

Emily Crowley, LMSW

Community Support for Women at OB/GYN Associates of WNY partnering with GPPC.
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Help yourself or someone you know experiencing depression and anxiety during pregnancy and postpartum.

A collection of services available in our community and online

Physical Health

Prenatal/Mom and Baby exercise classes and yoga classes:

- Rising Sun Yoga 5225 Sheridan Drive (at Evans) Williamsville NY 14221 risingsunyoga.com
- JoyWheel Yoga Amherst NY <https://erinschifferli.com/>
- Prenatal Yoga 460 Franklin St Buffalo NY <https://www.caryhousebuffalo.com/prenatal-yoga>
- The Wellness Barn & Fitness Hamburg NY <https://www.thewellnessbarnandfitness.com/>

Nutrition and Health Coaching:

- Julie Baudo – located here at OB/GYN Associates of WNY

Pelvic pain issues and treatment:

- Corraera Physical Therapy Correrrapt.com

Sleep issues for mom, baby, family, and other siblings:

- Start with Sleep- sleep assessment and recommendations, startswithsleep.com

Support

Support groups:

- Millard Suburban – run by Nancy Owen, this group meets every 2nd Thursday of the month at 7pm. This free group is open to pregnant and postpartum moms. Please call 568-3628 to register.
- Sisters Hospital – run by Amy Creamer, this group is also free and open to the public. Please call 862-1678 to register. (Perinatal loss, infertility, pregnancy after loss)
- Western New York Perinatal Bereavement Network, Tiniest Angels support group for perinatal loss- run by Kristen Smith, this group is free and open to the public. Please call 716-626-6363

Grief Podcast:

- Guy's and Grief- geared toward fathers that have experienced pregnancy or infant loss.

Online Support groups:

- Postpartum Progress - blogs, info, and online support www.postpartumprogress.com
- Postpartum Stress Center - great source for information www.postpartumstress.com
- Postpartum Resource Center of NY - information and other services www.postpartumny.org
- Postpartum Support International - expert line, warm line, info, and online support groups www.postpartum.net

- Local classes and support www.Buffalobaby.org
- Seleni Institute - wonderful resource for information and articles on a variety of topics www.seleni.org

Mom community groups:

- It takes a village postpartum circle- Every 3rd Saturday of the month at 12:30pm. Held at village yoga and wellness. 141 Pine St. Hamburg NY 14075. –Join Facebook group
- The Mom Connection- first and third Tuesdays at 10:00am at the Rural Outreach Center, East Aurora. Email Alison at ajgenders@icloud.com for more information
- The Mom walk collective Buffalo- 2 walks a month to bring mommas together to build your supportive community. Check Instagram to find a walk: @themomwalkcollectivebuffalo

Breastfeeding support and information:

- Pamela V- Lactation consultation & baby café at OBGYN Associates of WNY. Call 716-675-5222
- Baby's Sweet Beginnings- Breastfeeding and maternity Boutique in Lancaster, also have lactation consultants that meet on site. 681-8100
- Sometimes moms cannot or choose not to breastfeed, and this can be emotionally difficult. It's important to talk about this with your provider or a therapist. Here is a good article that puts things in perspective when postpartum depression and anxiety come into play:
Postpartumstress.com/get-help/is-breast-always-best/

Pet adjustment issues:

- Family Paws-preparing families with dogs for life with babies and toddlers, contact Sit n' Stay Pet Services 716-822-3287

Support Organization for Trisomy 18, 13 and related disorders (SOFT):

- SOFT organization- Registration FREE, Facebook support group

Socialization

Mommy and Me Classes:

- Baby's Sweet Beginnings- Breastfeeding and Maternity Boutique in Lancaster 681-8100 babyssweetbeginnings.com
- Buffalomommies.com -various activities around town
- Meetup.com- South towns Moms, supermoms Empowerment Group of Orchard Park, Moms Club of Amherst/Clarence, Buffalo Mothers, Buffalo Single Mothers, Working Moms, Niagara Mommy and Me playgroup.

