



Outpatient Mental Health Services Schenectady Area

Crisis Hotlines/Emergency Departments:

Ellis Medicine Crisis Services – Available 24/7 via phone In person - Ellis Hospital Emergency Department	243-4000 1101 Nott Street
Samaritans Crisis Helpline (Family and Children’s Services of the Capital Region) – Available 11 am-11pm	689-4673
Suicide Prevention Lifeline – Available 24/7	1-800-273-8255
Lifeline for Vets – Available 9am-9pm via phone or online chat at www.nvf.org for United States Veterans	1-888-777-4443
VA One Source – Military Members, Spouses and Families – link to local services	1-800-342-9647
Department of Veteran’s Affairs – Benefits Information	1-800-827-1000

Individual/Family/Marital Counseling:

Family and Child Services of Schenectady – Children/Adults/Geriatric/Groups, Health insurance accepted Also CDPHP with Medicaid (without SSI)	393-1369 246 Union Street
Catholic Charities – Adults/Couples/Families, Health insurance accepted and sliding fee scale Medicaid and Managed Medicaid (CDPHP and Fidelis) accepted	372-5667 1473 Erie Boulevard
Samaritan Counseling Center – Children/Adults/Families/Couples, Accepts health insurance, Fidelis and CDPHP with Medicaid (without SSI)	374-3514 (Scotia) 220 N. Ballston Ave.
Haven Grief Counseling – Children/Adults/Families/Couples, No insurance – sliding fee scale	370-1666 703 Union Street

Counseling and Medication:

Ellis Medicine Child and Adolescent Outpatient Clinic – Child/Adolescent, Accepts health insurance	382-2290 624 McClellan Street
NorthEast Parent and Child Society – Child/Adolescent/Family Services, Accepts health insurance	381-8911 530 Franklin Street
Center for Solutions - Child/Adolescent/Adults/Couples/Families, Addiction Services, Anger Management Accepts health insurance, Fidelis and CDPHP with Medicaid (w/o SSI)	982-1274 x305 1758 Union Street
Union Counseling – Child/Adolescent/Adult, Accepts health insurance and CDPHP/Medicaid (w/o SSI)	374-6263 1311 Union Street
Ellis Medicine Adult Mental Health Clinic – Adults/Groups (Recovery, Trauma, Wellness), Health insurance Primarily accepts Medicaid, Fidelis/CDPHP Medicaid, Medicare, uninsured. Some bilingual staff.	243-3300 216 Lafayette Street
Ellis Medicine Personalized Recovery Oriented Services (PROS) – Adults/Groups, Most insurance Focus on education, employment, housing and/or socialization goals	831-6960 502 State Street
Capital District Psychiatric Center Schenectady County Satellite Clinic – Adults/Groups (also Sex Offender) Primarily accepts Medicaid, Fidelis/CDPHP Medicaid, Medicare, uninsured. Some bilingual staff.	374-3403 426 Franklin Street
Schenectady Mental Health Associates – Adults, Accepts health insurance and CDPHP/Medicaid (w/o SSI)	374-0295 1362 Union Street

Medication Management/Psychiatrists:

Dr. Nijjar – 382-9116 **Most insurances are accepted by psychiatrists/counselors in private practice. Please call the number on the back of your insurance card for a more comprehensive list of local providers.**
Dr. Mittal – 688-1738