The Brain and Body Coalition strive to support the wellness of the BIPOC community. We know that wellness can look different for everyone but having access to culturally informed, quality mental health services can help you stay well. Please find specific mental health resources for the BIPOC community below.

DCN Mental Health Counseling

A safe strength based space for children and adolescents. EMDR trained Mental Health Counselor. Daisha will help you learn coping skills and build confidence. Process trauma, adjust to life transition. Multiple Payment Options. DCNMENTALHEALTH.COM (845)723-1283

DUTCHESS COUNTY STABILIZATION

The Center is open 24 hours a day, 7 days a week, 365 days a year. Just walk in anytime – day or night. No appointment or referral needed! 230 North Road Poughkeepsie

Hudson Valley Dynamic Counseling

HVDC provides mental health counseling/psychotherapy to individuals and families in need of services for emotional, psychological, stress, trauma, anxiety, grief, domestic abuse, and anger management. Two providers on site: She/Her He/Him Public and Private Insurance Accepted - full list on website HVDC.BIZ 845-473-7500

Charles Colclough

Clinical Psychotherapist with over 18 years of experience working with patient’s to improve their overall wellness. Accepts multiple insurances. Public/Private In person / telemedicine Identifies Male of Color

Dr. Chris St. Germain

Licensed Clinical Psychologist Areas of specialization include anxiety, couples work, identity development, and LGBTQ/ sexuality and gender concerns. CBT Dr.ChrisSt.Germain@gmail.com St.GermainPsychology@gmail.com 845.232.1377

Chamell Wilson

CLINICAL SOCIALWORK/ LMSW/MSW SHE/HER Location: Lagrangeville Currently Telemedicine Only (845)379-9022

*All Providers Actively Taking New Clients***
Nicole Wong
Licensed Master Social Worker. Specialized in trauma/ anti violence/ sexual assault. Trauma informed, great for all ages. Self- Pay
Multiple Providers On-Site
(845)-206-4046
info@teamercounseling.com

Clearwave Mental Health
Multiple Providers on Site
Multiple Insurance Options
Psychotherapy and Therapy Services
With Board-Certified Psychiatrists, Psychiatric Nurse Practitioners and Licensed Clinical Social Workers.
TMS Therapy
A non-invasive FDA-cleared treatment that has been proven to be safe and effective for treating symptoms of depression and other mental illnesses.
(845)471-1807

Tania N. Barreras-Cruz, MD
Psychiatry
Nuvance Health Medical Practices - Behavioral Health
Poughkeepsie
21 Reade Place, Suite 1100
Poughkeepsie, NY 12601
Bilingual

Multiple Providers / Multilingual/ Insurance options. Children, adolescents and their families. These program are in-home, community-based, and site-based programs. No one will be denied access to service due to inability to pay, and a discounted/sliding fee schedule is available.
Location: (845) 871-1000

Multiple Providers / Multilingual / Insurance options. Children, adolescents and their families. These program are in-home, community-based, and site-based programs. No one will be denied access to service due to inability to pay, and a discounted/sliding fee schedule is available.
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Multiple Providers / Multilingual / Insurance options. Children, adolescents and their families. These program are in-home, community-based, and site-based programs. No one will be denied access to service due to inability to pay, and a discounted/sliding fee schedule is available.
Location: (845) 871-1000

Multiple Providers on site: LGBQT / She/ Her/ They/Them/ He/ Him
Identifies multi cultural
LOCATION: POUGHKEEPSIE/ VIRTUAL. SELF PAY VIA SIMPLE PRACTICE
(845)-206-4046
info@teamercounseling.com
Dr. Anthony O. Ahmed
Clinical psychologist with expertise in behavioral and cognitive-behavioral therapies and other psychosocial treatments for adults with psychotic disorders, mood and anxiety disorders, substance use problems, and relational difficulties. Attending Psychologist for Psychotic Disorders. Identifies: Black Male
Multiple Providers on Site
Location: White Plains NY/Virtual (917) 997-5251

Orenda Psychiatry
Marcia Jarvis: Psychiatric Mental Health Nurse Practitioner 15+ years experience
Location: Lagrangeville / telemed (347)493-2247

Hugh McKenzie PNP
Identifies Black Male
Practicing over 20 years
Focus on Optimal Health and Wellness.
Multiple Insurance/Pay Options
Location: Newburgh/Online (845)781-1000

Prescribers
Ann Rodriguez
Psychiatric Nurse Practitioner
Fishkill Ny
(914) 825-4376
Identifies She/Her
Handicap Accessible
In person/ Virtual
Multiple Insurance Accepted

Karina Santibanez
PMHNP
Specializes in child and adolescent psychiatry. 10 years+ experience with a variety of settings.
Location: Mahopac (845) 210-9345

Babatunde E. Asemot
Adult Psychiatry
Specializes Anxiety / Trauma / Bipolar
Multiple Providers on site
Identifies: Nigerian
Location: White Plains NY (914) 997-8674

Jeanean Aming
Licensed Family Nurse Practitioner. Multiple specialties. Familiar with Dutchess County supports and services. Location: Fishkill (845) 237-3823

Doctor Hassan
Dutchess/Surrounding counties. Children & Adolescent Psychiatry
Virtual only via the Kareo system Accepts Multiple insurances
Medicare / private
Multi-Lingual
English / Urdu/ Spanish
She/her
Incredible office staff (845)363-0857

Debra Mayers
Psychiatric Nurse Practitioner -evaluation and medication management to patients in the military and civilians diagnosed with anxiety, panic disorder, depression, sleep disorder, ADHD, Insomnia, PTSD.
Identifies: Black/ African American She/Her
Private Pay / Sliding Scale
(845)238-8853

WWW.BRAINANDBODYCOALITON.ORG
**The Steve Fund**
The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

**The Trevor Project**
The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. If you are in crisis, feeling suicidal or need a safe and judgment-free place to talk 24/7 call The Trevor Lifeline 1-866-488-7386

**Therapy for Latinx**
Therapy for Latinx is a national mental health resource for the Latinx community that provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

**Therapy for Black Girls**
Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

**SAMHAA**
South Asian Mental Health Alliance (SAMHAA) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

**MINDBODYSOUL PSYCH**

**TELE-MEDICINE And NETWORKS**

**Weill Cornell Psychiatry New York Presbyterian Westchester Behavioral Health**
Outpatient providers. Private Pay Only through internal system. This office offers a variety of 20+ Culturally Competent Trained and Diverse Providers. Excellent reception staff as well.

21 Bloomingdale Road, White Plains, NY 10605 (914)997-4875

**WeRNATIVE**
WeRNATIVE is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in our local communities and nation at large.

**WWW.BRAINANDBODYCOALITION.ORG**