Mommy and Me Music Classes:

- Music Together of Hamburg -musictogetherhamburg.com
- Betty's Music Together- classes in East Aurora, Amherst, Buffalo, Getzville, Williamsville bettermusictogether.com
- Life Rhythm Music Therapy- liferhythmmusic.com

Emotional Wellness and Mental Health

Postpartum specialists- counselors and prescribers:

- Julie Rosinski, LCSW PMHC-therapist in private practice, Hamburg 716-253-4728 Accepts the following insurance: Blue Cross Blue Shield, Fidelis, Independent Health, and Univera
- Amy Creamer LMHC- therapist in private practice, 990-3137 Accepts the following insurance: Aetna, BlueCross BlueShield, Cigna, Oscar, Oxford, and UnitedHealthcare
- Maria Cartegena MD- psychiatrist at Suburban Psychiatric in Amherst, 689-3333
- Wendy Weinstein MD- psychiatrist in Buffalo, 362-1210

SUD Specialists during pregnancy:

- Dr. Davina Moss- Positive Direction and Associates, Buffalo NY 716-704-5510

Agencies- accept most insurances:

- Horizon Health Services- 831-1800
- BryLin Outpatient Services- counseling and psychiatry, located in Williamsville, 632-5450

Suicidal thoughts – If you or someone you care about is suicidal or in danger of harming themselves, please seek help immediately. You can call Crisis Services at 834-3131 24 hours a day 7 days a week, or the National Suicide Prevention Line at 1-800-273-8255.

Hospital – In severe cases of postpartum depression, intensive help can best be given in a hospital setting:

- BryLin accepts voluntary patients 7 days a week, 24 hours a day by calling Admissions at 249-6376 ext. 2264.
- ECMC accepts voluntary and involuntary patients 7 days a week, 24 hours a day. You must begin by first visiting the regular hospital emergency room, ECMC Main Building 462 Grider St. Buffalo NY 14215
 - ❖ From there you will be transferred to the adult CPEP floor for a psychiatric evaluation.

General Information about Postpartum Depression and Anxiety

Information for the fathers and partners:

- From the Postpartum Progress website, check out the “Postpartum Pact.”
Postpartumstress.com/get-help/how-can-i-help-a-loved-one/a-note-to-dads/
- For Dads with postpartum depression, here is a site dedicated to helping men get the information and help that they need too: postpartummen.com and postpartumdads.org.

Book suggestions:

- “This Isn’t what I expected” by Karen Kleiman
- “Tokens of Affection- reclaiming your marriage after postpartum depression” by Karen Kleiman
- “What Am I Thinking? Having a baby after postpartum depression” by Karen Kleiman
- “Dropping the Baby and Other scary Thoughts” by Karen Kleiman
- “The Pregnancy and Postpartum Anxiety Workbook” by Pamela Wiegartz
- “Down Came the Rain” by Brooke Shields
- “Heal Your Birth Story” by Maureen Campion

Online Information:

- Postpartum Progress- postpartumprogress.com
- Postpartum Stress Center- postpartumstress.com
- Postpartum Resource Center of NY- postpartumny.org
- Postpartum Support International- postpartum.net
- Local classes- Buffalobaby.org
- Seleni institute – seleni.org

****Please be mindful that this list is a guide and by no means a complete list of providers and resources available to you. This list is intended to be a starting point with suggestions. Every individual is different and there are no guarantees that each resource on this list is accepting new patients/clients. Please feel free to add feedback if you feel that someone or something should be added. If you have any questions, feel free to reach out to our social worker, Emily Crowley LMSW at 716-675-5222 ext 103

Counseling Referrals

The recommendations below include a partial listing of private practice therapists and larger agencies in WNY, but there are many other therapists in our area. It may take some research to find somebody who can accommodate your schedule or who is accepting patients at this time. Keep in mind, therapists often cannot schedule you immediately, and you may not receive an appointment for a few weeks or up to a month. Larger groups and organizations may be able to offer quicker availability.

*If you ever experience a mental health emergency contact Crisis Services at 716-834-3131, call 911, or text 741741 for 24/7 free crisis support/ or go to your nearest emergency department.
National Maternal Mental Health Hotline is 1-833-852-6262*

Providers located through OB/GYN Associates of WNY

Dr. Maureen Ryan DNP, NP-C (Providing telehealth appointments only)
716-704-5683
Areas of Specialty: Sexual Health & Wellness Counseling

Emily Crowley, LMSW (Providing telehealth & in person appointments)
716-675-5222 ext. 103
Areas of Specialty: Anxiety, Depression, Trauma, Perinatal Mood/Anxiety Disorders

Prescribers:

Dr. Cromwell
716-675-5222
Areas of Specialty: OBGYN Doctor at our Springville Location. Prescribes Suboxone for non-obstetric patients.

Dr. Amber Krol
716-675-5222
Areas of Specialty: OBGYN Doctor at our West Seneca and Lancaster location. Prescribed Suboxone for our obstetric patients.

