.-11 a.m.

SUD: Monday, Wednesday, Thursday at 7:30 a.m. and 12:30 p.m.; Tuesday at 7:30 a.m.

Take the first two people of the day.

All ins/sliding fee scale. Medication/Counseling

Transitional Living Services

315-782-1777

Walk-in appointments; if immediate crises, will see immediately.

All insurance/sliding fee scale.

Lewis County

North Country Prenatal/Perinatal Council, Inc. (NPCC: Every Woman, Every Child, Every Family)

200 Washington St., Suite 300

Watertown NY 13601

1-800-279-8679

ncppc.org

Tina Cobb, Executive Directory, 315-788-8533, ext. 227

Healthy Families of Jefferson County/Community Health Worker Program

(referral form, fax or email to ATTN: CHW supervisor)

315-788-8533

Perinatal Mood and Anxiety Disorders Referral List for Providers

Inpatient Psychiatry

Samaritan Medical Center, Watertown
315-785-4661

Lewis County Hospital Social Workers

Kathy Birchenough, 315-376-5616
Marge Grant, 315-376-5496

Lewis County Mental Health, Behavioral Health and Wellness Center

315-376-5450
7550 South State St., Lowville NY.
24-Hour Crisis Service line: 315-376-5450 (Monday-Friday 8 a.m.-4:30 p.m.)
315-405-0696 (evenings and weekends)
Accepts Medicaid

Thomas E. Knudsen, Psy.D and Samuel Rubenzahl: Rubenzahl Kneudsen & Associates Psychological Services

22670 Summit Drive, Suite 2
Watertown NY 13601
315-788-3332

Madison County

Madison County Department of Health

315-366-2361
Fax: 315-366-2697
P.O. Box 605
Wampsville NY 13163
Doreen Cunningham or Molly Limbert, RN

Madison County Mental Health Clinic

315-366-2215
138 N. Court St., PO Box 608, Building #2
Wampsville NY 13163
Emergency mental health, outpatient counseling and medication mgt. Accepts Medicaid
and sliding scale fee.
Crisis Main Line: 315-366-2215 or 800-721-2215 (24 hour crises)

Oneida PRO's Clinic

1099 Northside Shopping Center Oneida NY 13421
315-363-2451
PSI Maternal Mental Health trained staff:

Perinatal Mood and Anxiety Disorders Referral List for Providers

Amanda Love, LMSW
Kelly Dorman, APRN, NPP-BC
Mary VanLieshout, RN
Accepts most insurance including Medicaid plans

Family Counseling Center

315-280-0400
201 Cedar St., Oneida NY.
Will bill Medicaid

Catholic Charities Counseling Services of Oneida

315-363-5274
1081 Northside Shopping Center, Oneida NY 13421
Sliding scale and also offers parenting classes

Kathy Caezza, LCSW-R

315-361-4159
112 Farrier Ave., Oneida NY 13421

Lynn McHugh, Family Practice

315-750-6250

Teresa Pascarella, LCSW-R

315-491-2030
248 Main St., Oneida, NY 13421

Liberty Resources Madison County Satellite

315-472-4471
218 Liberty St., Oneida, NY

Mary Rose Free Clinic

315-280-0855

Oneida County

Nascentia Homecare

315-477-4663
1050 West Genesee St., Syracuse NY 13204
Requires MD order. Telehealth with EPDS format and referral to psych. care as needed.

For Rome

315-477-9205
7900 Turin Rd., Rome NY 13440

Perinatal Mood and Anxiety Disorders Referral List for Providers

Oneida PRO's Clinic

1099 Northside Shopping Center Oneida NY 13421

315-363-2451

PSI Maternal Mental Health trained staff:

Amanda Love, LMSW

Kelly Dorman, APRN, NPP-BC

Mary VanLieshout, RN

Accepts most insurance including Medicaid plans

Healthy Families of Oneida County

315-792-9039

310 Main St., Utica NY 13501

Mental Health Services Single Point of Access and Accountability (SPOA/A), OC Dept. of Mental Health

315-768-3663

102 Airline St. Oriskany, NY 13501

Mohawk Valley Psychiatric Center (MVPC)

Rome Clinic: 315-336-6230

227 West Dominick St., Rome NY 13440

York Street Clinic: 315-738-4440

1400 Noyes St., Utica NY 13502

Accepts Medicaid

Behavioral Health Clinic (Rome)

315-272-2748

199 West Dominick St., Rome NY 13440

Walk-in open intake: Monday through Thursday, from 8:30 a.m.-2 p.m.

