



Who is eligible for treatment?

We offer a variety of psychiatric services to address the diverse mental health needs of adults age 18 to 65. These include treatment for:

- Depressive Disorders
- Anxiety Disorders
- Adjustment Disorders
- Trauma-Related Disorders
- Obsessive Compulsive Disorders
- Bipolar II Disorder
- Issues related to Grief and Loss

What happens next?

Once a referral is received, we will contact the patient via phone for a brief screening prior to scheduling their initial assessment with one of our clinicians.

The initial diagnostic evaluation may require up to three visits.

If a patient is not admitted, we will help the individual connect to the appropriate agencies and/or programs that best meet their needs.

What treatment options are offered?

At Strong Minds, our multidisciplinary team of psychiatrists, psychiatric nurse practitioners, registered nurses, clinical therapists, and clinical assistants conduct thorough assessments and provide an array of treatments. Our patients will benefit from:

- Psychotherapy
- Medication evaluation and management*
- Outpatient psychiatric medication consultation
- Referrals to community agencies



Group therapy services

Through group therapy, patients learn how to cope and improve their relationships. Groups meet weekly for one to two hours, depending on the specific group. Prior to starting group therapy, the group members each meet individually with the group therapist, who provides information about the group and what to expect.

Cognitive Behavioral Therapy Anxiety Management Group assists participants in developing mindfulness of their internal thoughts and feelings. This group is best for individuals who experience a disruptive level of anxiety or worry.

Dialectical Behavioral Therapy Skills Group

Referrals and scheduling appointments.

Patients may contact our call center at (585) 273-5050 to schedule a Mental Health Intake appointment or (585) 275-3505 for a Medication Consultation appointment. Providers can refer patients through eRecord, Amb Referral to Psychiatry.