Providers and Services in the Community

General Counseling Needs/Anxiety/Depression/Adjustment Issues

Cheryl Arena, LCSW-R (adults ages up to 25)
Buffalo NY 14222
716-430-2040 Cherylaarena@gmail.com

Michelle Atallah, LCSW
Amherst NY 14228
716-249-1483 MichelleAtallahLCSW@gmail.com

Kimberly S. Girdlestone, LCSW
Buffalo NY 14226
716-844-9150 kimberlytherapy2018@gmail.com

Emily Crowley, LMSW (children ages 5+, adolescents + adult)
Depew NY 14043
716-601-6220 emily@healingheartscounselingwny.com

Counseling for Women's issues/Pregnancy,Prenatal, Postpartum

Jennifer Urban, LCSW-R, PMH-C

Orchard Park NY

716-906-2800

Insurances accepted: Highmark, BlueCross BlueShield of WNY, Independent Health

Diana Springer, LCSW, PMHC

Williamsville NY

716-819-8670

Insurances accepted: aetna, cigna, oxford, United Healthcare, Optum, Oscar, BlueCross and BlueShield, Independent Health

Danielle Stoner, LMSW, PMH-C

Cheektowaga NY

716-218-8413

Insurances accepted: Aetna, Cigna and Evernorth, Highmark, Highmark BCBS of Western New York, Independent Health, Optum, Oscar Health, Oxford, UnitedHealthcare UHC | UBH, Out of Network

Madeliene Lutter, LMHC, PMH-C

East Aurora NY

716-325-4828

Insurances accepted: Aetna, Cigna and Evernorth, Optum, Oscar Health, Oxford, UnitedHealthcare UHC | UBH

Cara Borrero, LCSW

Telehealth Appointments Only

716-222-8459

Insurances accepted: Highmark BCBS of WNY, Independent Health, Optum

Counseling for Children, Adolescents, Young Adults

Andrea Pierce, LMHC

West Seneca NY

716-466-9320

Insurances accepted: Independent Health, Highmark BCBS of WNY, Optum

Tara Benson, LCSW

Amherst NY

716-317-1564

Insurances accepted: BlueCross and BlueShield, Univera, Independent Health

Meegan Stamm, LCSWR

West Seneca, NY

716-867-4431

Insurances accepted: Aetna, Blue Cross Blue Shield, Highmark, Child Health Plus, Fidelis Care, Independent Health, Lifetime Benefit Solutions, Univera, Optum, United Health Care

Eating Disorders

Karen McClintock, PHD

Orchard Park NY

716-667-6331

Insurances accepted: Aetna, BlueCross Blue Shield, Excellus BCBS, Empire BCBS, Highmark BCBS

Mary Ellen Rubin, PHD

Williamsville NY

716-632-5563

Insurances accepted: BlueCross BlueShield, Independent Health, Empire BlueCross BlueShield

Samantha Sessamen, LMHC

Williamsville NY

716-698-3469

Insurances accepted: Out of Network

Nicole Chumsky, LMHC

Kenmore NY

716-906-3770

Nicole.c@bemindfulliving.com

Insurances accepted: Highmark BCBS of WNY, Independent Health, Out of Network

Best Self Behavioral Health,

Sweet Home NY

716-884-0888

Narins Eating Disorder Center

Amherst NY

716-688-5372

Grief Counseling

Amy Creamer, LMHC (perinatal loss specialist)

Williamsville NY

716-990-3137

Michelle Marabella, LMHC

Depew NY

716-955-0675

Day Cummings, LCSW, RN

Circle of Daughters, Inc.

Hamburg NY

716-507-6281

momsspirit@aol.com

Grief Support Groups

Circle of Daughters, Inc.- Adult Parental Loss Support Groups, bereaved child support groups, general bereavement, and grief support groups.

Wilson Support Center at Hospice- grief support groups (community bereavement group, Adolescent grief support, suicide bereavement group, widows, and widowers, after a parent dies, storm clouds and rainbows, adult sibling support, bereaved parents, tiniest angels) are all offered through the Wilson Support Center at Hospice. All are welcome- you do not need to have received through hospice.

WNY Perinatal Bereavement Network- support and services for parents facing perinatal loss and death of a baby from miscarriage, ectopic pregnancy, stillbirth, or early infant death.

Footprints on the heart- support group held at sisters' hospital in the Seton building for parents facing perinatal loss and death of a baby from miscarriage, ectopic pregnancy, stillbirth, or early infant death.

