



Caring for individuals, families and the community.

About Lower West Side Counseling

Lower West Side Counseling (LWSC) is one of the largest and culturally diverse BestSelf locations in Buffalo. We work with people on multiple areas of need, including mental health and substance use. We have bilingual staff available to provide services in English and Spanish. We also staff interpreters to provide services in any language. Some of the different consumer services offered 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). Additionally, we offer Behavioral Couples Therapy for those who feel the relationship with their significant other has been impacted by their substance use or gambling addiction. If there is something that we do not offer that you think would help you in your recovery, 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, Carl Turner, LCSW-R, at 716-884-0700 ext. 1283

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

BestSelf Behavioral Health

Lower West Side Counseling
951 Niagara St
Buffalo, NY 14213
Phone: 716-884-0700
Fax: 716-884-0631

We are open:

Monday: 8:00am – 7:00pm
Tuesday: 8:00am – 7:00 pm
Wednesday: 8:00am – 6:00pm
Thursday: 8:00am – 7:00pm
Friday: 8:00am – 5:00pm
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.