



Emma S. Clark Memorial Library
120 Main Street
Setauket, NY 11733-2868
631.941.4080
www.emmaclark.org

"The Heart of the Three Village Community"

Local Youth and Family Therapists Both In and Out of Network

List compiled by Emma Clark's Stony Brook University School of Social Welfare Intern

Amy D'Antonio LCSW

Preteen, teen, and young adult therapist specializing in PTSD, trauma, emotional, social, and behavioral issues

Phone Number: 631.309.2957

**Locations: Port Jefferson Station, Miller Place // Virtual
(Out of Network for Insurance)**

Butterfly LCSW

Youth therapy specializing in anxiety, self esteem, trauma, grief, ADHD, couple/family conflict, cultural identity, autism spectrum disorder, social skills, relationships, relapse prevention, women's perspectives and concerns, gender identity, depression, transitions and stress, school issues, learning difficulties, teen issues, behavioral concerns, men's issues, military/veterans and their families

Phone Number: 631.666.506

Email: admin@butterflylcswpc.com

**Locations: Bayshore, Medford, & Port Jefferson // Virtual
(In Network for most Insurance)**

Changing Seasons LCSW PLLC

Adolescent, young adult, family, and group therapists specializing in anxiety, depression, trauma, relationship issues, self-esteem, life transitions, grief, and addiction.

Phone Number: 631.209.7042

Email: officemanager@changingseasonspllc.com

**Location: Port Jefferson
(In Network for some Insurances)**

Coastal Counseling Services

Children, adolescent, and young adult outpatient facility. Specializing in autism spectrum disorder, school refusal, anxiety, and trauma. Forms of therapy offered include individual, social skills groups, and sand play therapy.

Phone Number: 631.380.3454

Email: info@coastalcounselingny.com

**Location: Port Jefferson Station
(Out of Network for Insurance)**

Feel Alive Therapy

Serves children, adolescents, young adults, and adults. Specializations may vary depending on social workers. Forms of therapy offered are play therapy, CBT, PMAD, insight oriented psychotherapy, strengths based psychotherapy, EMDR,

Phone Number: 631.617.4796

Location: Hauppauge // Virtual

(In Network for most Insurance)

Jennifer Romanski LCSW CASAC

Teen, couple, family, and adult therapist specializing in anxiety, coping skills, and relationship issues

Phone Number: 631.490.5016

Location: Miller Place

(Out of Network for Insurance)

Lightpath Counseling Group LCSW

Serves adolescents, adults, and families. Specializing for adolescents in depression, anxiety, bipolar, suicidal behavior, non-suicidal self injury, LGBTQIA+ youth, school phobias and avoidance, self-esteem issues, trauma, OCD, eating disorders, grief

Phone Number: 631.680.7222

Location: Port Jefferson

(In Network for most Insurances)

Long Island Behavioral Health

Serves adolescents age 4 and up, teens, and adults. Specializes in video game addiction, communication issues, relationship difficulties, separation anxiety, sibling conflicts, ADHD, LGBTQ+ issues, increasing motivation, ending aggression behavior, divorce adjustment, oppositional behavior, socialization problems, anger control/tantrums, self-esteem, anxiety, mood disorders, PTSD, developmental disorders

Phone Number: 631.551.5095

Location: Stony Brook

(Out of Network for most Insurance)

Long Island EMDR

Serves children, adolescents, and young adults. Specializes in art therapy, EMDR therapy, group therapy, and TF-CBT therapy. Also specializes in trauma, PTSD, parenting, anxiety, and sexual identity & gender.

Phone Number: 631.503.1539

Locations: Bohemia, Smithtown // Virtual

(In Network for some Insurance)

Mather Mental Health Clinic

Serves adolescents and adults with individual, family, and group counseling and offers psychiatric evaluations and medication management. Specializes in anxiety, depression, ADHD, bi-polar disorder, personality disorder, trauma, schizophrenia, schizoaffective disorder, PTSD, interpersonal conflicts and childhood disorders

Phone Number: 631.729.2140

Location: Port Jefferson // Virtual

(In Network for most Insurances)

Perspectives Counseling of LI LCSW

Adolescent, individual, parenting, and relationship counseling. Many different social workers with different specializations

Phone Number: 631.928.9808

Email: hello@perspectivescounselingli.com

Location: Port Jefferson // Virtual

(In Network for most Insurance)

South Shore Psychological Care

Individual and family counseling, childrens aged 5-12, adolescents aged 13-18, young adults, specializing in: depression, anxiety, phobias, ADHD, learning disabilities, bipolar disorder, anger control

Phone Number: 631.786.8930

Location: Lake Grove

(In Network for most Insurance)

Stony Brook Mind-Body Clinical Research Center

Clinic that specializes in treating one's mental and physical health as these are seen as being linked, CBT, DBT, Weight Management, stress management, anxiety

Phone Number: 631.632.8657

Location: Stony Brook

(In Network for most Insurance)

Compiled 1/13/25

Want to meet with one of the Emma Clark Library's Stony Brook School of Social Welfare Interns? Visit this page to find out more about how they can help, and to book an appointment:

<https://www.emmaclark.org/socialworker/>