



COUNSELING RESOURCES: (SARATOGA AND BALLSTON SPA AREAS)

IMPORTANT NOTE: Any and all program descriptions within quotation marks are being quoted directly from the website of the service/organization that is being discussed.

Counseling Providers in the Saratoga and Ballston Spa Areas

Union Counseling Behavioral Health Center

5 Hemphill Pl Ste. 121, Malta, NY 12020

Contact Information:

- Phone: (518) 289-5072
- Fax: (518) 374-1778
- Email: There is a space on the website where you can leave a message and your email address.

Website: <https://unionstreetcounseling.com>

Provides counseling services to people of all ages.

Accepts Insurance: Yes.

Integro Counseling Services

2452 Route 9 Ste. 302, Malta, NY 12019

Contact Information:

- Phone: (518) 289-5555
- Fax: (518) 289-5560

Website: <https://integrocounseling.com>

Provides individual, couples, and family therapy to children, teenagers, and adults.

Accepts Insurance: Yes

- Value Options
- CDPHP
- Aetna
- MVP Healthcare
- Empire BlueCross BlueShield
- Optum Provider Express

Capital Counseling

100 West Ave, Saratoga Springs, NY 12866

Contact Information:

- Main Phone: (518) 462-6531
- Crisis or Emergencies: 911 or 1-800-273-TALK
- Fax: (518) 462-0181

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- Crisis Chat: See website.

Website: <http://www.capitalcounseling.org>

Accepts Insurance: Yes

Services:

- Works with children, adolescents, families, and couples.
 - Can work with patients on specific mental health issues/disorders (anxiety, eating disorders, etc.).
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Saratoga Center for the Family Counseling Services

359 Ballston Ave, Saratoga Springs, NY 12866

Contact Information:

- Phone: (518) 587-5008
- Fax: (518) 587-8241

Website: <http://www.saratogacff.org/mental-health-services/>

Provides services to individual, family, and group therapy to children and adults.

Accepts Insurance: Yes

- Because of the center's non-profit status, the administrative staff can help individuals or families without insurance find a way to receive service.
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The Saratoga County Mental Health Clinic

135 South Broadway, Saratoga Springs, NY 12866

Contact Information:

- Phone: (518) 584-9030
- Fax: (518) 581-1709
- Email: There is a link on the website to send a message to the director (Michael Prezioso, PhD), and you can leave your email address too.

Website: <http://www.saratogacountyny.gov/departments/mental-health-center/>

- Provides individual, family, and group counseling to people of all ages.
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Saratoga Center for Social Therapy

Exit 14 Office/Mailing Office: 23 Conner Dr, Saratoga Springs, NY 12866

Church Street Office: 51 Church St, Saratoga Springs, NY 12866

Contact Information:

- Phone: (518) 580-9863
 - Ext. 1: Dr. Sulkin
 - Ext. 2: Ms. Woolfe

Website: <https://www.saratogasocialtherapy.com>

Provides individual, couples, and family therapy to children, adolescents, and adults.

Accepts Insurance: Yes.



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- Does not accept Worker's Compensation, Medicaid, Managed Care Medicaid, Medicare, Managed Care Medicare, Family/Child Health Plus, Fidelis Care, or any Healthy New York plan.
 - Does not participate in employee assistance programs.
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ECS Psychological Services

210 Main St, Saratoga Springs, NY 12866

Contact Information:

- Phone: (518) 580-0520 ext. 101
- Email: intake_coordinator@ecspychological.com

Website: <http://www.ecspychological.com>

Provides counseling services to adults, children, couples, and families.

- One unique aspect of this location is that they offer animal-assisted therapy.

Accepts Insurance: Yes.

- Counselors might accept different insurance, so be sure to verify that your plan will be accepted.
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Diane Webb (Counselor, LMHC)

199 Milton Ave Ste. 6, Ballston Spa, NY 12020

Contact Information:

- Phone: (518) 708-6517

Website: https://www.psychologytoday.com/us/therapists/diane-webb-ballston-spa-ny/249823?sid=1534169268.2907_5678&city=Ballston+Spa&state=NY&ref=1&tr=ResultsProfileBtn

Provides individual, group, and family therapy to adolescents and adults.

Accepts Insurance: Yes

Erica Pardi (Counselor, LMHC)

419 Geyser Rd, Ballston Spa, NY 12020

Contact Information:

- Phone: (518) 309-4103
- Email: pardicounseling@gmail.com

Website: <https://pardicounseling.com>

Provides individual and family therapy.

- Focuses on OCD.
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Thomas Barkley (Psychologist, PhD)

120 West Ave Ste. 207, Saratoga Springs, NY 12866

Contact Info:

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- Phone: (518) 379-0210

Website: https://www.psychologytoday.com/us/therapists/thomas-barkley-saratoga-springs-ny/71978?sid=1534167628.9035_15480&city=Saratoga+Springs&state=NY&ref=4&tr=ResultsProfileBtn

Focuses on providing individual and couples therapy to adults.

Accepts Insurance: Yes