

Emergency Numbers

In Franklin and Essex County: **911**

State Police: 518-897-2000

Franklin County Sheriff: 518-483-3304

Lake Placid

Fire & Rescue: 518-523-3211

Hospital: 518-523-3311

Police: 518-523-3306

Rescue: 518-523-9512

Saranac Lake

Fire & Rescue: 518-891-2211

Hospital: 518-891-4141

Red Cross: 518-891-3280

Substance Abuse Counseling: 518-891-2467

Tupper Lake

Fire & Rescue: 911

Police: 518-359-3776

NORTH COUNTRY COMMUNITY COLLEGE

Community Wellness Resource Guide



Prepared by the Office of Campus and Student Life

Revised September 2009

Counselors & Mental Health Services

	Location	Phone	Cost/Services	Medi-caid/ Medi-care	Insurance	Additional Information
Adirondack Behavioral Health Care Donald Fava, PhD	211 Saranac Avenue Lake Placid	518-523-9222	Unknown	Unknown	Unknown	Licensed Psychologists
Adirondack Counseling Dr. Bernstein	79 Glenwood Estates Saranac Lake	518-891-4140	\$100/hour or Sliding fee	Yes	Yes	Licensed Psychologists
Betsey Thomas-Train, LCSW, MA	32 Smith Way Keene Valley	518-576-9219	Unknown	Unknown	Unknown	Individual, couples, family, children and adolescent
Catholic Charities	4914 South Catherine St, Plattsburgh	518-561-0470	Sliding Fee	No	No	Family and marital counseling www.cathchar.org
	57 Rennie Street Malone	518-483-1460				
Certified Psychiatric Clinical Nurse Specialist Patricia Randolph-Clark MA, RN, CS, ANP	25 Woodruff Street Saranac Lake	518-891-5484	Varied	M-care	Yes	Psychotherapy, consultation, education
Counseling of the Episcopal Diocese	44 Main Street Lake Placid	518-523-2564	Sliding Fee	No	No	
Essex County Sexual Assault Services	Elizabethtown	518-873-2039 Hotline 866-307-4086				Individual and group counseling and education for sexual assault victims. Also general education and awareness services and assistance in filing criminal victims' board claims.
Essex County Mental Health Services	Elizabethtown	518-873-3670 After hours 888-854-3773	Sliding Fee	Yes	Yes	Individual, family and couples counseling. Open five days a week. Counseling hours at the AMC in Lake Placid are available from 8am to 4pm Wednesdays, and 8am to 4 pm on Fridays 8am to 2pm.

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Counselors and Mental Health Services Continued	Location	Phone	Cost/Services	Medi-caid Medi-care	Insurance	Additional Information
Healing Woods Counseling Center Karen A. White, PhD David J. Meeker, PhD	2038 Saranac Avenue Lake Placid	518-523-9353 518-523-8959	Sliding Fee	Yes	Yes	Day and evening appointments available in Saranac Lake or Tupper Lake. Individual, marital and couples counseling.
Healing Woods Counseling Center Klauss Meissner, LCSW Lisa Meissner, LCSW	26 Coreys Road Tupper Lake	518-359-2623	Sliding Fee	Yes	Yes	
Mental Health Matters Nadine Case PhD	43 Broadway Saranac Lake	518-891-3053	\$150/hour	M-care	Yes	Individuals, Families, Couples, Most insurances accepted.
Morningstar Experimental Therapy Rosamond Lincoln-Day	Upper Jay	518-946-2126	\$80/hour	No	Yes	NYS Clinical Licensed Psychologist
North Star Behavioral Health Services	Saranac Lake	518-891-5535	Varied: Financial Asst. Plans	Yes	Yes	Serving Franklin County residents. Providing mental health and substance abuse services. After 5pm, call 518-891-4141 (ask for the emergency room)
Pathfinder Counseling & Psychological Services Richard Liotta, PHD Rosemary Lake-Liotta, LCSW	Saranac Lake	518-891-0924	Payment options	M-care	Yes	Certified in Brief Solution Focused Therapy, Cert. Clinical Hypnotherapist, Cert. Master NLP Practitioner. Most insurance accepted for psychotherapy services.
Sally Shields, CASAC, CSWR	Lake Placid	518-523-7840				
Shelly Tracy, MS, NCC.	Saranac Lake	518-891-7083		No	Yes	Weight Management, Eating Disorders, Relationship Enhancement, Relaxation Techniques, Meditation, Life Transitions
Samaritan Family Counseling Center	Keene	518-576-4557	\$80/ session	No	No	

Alcohol/Substance Abuse

Alcoholics Anonymous Meetings 518-891-3950

Alcoholics Anonymous for NY State, 518-561-8444

There are several meetings offered at all times of the day please call. NY-AA.org

Al-Anon Family Groups, 518-561-0838

Franklin County Substance Abuse Services 518-891-2467

Nar-Anon Family Groups, 518-569-3210

Northstar Chemical Dependency Services,

Saranac Lake: 518-891-2467

Malone: 518-483-8980

Tupper Lake: 518-359-1001

Long Lake: 518-624-6133

St. Joseph's Rehabilitation Outpatient Clinic

Saranac Lake, 518-891-5353

Tupper Lake, 518-359-9627

Malone, 518-483-6566

Elizabethtown, 518-873-9144

Provides counseling, education and referrals for alcoholics, children of alcoholics, family members or anyone affected by alcoholism. For residents of Franklin or Essex counties. sjcrehab.org

Smoking Cessation

North Country Healthy Heart Network:

North Country Tobacco Cessation Center, 518-891-5855

126 Kiwassa Road, Saranac Lake

www.HeartNetwork.org

The New York State Smoker's Quit Line

1-866-697-8487 (1-866-NY-QUITS)

Domestic Violence & Sexual Assault Services

Child Abuse Hotline 1800-342-3720

Com Links: A Community Action Partnership

Saranac Lake: 518-891-2612

19 Church Street

Malone: 518-483-1261

343 West Main Street

Tupper Lake: 518-359-9020

301 McLaughlin Ave

comlinkscaa.org

Domestic Violence Hotline 1-800-834-9474 or 1-888-563-6904

Parents Anonymous 518-561-4999

Sexual Assault Services of Northern Adirondack Planned Parenthood (SAS) 24 Hour Hotline 1-877-212-2323

Stop Domestic Violence 518-563-6904

Food Pantries

Ecumenical Charity Program, Lake Placid,

Linda Young 518-523-9620

Emergency Needs Program,

ACAP, 518-873-3207

7572 Court Street, Elizabethtown

Food Stamps, 518-873-3470

Essex County, 7551 Court Street Elizabethtown

North Country Children's Clinic: Women, Infants and Children Program (WIC) Franklin County 518-483-4262

St. Paul's/Assumption Food Pantry

Town of Franklin: 518-891-2189

Town of Brighton: 518-327-3297

Saranac Lake Ecumenical Food Pantry

518-891-0141, 518-891-7325 or 518-891-0445

Corner of Bloomingdale Avenue/Church Street

Tupper Lake Community Food Pantry 518-359-3080

179 Lot 2, Demars Blvd.

