To Locate a Mental Health Counselor Near You:

Visit the New York Mental Health Counselors website and click on "Find a counselor"
www.nymhca.org

"Sometimes I think my friends just don't 'get it.' My therapist gave me a safe place to talk openly and listened when no one else would."
-C.H., Webster, NY

The Mental Health Counselors of Greater Rochester is a local chapter of the New York Mental Health Counseling Association (NYMHCA).

Counselors work with clients on strategies to overcome obstacles and personal challenges that they are facing. We invite you to visit our website or email us for more information.

www.mentalhealthcounselors.org
rochesternymhca@gmail.com

Look for us on Facebook, Twitter, and LinkedIn!

Turn the page to find out how we can help...

www.mentalhealthcounselors.org
Mental Health Counselors

We practice in a variety of settings:
- Private Practice
- Community Agencies
- Hospitals
- Referrals for Medical Practices
- Employee Assistance Programs (EAP)
- Schools and Colleges
- Managed Health Care Organizations
- Women's and Children's Centers

Mental Health Counselors emphasize:
- A Collaborative Partnership
- Wellness
- Building on Strengths
- A belief that the therapeutic process creates hope, health, and healing

Counseling Services That Meet Your Needs

We provide services such as:
- Individual Psychotherapy
- Group Therapy
- Marriage and Family Counseling
- Adolescent and Children's Therapy
- Integrated Mental Health and Primary Care

We work with you to address a variety of issues that you may be struggling with, including:
- Depression and Bipolar Disorder
- Anxiety Disorders
- Eating Disorders
- Addictions
- Domestic Violence
- Grief and Loss
- Veterans' Mental Health Issues
- Trauma and PTSD
- Relationship Issues
- Divorce
- Self-Esteem Issues
- Stress Management
- LGBT Issues

Who Are We?

Licensed Mental Health Counselors hold a master's or doctorate degree, and have over 3,000 hours of supervised counseling experience. We complete national accreditation exams and meet professional standards.

There are thousands of Licensed Mental Health Counselors in New York State. Many more will be licensed in the coming years as counselors graduate from six-year graduate programs offering a master's degree in mental health counseling. Many national behavioral health managed care companies either employ or contract with Licensed Mental Health Counselors.

"My counselor never judged me. She helped me to explore my options and find my own answers." - P.C., Webster, NY