Behavioral Health Clinic (Utica)

315-272-2723

628 Mary St., Utica NY 13501

Community Health Worker Program

315-801-5010

628 Mary St., Utica NY 13501

Home visiting support and referral to mental health services

Professional Counseling Center

Perinatal Mood and Anxiety Disorders Referral List for Providers

315-733-0520

114 Genesee St., Floor 2, New Hartford NY 13413

Samaritan Counseling Center of Mohawk Valley

315-724-5173

1612 Genesee St., Utica NY

Interfaith psychotherapy and pastoral counseling

Psychological Healthcare

315-422-0300 ext. 5

1 Elmwood Court, New Hartford NY 13413

Community Health and Behavioral Services

315-337-0773

207 W. Dominick St., Rome NY 13440

315-735-9501

1500 Genesee St., Utica NY 13501

315-798-8868

1427 Genesee St., Utica NY 13501

Family Counseling Services

315-280-0400

201 Cedar St. Oneida NY 13421

Counseling and medication services.

Accepts Medicaid

New Hartford Psychiatric

315-768-7181

238 Oriskany Boulevard, Whitesboro NY 13492

Does NOT accept Medicaid, but some managed care plans.

Psychiatry and medications.

Clinton Therapy and Testing Center

315-859-1973

7325 State Route 5, Clinton NY 13323

Does NOT accept Medicaid, but some managed plans.

Counseling services only.

Maria Horan and Associates

315-724-5344

2626 Genesee St., Utica NY 13502.

Perinatal Mood and Anxiety Disorders Referral List for Providers

Does NOT accept Medicaid, will accept managed Medicaid.
Counseling services

Center for Life and Recovery, Inc.

315-733-1709

502 Court St., Suite 401, Utica NY 13502

Does not accept insurance, sliding fee scale. R

Rome and Utica offices.

Counseling services

Onondaga County

Crouse Perinatal Family Support Program

315-470-7940.

Dr. Christine Kowaleski, MHNP-BC

crouse.org/familysupport

Therapy including CBT, DBT, diversional therapies, grief, loss and relationship challenges related to parenthood, medication management, day and evening peer support groups

Hutchings PC Perinatal Mental Health Clinic

315-426-7783.

Mary Carlisle, LCSW and Dr. Seetha Ramanathan

Patient calls for appt. or will take referral if necessary. Mary meets with patient and Dr. Ramanathan will see them and manage/prescribe meds if needed.

CNY Therapy Solutions

315-552-0180

Stephanie Straub, LCSW

Camillus, NY

Specializes in perinatal mental health. Does not prescribe or manage medication.

Participates with UMR insurance panel. Assists clients to obtain out of network reimbursement if plan provides it. Has some sliding scale slots.

Nascentia Home Care

315-477-4663

Tele health with EPDS format and referral to psych care if needed. Requires MD order.

Accepts most insurance and Medicaid plans. Does NOT accept Tri-Care.

Healthy Families DOH Public Health Social Worker

Healthy Families DOH Public Health PSI Maternal Mental Health trained Social Workers and Community Health Workers with NYS DOH training in Maternal Mental Health.

Perinatal Mood and Anxiety Disorders Referral List for Providers

Patient may self-refer or a health care provider may refer patient for a community health worker with the patient's permission.

When calling simply say you want a referral for a public health social worker, community social worker or public health nurse and you will be transferred to an intake specialist 315-435-2000 or fill out referral form online: www.onhealthyfamilies.com

Psychological Healthcare

315-422-0300, option 5

Syracuse, Baldwinsville, Liverpool, New Hartford

Mental health counseling. Does not prescribe or manage medication.

