

Currently Accepting for Therapy:

Agape

PENFIELD, GREECE, LIMA

(585)385-6030

All ages

Accepts Excellus, Blue Cross, Blue Shield, no straight Medicaid

Booking out 1-4 weeks

In-person and virtual options

Lori Costa-Mitrano

IRONDEQUOIT

(585)586-2223

All ages

Accepts most insurances and accepts Option plans, but not straight Medicaid

Booking out 2-6 weeks depending on time of year

In-person and virtual options

Christopher Dehon

Rochester

(585)598-4344

Children/adolescents

Accepts Aetna, Excellus, Fidelis, Option plans, no straight Medicaid

Booking out about 2 weeks

In-person and virtual options

Linden Oaks Therapy Offices (LOTO)

PENFIELD

(585)586-1600

Accepted ages depends on the provider

Accepted insurance depends on the provider, no straight Medicaid

Booking out 1 week-5 months depending on the provider

In-person and virtual options

Tree of Hope Counseling

ROCHESTER

Fill out electronic screening form on website if interested

Some therapists are accepting

All ages

Accepts Excellus and Blue Choice Option

Booking within a few weeks

In-person and virtual options

West End Psychotherapy

GREECE

Contact through email: westendpsych@gmail.com

One counselor works with ages 3+, other counselors accept ages 11+

Insurance differs based on the counselor. All accept Excellus, none accept Fidelis or straight Medicaid

Booking out about one week

Mostly virtual, but counselors each offer one day per week of in-person

Elizabeth Zinn

IRONDEQUOIT

(585)214-9238 call or text

Sees mostly older teens and adults

Accepts Aetna, Excellus, MVP, Fidelis, United (but doesn't like it),

Option plans

Booking out about a month or month and a half

In-person and virtual options. Prefers in-session, but after first visit patient can choose virtual

Catholic Family Center

ROCHESTER

(585)546-7220

Ages 5+, need a parent present if under 18

Accepts most insurances, accepts all Medicaid and Option plans

Booking out 2 or 3 weeks, but there are walk-in intakes available (check website)

In-person and virtual options

Genesee Behavioral Health Center

ROCHESTER

(585)922-7770

All ages

Accepts most insurances and Medicaid

Scheduled via intake office

Children are mostly in-person, adults are mostly virtual

Liberty Resources

ROCHESTER

Fill out application on website

Ages 5+

Accepts many insurances - fill out referral application

Booking out about a month

All virtual visits

Villa of Hope

ROCHESTER

(585)581-HOPE (4673)

Accepts most ages, has many programs

Accepts all insurance except Fidelis

Usually booking within the week

Virtual

**Currently Accepting for Therapy (Not
Accepting Insurance):**

Arbor Health

VICTOR

(585)924-3300

Accept under age 21

Don't accept insurance, out of network provider

Booking out about two weeks

In-person and virtual options, trying to limit in-person

Maria Barilla

ROCHESTER

(585)563-8158

Ages 10+, can do 8+ but is difficult while virtual

Does not accept insurance

Booking out 1-2 weeks

All telehealth through spring

Sisi Chen

ROCHESTER

(585)598-4237

Preferably ages 7+

Not accepting insurance

Booking within a week

In-person and virtual options

Taylor Foster

ROCHESTER

(585)207-3216

5+, mostly works with adolescents and teens

Out of network provider, but can provide a superbill

Booking out about 2-3 weeks

Currently all telehealth, but planning to return to in-person when safe

Jenny Green

ROCHESTER

(585)209-5167 , jennyg@mindfulpsychology.us gets quickest response

Ages 12+

No insurances or Medicaid, but can provide paperwork for reimbursement

Booking within a few weeks

In-person and virtual options

Heather Paessler-Chesterton

ROCHESTER

(585)378-3775

All ages, but specializes in children and adolescents and womens' issues

Does not accept insurance, but can provide a superbill

Booking within two weeks

Currently all telehealth

St. Joe's Neighborhood Family Center

ROCHESTER

(585)325-5260

Ages 18+ and family therapy

Does not accept insurance, works with people who do not have insurance

Booking out 1-3 weeks

In-person and virtual options

Julia Talarico

ROCHESTER

Contact through email - juliatalarico@mindfulpsychology.us

All ages

Not accepting insurance, but can do superbill or take HSA card

Booking within the week

In-person and virtual options

Currently Accepting for Specialized Treatment:

