

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!



Mental Health Counselors of Greater Rochester

*Professionals dedicated to listening.
Let's work together to find solutions.*



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

www.mentalhealthcounselors.org



Who Are We?

Licensed Mental Health Counselors hold a master's or doctorate's degree, and have over 3,000 hours of supervised counseling experience. We complete national accreditation and state licensure exams that ensure all Licensed Mental Health Counselors meet uniform, ethical, and 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 sixty 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.

Counseling Services That Meet Your Needs

We provide services such as:

- Individual Psychotherapy
- Marriage and Family Counseling
- Group Therapy
- 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

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
- Disaster-Relief Sites
- 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



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