

CMH Counseling

CMH Counseling is a dynamic, private, not-for-profit organization that provides counseling services to individuals, couples and families. Founded by the Episcopal Diocese of WNY in 1922 we now function as an independent, non-sectarian agency that is fortunate to be one of fourteen Episcopal Community Services recipient agencies. Our staff of experienced professionals includes certified social workers, a consulting psychologist and a psychiatrist.

Located on West Utica Street between Delaware and Elmwood, CMH Counseling is a small but vibrant oasis for clients, staff and board members. We pride ourselves on the comfortable and home-like atmosphere of our "little red house", and the welcoming and competent staff who enable our clients to better manage their lives.

A variety of concerns may be presented for long or short term counseling:

- Relationship/Marital
- Coping with loss
- Parent-child
- The trauma of sexual abuse
- Life transition adjustment for men and women
- Depression/Anxiety and other mental health concerns
- Independent functioning/Personal growth
- Developing more effective communication in job settings, relationships and family.

We are always interested in meeting potential advocates and future board members. Our board consists of 20-24 individuals - men and women from various professional backgrounds - all dedicated to the agency's continued contributions to individuals, couples and families in need.

For more information on how you can become involved, contact Marcia Buhl, Executive Director, at 884.7569. We invite you to please contact us.