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

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

DUTCHESS COUNTY STABILIZATION CENTER
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
DutchessCountyStabilizationServices

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

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
www.drchrisstgermain.com

All providers are actively taking new clients
WWW.BRAINANDBODYCOALITION.ORG
TEAMER COUNSELING
Specializes in Anxiety/Depression and CBT. Works with Children and Adults. Currently accepting adult clients, with an active wait list for children.
5 Providers on site: LGBQT / She/ Her/ They/Them/ He/ Him
Identifies multi cultural
LOCATION: POUGHKEEPSIE/ VIRTUAL. SELF PAY VIA
SIMPLE PRACTICE
(845)206-4046
www.teamercounseling.com
info@teamercounseling.com

OLANREWAIU SOMORIN
Location: West Point / Telemedicine
(845) 637-3365

IRENA ILIEVA, PH.D.
Specializes in (CBT) for depression, anxiety, obsessive-compulsive disorders and trauma- and stressor-related conditions. THIS PROVIDER IS PRIVATE PAY ONLY.
Multiple Amazing Providers on site all private pay.
Location: White Plains/ Telemed (617)515-7645
Irenallieva

ASTOR SERVICES
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
AstorServices.org

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
Psychiatric 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
Clearwave.com

SIERRA COUNSELING
Clinical Social Work/ Therapist
Identifies: Woman of Color
Specializes – Anxiety/Depression/ Bipolar Insurance/ Multiple Payment Options
Pleasant Valley, NY 12569
(845) 244–4784
SierraCounseling.com

TANIA N. BARRERAS-CRUZ, MD
PSYCHIATRY
Nuvance Health
Medical Practices
Behavioral Health Poughkeepsie
21 Reade Place, Suite 1100
Poughkeepsie, NY 12601
Bilingual
TaniaNBarreras-Cruz
PREScribers

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: Fishkill Ny (914) 825-4376
Dr.Ahmed

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
KarinaSantibanez

Dr. Syeda 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)307-8809 Dr.Hassan

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
Private Pay / Sliding Scale
Location: Middletown/Online (845)238-8853 DebraMayers

Orenda Psychiatry
Marcia Jarvis : Psychiatric Mental Health Nurse Practitioner 15+ years experience
Location: Lagrangeville / telemedicine (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)704-1262 HughMcKenzie

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

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

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 TrevorProject

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. TherapyforLatinx

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. SAMHAA

WE R NATIVE
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. WeRNative

MIND BODY SOUL PSYCH
Collective of treatment options. Four step program to help individual develop the best possible treatment plan. Great option for whole health Brain and Body Approach! Visit site for more details. Insurance accepted. MindBodySoulPsych

THERAPY FOR BLACK GIRLS
Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. TherapyforBlackGirls

THE STEVE FUND
The Steve Fund’s mission is to promote the mental health and emotional well-being of young people of color. TheSteveFund

WWW.BRAINANDBODYCOALITION.ORG