PSI Maternal Mental Health trained therapists:

Kathleen Cerro

Shannon Birmingham

Lauren O'Brien

Accept Aetna, BCBS or Excellus, Cigna, Fidelis, Medicare, MVP, Optum 3, Pomco, Trickster, UBH, UHC & Value Options

Tracy Torelli, LCSWR, CASAC

315-256-0478

6834 E. Genesee St.

Fayetteville NY

Specializes in Anxiety, Depression, trauma, mood and peri/postpartum disorders.

Accepts: Blue Cross/Blue Shield, reimbursement and sliding scale

Abby Nordquist, LMFT

315-552-1594

2100 E. Genesee St.

Syracuse NY

Specializes in perinatal mental health and couples therapy.

Accepts lifetime benefits solution, assists clients with out of network reimbursement if plan allows.

Christina Gmyr, LMHC, NCC

315-503-1151

8116 Cazenovia Road

Manlius NY

www.christinagmyr.com

counseling@christinagmyr.com

Mental health counseling and Perinatal Mood and Anxiety Disorders.

Assists with out of network reimbursement if plan allows.

Integrative Counseling

Perinatal Mood and Anxiety Disorders Referral List for Providers

315-699-5123

6221 Rte. 31, Suite 110, Cicero NY

Additional locations in Oswego (Oswego County) and Auburn (Cayuga County)

Accepts most insurance including Fidelis, UHC, MVP, Beacon, Pomco and if do not participate, have self pay or sliding scale when appropriate.

Liberty Resources Behavioral Health and Addiction Services

315-472-4471

Psychiatric evaluation, mental health treatment and medication management.

New patient referral may be downloaded and faxed to 315-472-1759 or walk-in appointments are available Monday through Wednesday, starting at 8 a.m.

Associated with Onondaga County MCAT.

Helio Heath Meadows Integrated and Outpatient Clinic

315-471-1564

24/7 open access clinic.

Counseling for mental health and substance abuse.

Behavioral Health Services (CAPS) at SCHC

315-476-7921.

Counseling and substance abuse services.

Upstate/Community Campus Inpatient Psychiatry

315-492-5635

Perinatal/postpartum patients requiring hospitalization

Oswego County

OPTIONS PROGRAM, Oswego County Opportunities Inc.

315-342-0888 option 6

Community Health Worker services in home and group setting. Provide support and/or referrals for perinatal depression and substance abuse. Partner with REACH CNY as part of the Maternal and Infant Community Health Collaborative(MICHHC). Ask for community health worker trained in Maternal Mental Health (PSI); may make referral to mental health provider as needed.

Oswego County Health Department

70 Bunner St., Oswego NY 13126.

ATTN: Jody Martin, supervisory PHN and Healthy Families.

Vera Dunsmoor: Director of Patient Services

315-349-3547/3582

Perinatal Mood and Anxiety Disorders Referral List for Providers

Fax: 315-349-8431

Ask for a Public Health nurse with specialized training in Maternal Mental Health (PSI).

Behavioral Health

315-326-4100

74 Bunner St. Oswego NY 13126

Fulton: 315-598-7400

522 S. 4th Street, Suite 200

Fulton NY 13069

Adult inpatient psychiatric services, outpatient services, walk-in and medication management.

ARISE

315-671-2955

315-887-5156

113 Schuyler St., Suite 2

Fulton NY 13069

Accepts all insurance including Medicaid plans.

Integrative Counseling Services

315-342-9255

5 West Cayuga St. Oswego NY 13126

Accepts most insurance including Fidelis, UHC, MVP, Beacon, Pomco and if do not participate, have self pay or sliding scale when appropriate.

Liberty Resources, Oswego County Satellite

315-472-4471

945 S. 1st St. Fulton NY 13069

Counseling and Healing Arts of Oswego

Tiffany Gentile, 315-207-5435

Also specializes in eating disorders.

