

Private Therapists

-Families Together-Janis Masse LCSW Catskill & Kingston NY- 518-719-0123 - 518-868-6037
adults, teens, children *accept most insurances

jmasse@famieliestogetherny.com <https://www.famieliestogetherny.com/>

-Michelle Fischer LMHC Coxsackie NY- 518-731-6781 – 518-303-5674
(Aetna, CDPHP, Fidelis)

-Carole Sayle LCSW-R, CASAC Palenville, NY (518) 943-5354
(Aetna, Anthem, BCBS, CDPHP, Cigna, Emblem Health, Empire BCBS, Fidelis, MVP, Magellan, Medicare, NYSHIP, Optum, Tricare, United Health Care) adults

Helen Thorning WestKill 518-989-6312
Private pay but does sliding scale (family & individual therapy)

-Suzanne Tolomeo LMHC Leeds, NY 518-620-4769
(Aetna, CDPHP, Emblem Health, Fidelis, Horizon BCBS, MVP, Magellan, MagnaCare, Tricare, United Health Care, MVP) Adults, teen, children

-Apti Health (telehealth) both therapists & psychiatrists
Most insurances & managed Medicaid Plans
(888) 454-3827

<https://www.aptihealth.com/>

-Charlie Health (telehealth) adults & children <https://www.charliehealth.com/>
Accepts most insurances including Medicaid

-Clearwater Counseling Associates Hudson, NY 518-261-9038 ext. 102
(Managed Medicaid, Medicare, CDPHP, BCBS, Empire Plan, Fidelis, MVP, CDPHP) Adults, teens, Children

-Columbia Memorial Outpatient Psych Hudson & Catskill 518-697-8010
*accepts most insurances

-Jessica Dillon LCSWR Delmar/Saugerties, NY – 518-265-5153
(Aetna, Empire BCBS, BCBS, BlueShield of NENY, CDPHP, Emblem Health, Fidelis, Humana, MVP, Magnacare, Medicaid, Medicare, NYSHIP, Optum, United Health Care) adults & teens

-Kelli Gilmore LCSWR, CASAC Saugerties NY- 914-466-0930 – 914-600-7174
(BCBS, CDPHP, Empire BCBS, MVP, Medicare) adults & teens

Castleton NY 518-599-5007 adults

Chatham, NY 518-319-3018

East Chatham, NY 518-418-7801

Woodstock NY- 518-348-8233

845-616-9087 – 845-875-4346

Aetna, BCBS, Beacon, CDPHP, Cigna, Humana, MVP, Oscar & UHC Optum

631-229-4227

518-782-3703

Catskill NY 518-688-1738

Albany, NY 518-691-0732

adults, teens, children

Guilderland/Clifton Park, NY (518) 456-5056

Latham NY (518) 560- 4277 <https://freedomfirstpsych.com/>

University At Albany Psychological Testing
<https://www.albany.edu/psc/psychological-testing>

Albany NY (518) 442-4900

Additional Resources:

Anger Management & Parenting Classes: Cornell Cooperative Institute,
Rebecca Polmateer 518-622-9820 x117

Public Health New Mom & Baby Visits: Please call 518-719-3600 for more information or visit
<https://www.greenegovernment.com/departments/public-health/new-mom-baby-visits>