



Caring for individuals, families and the community.

About Franklin Counseling

Franklin Counseling is one of the BestSelf locations in Downtown Buffalo. We are a smaller clinic that includes seven counselors. We work with people on multiple areas of need, including mental health and substance use. Some of the different services we offer our clients include Individual Therapy, Group Therapy, Medication Management, Peer Support Services, Psychiatric Rehabilitation Services (vocational and educational assistance), Targeted Case Management and Health Monitoring (nursing/medical services). We do have counselors trained in EMDR (Eye Movement Desensitization and Reprocessing) therapy as well as DBT (Dialectical Behavioral Therapy). If there is something that we do not offer that you think would help you in your treatment, our staff would be happy to refer you elsewhere to get that extra support.

If you are having any problems at our clinic, or have general concerns, please do not hesitate to contact the Program Director, Peter Mittiga, at 716-551-7894 extension 1262 or contact Assistant Program Director, Valerie Joyal, at 716-551-7894 extension 2121.

If you or your other workers need to contact us, our contact information is listed below:

BestSelf Behavioral Health

Franklin Counseling
254 Franklin Street, 2nd Floor
Buffalo, NY 14202
Phone: (716) 551-7894
Fax: (716) 840-9593

We are open:

Monday: 9:00 AM – 5:00 PM
Tuesday: 8:00 AM – 7:00 PM
Wednesday: 9:00 AM – 5:00 PM
Thursday: 8:00 AM – 7:00 PM
Friday: 9:00 AM – 5:00 PM
Saturday: Closed
Sunday: Closed

We are closed the following holidays:

New Year's Day
Martin Luther King Jr. Day
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Christmas Day

If one of these holidays falls on a Saturday, we will be closed that Friday. If it falls on a Sunday, we will be closed the following Monday.