Accepts Fidelis

ACT (Assertive Community Treatment Team)

315-326-4228

Mobile multidisciplinary mental health team, available 24 hours.

Otsego County

All served by Mothers and Babies Perinatal Network of South Central NY

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457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Accepts Medicaid Managed Care:

Timothy Donovan: 607-432-1607

Nicole Gerace: 607-432-9039

Marie Hegeman: 607-432-9039

Suzanne Zeien: 607-434-3032

James Bercovitz, psychologist: 607-436-9159

Bassett Healthcare: 607-547-3500

Otsego County Community Services: 607-433-2343

Sally George: 607-433-0161

William Carentz: 607-432-1180

St. Lawrence County

North Country Prenatal/Perinatal Council, Inc. (NPCC: Every Woman, Every Child, Every Family)

200 Washington St., Suite 300

Watertown NY 13601

1-800-279-8679

ncppc.org

Tina Cobb, Executive Directory, 315-788-8533, ext. 227

Healthy Families of Jefferson County/Community Health Worker Program

(referral form, fax or email to ATTN: CHW supervisor)

315-788-8533

Saint Lawrence Psychiatric Center

315-541-2001

Ogdensburg NY.

Perinatal Mood and Anxiety Disorders Referral List for Providers

Inpatient and outpatient.

Therapy and medication management.

Adirondack Community Counseling

Alisa G. Woods, PhD, LMHC, 315-244-7178

Potsdam NY

Accepts sliding scale payment.

Stacey L. Ryan, Psychiatric NP, NPP-BC

315-844-5384

Debra Agulnik, PhD, LMFT

(315) 844-5384

Ogdensburg NY

Accepts Fidelis

Nicole Johns, Counselor, LMHC, LPC

518-430-5197

Potsdam

Tioga County

All served by Mothers and Babies Perinatal Network of South Central NY

Offers free/low-cost services, education and referral, including a list of therapists that accept Medicaid Managed Care (included in the list below)

457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Tioga County Public Health

1062 NY-38, Owego NY 13827

ATTN:Marilyn Reynolds

607-987-8600/8636

Fax: 607-687-2916

Accepts Medicaid Managed Care:

Mark Kovalski PhD: 607-758-4156

Barbara Myers PsyD: 607-785-4156

Stephanie Lockshin PhD: 607-785-415

Perinatal Mood and Anxiety Disorders Referral List for Providers

Edward Kamin PhD: 607-785-4156

Michelle Fletcher LCSW-R, CASAC: 607-785-4156

Brian Hart: 607-625-5407

Tioga County Dept of Mental Hygiene: 607-687-4000

Tompkins County

All served by Mothers and Babies Perinatal Network of South Central NY

Offers free/low-cost services, education and referral, including a list of therapists that accept Medicaid Managed Care (included in the list below)

457 State St. Binghamton, NY 13901. website: apn@mothersandbabies.org

Executive Director: Sharon Chesna, 607-772-0517 Ext. 111

Director of Perinatal Programs: Christie Finch, 607-772-0517 Ext.118

1-800-231-0744

Gail Zussman, LCSW-R

Postpartum Depression Support Group (Not currently running)

607-387-5925

Ithaca NY

Lezlie Namaste, CSW/therapist, LCSW-R

607-354-3063

Ithaca NY

Maria Tia Holden, Psychologist

415-569-2455

Ithaca NY

Sheila McCue, CSW/therapist, LCSW,

607-233-4314

Ithaca NY

Paula Jacobs, CSW/therapist, LCSW-R

607-269-4125

Ithaca NY

Accepts Medicaid Managed Care:

Esther Herkowitz: 607-216-9165

Herbert Masser: 607-273-9278 and 607-280-9975

Perinatal Mood and Anxiety Disorders Referral List for Providers

Garin Danner: 607-339-7825

Karen Burlew: 607-339-7825

Linda Mack: 607-277-4226

Family & Children's Services of Ithaca: 607-273-7494

Tompkins County Mental Health: 607-274-6200