



People Inc

Where your world opens up.

COUNSELING SERVICES



People Inc

Toll Free 1.888.7PEOPLE

Web people-inc.org



800 Hertel Avenue, Suite 101

Buffalo NY 14207

Phone 716.566.5050

MENTAL HEALTH COUNSELING SERVICES

The People Inc. team of licensed social workers provide trauma-informed treatment for children, adolescents, adults and families by using a person-centered approach. Individual, family and group therapies are available for people experiencing a range of mental health concerns, including depression, anxiety, stress and trauma-related disorders. Individuals and families coping with grief, the effects of abuse and neglect, as well as coping with disability and chronic medical conditions may find support through our services.

Our social workers are experienced in working with people with developmental disabilities and use psycho-educational approaches to support them in reaching their maximum potential. Counseling for people with intellectual disabilities often centers on skill building and coping skills development using a wide array of modalities to meet every person's unique needs.

We offer cognitive-behavioral, play, psycho-educational, and various other therapies. We have EMDR trained therapists skilled at treating trauma with evidenced-based therapy.

CONTACT

To complete a phone intake for services, call 716.874.4500.