Pregnancy/Postpartum Anxiety and Depression/Pregnancy Loss

Nancy Owen, PSI Coordinator

716-516-3628 CALL ONLY (this number does not receive texts)

Nowen@KaleidaHealth.org

Molly McDermott, PSI Coordinator

716-201-0602 (text or call)

Mmcd5mcd@gmail.com

For a complete list of trained in perinatal mood and anxiety disorders:

WNY postpartum Connection www.wnypostpartum.com

Hospice Buffalo-Perinatal Program: offering support, education, guidance to expectant parents and families whose unborn child has a life limiting diagnosis. Call 716-686-8077

Mental Health Counseling and Art Therapy

Karie Gower, LCAT ATR-BC

Buffalo NY

716-217-6615

Lana Orrange, LCAT Creative Arts Therapist, PLLC

Elma NY

716-427-3723

Gillian Field, LCAT Creative Arts Therapist, PLLC

Elma NY

585-684-7894

PTSD/Trauma/EMDR

For a listing of providers trained and certified in EMDR:

WNY Regional EMDR Network www.westernnyemdr.com

Psychiatry/Medication Evaluation and Prescription

Faye Taber, Psychiatric Nurse Practitioner, PMHNP, BC
Cheektowaga NY
716-451-2675

Insurances accepted: Aetna, Amerigroup, BCBS, Cigna & Evernorth, Empire BCBS, Excellus BCBS, Fidelis, Highmark, Highmark BCBS of WNY, Humana, Independent Health, Medicaid, Medicare, Optum, TRICARE, UnitedHealthcare UHC | UBHA, Univera.

Danielle Esposito, Psychiatric Nurse Practitioner, PMH-NP, BC
West Seneca NY
716-243-4151

Insurances accepted: Aetna, Anthem Blue Cross, and Blue Shield New York (formerly Empire), Blue Cross Blue Shield of Massachusetts, Cigna, Oscar Health, Oxford, and United Healthcare

Jerry Corp, PMHNP
Online Only

716-913-6919 or go to his website www.mindfulpnp.com

Insurances accepted: Aetna, BCBS, cigna + evernorth, Fidelis, Highmark BCBS of WNY, Medicaid, Optum, Oscar Health, Oxford, United Healthcare UHC|UBH

Illuminate Health & Wellness
Orchard Park, NY
716-903-6036

Insurances accepted: Accepts many insurances. Out of network with some insurances.

Agencies & Group Practices

Agencies that offer services including both counseling & psychiatry/nurse practitioners (prescribers):

BeEmbodied- 716-931-9037; Williamsville & Kenmore
Best Self Behavioral Health- 716-884-0888; Buffalo, Amherst, North Collins, Orchard Park, Hamburg
Catholic Charities- 716-856-4494; throughout WNY
Child and Family Services- 716-842-2750; Buffalo & Cheektowaga
Endeavor Health Services- 716-895-6700; Buffalo, Bowmansville & Cheektowaga
ECMC- 716-898-3255; Buffalo
Horizon Health Services- 716-831-1800; 18 locations across WNY
Jewish Family Services- 716-883-1114; Buffalo
Spectrum Human Services- 716-662-2040; West Seneca, Buffalo, Orchard Park, Springville & Wyoming County
Suburban Psychiatric Associates- 716-689-3333; Amherst & Hamburg
Williamsville Wellness Center- 716-626-9016; Williamsville

Agencies and Groups that offer counseling only:

CMH Counseling- 716-884-7569
Healing Hearts Counseling- 716-601-6220; Depew
WNY Psychotherapy Services- 716-837-6705; Amherst & Orchard Park
Linwood Psychotherapy Associates- 716-886-7304; Buffalo
Counselors Corner- 716-204-5552; Williamsville

Online resources for finding a therapist and other resources:

www.PsychologyToday.com

Buffalo211- www.211wny.org

WNY Postpartum Connection- www.wnypostpartum.com

Emergency Services in addition to 911 for life threatening emergencies

If you or someone you know has thoughts of suicide or self-harm please get help immediately- call crisis services at 716-834-3131 or the National Suicide Prevention Line 800-273-8255

ECMC Psychiatric Emergency Department located at ECMC Hospital

Brylin Hospital- call admissions at 716-249-6376 ext 2264

Crisis Text Line- send a text to 741741 for 24/7 free crisis support.

*****This listing is for recommendations only. Therapy is an individual process dependent on many variables. There is no guarantee of compatibility or availability for the providers listed above.** Should you need further assistance, please reach out to our Social Worker, Emily Crowley at 716-675-5222 ext 103.