Healing Connection (Eating Disorder Treatment)

ROCHESTER

(585)641-0281 - fill out evaluation of mental health to determine level of care needed

Currently accepting general outpatient & intensive outpatient with a waitlist for partial inpatient

Ages 12+

Accepts most insurances and most Medicaid/Option plans

Booking out a few weeks for general outpatient & intensive outpatient

Virtual visits for general outpatient & intensive outpatient; in-person visits for partial inpatient

Linden Oaks Specialized Assessment and Treatment Services (LOSATS)

ROCHESTER

(585)586-6840

Ages 8+, for people “affected by interpersonal violence and trauma”

Do not accept insurance, do not accept Medicaid or other option plans

Booking out about a week

In-person and virtual options

Colleen Saar (Neuropsych)

FAIRPORT

(585)880-8640, can see website neuropsych.com for more info

Currently accepting consultations, not long-term patients

All ages

Accepts in-network, gap-exceptions possible, no Medicaid

Booking out 1-3 months

In-person and virtual options

Medication Management:

Sarah Atkinson

ROCHESTER

(585)241-9670

All ages

Does not accept insurance, but can fill out invoice for insurance to reimburse

Booking out 2 months

Mostly in-person, but can do virtual

Leah Fromm, NPP

PENFIELD

(585)454-9662

Currently only accepting adults

Out of network provider, but can provide a superbill

Booking out about two weeks

Currently all telehealth

Allison Giordano, M.D.

BRIGHTON

(585)445-8789

Children/adolescents

Accepts Aetna, Excellus, Medicaid, Child Health Plus, Child Care Option

Booking out about two months

All virtual visits

Kristina Moss, NPP

GREECE

Email: npmoss3@gmail.com

Mostly for school aged and up

Insurances/Medicaid

3-4 weeks

Currently all virtual visits

Penfield Psychiatry/Finger Lakes Psychiatry (same group)

PENFIELD/FARMINGTON

(585)388-6000 - submit insurance information on website to begin

Accepting on a limited basis

Must be under age 18

Aetna, Excellus, Blue Choice Option

Booking out about one month

In-person and virtual options

Online/Mobile Resources:

Talkspace

ONLINE THERAPY

Website allows you to check insurance coverage

Immediate openings

Match.talkspace.com

Lifeline

PHONE

211

Crisis intervention and suicide prevention hotline which patients can call directly

UR Medicine - Crisis Call Line

PHONE

(585)275-8686

Patients (not just of URMC providers) can call directly and speak to a licensed therapist for behavioral/mental health crisis support

NY Project Hope - Emotional Support Helpline

PHONE & ONLINE

1(844)863-9314 & <https://nyprojecthope.org>

Talk with a crisis counselor, specifically about COVID-19 related emotional issues

Monroe County Mobile Crisis Team

PHONE

(585)529-3721

For individuals and families in mental health crisis who are not at risk of harming self or others

Headspace

ONLINE & APP

<https://www.headspace.com>

Mindfulness instruction by subscription

Not Currently Accepting for Therapy:

Life Solutions Psychotherapy

GREECE

(585)225-9720

Not currently accepting

Most ages accepted depending on the counselor

Most main insurances accepted, no straight Medicaid

Not currently booking

In-person and virtual options

Not Currently Accepting for Medication Management:

Sean Murphy

BRIGHTON

(585)484-7778

Currently not currently accepting, but will probably have openings in March

Ages 18+

Accepts Excellus, Blue Cross/Shield, Fidelis, Cigna, MVP; Option plans with aforementioned insurances; no Medicaid

Typically booking within the month

Virtual

Webster Psychiatry and Medicine

WEBSTER

(585)670-0507

Not currently accepting, have waitlist

Ages 18+

Excellus and commercial insurances accepted, Medicaid not accepted

Typically booking out a few weeks

Currently all telehealth, but hope to start in-person visits soon