

Dear Parents & Guardians,

Please find therapy and counseling resources below within the local area for you to review and to self refer to. Most of the therapists, private practices, and clinics below accept insurance, although some may differ in regards to what insurances they accept. These are not the **only** providers in the area, just some that we are familiar with and have had families use in the past.

Thank you.

Cuda Counseling
435 N. Prospect Street
Herkimer, NY 13350
315-866-0100

Mark Lundquist, LCSW-R
420 E. German Street
Herkimer, NY 13350
315-868-8610

Samaritan Counseling
1612 Genesee Street
Utica, NY 13502
315-724-5173

Herkimer County Department of Mental Health
301 N. Washington Street
Herkimer, NY 13350
315-867-1465

Community Health and Behavioral Services (CHBS)
301 N. Washington Street & 1427 Genesee Street
Herkimer, NY 13350 & Utica, NY 13501
315-798-8868

DRN Counseling
2621 Genesee Street
Utica, NY 13502
315-570-5058 *Mobile Services*

Maria Horan and Associates
2626 Genesee Street
Utica, NY 13502
315-724-5344

Meredith Gorton Counseling Services
10 Main Street
Whitesboro, NY 13492
315-749-3476

Professional Counseling Center
114 Genesee Street
New Hartford, NY 13413
315-733-0520

Clinton Therapy and Testing Center
7325 State Route 5
Clinton, NY 13323
315-859-1973

Neighborhood Center
628 Mary Street (Also have a satellite office in Herkimer, NY)
Utica, NY 13501
315-272-2700

You Fit Counseling LCSW PLLC
315-323-7893
Youfitcounselinglcswpllc.com
*In person and Tele-health Appointments Available

ADHD and Autism Psychological Associates and Advocacy
122 Business Park Drive
Suite 1
Utica, NY 13502
315-732-3431

Psychologytoday.com

**Call your pediatrician and set up an appointment with them, they can also help to make a referral or give you a list of resources that may be nicely suited for your family* Oftentimes the primary care office has therapists right in their locations.

**Also, your employer may offer EAP (Employee Assistance Program) services out of a local agency. Inquire where you work!