

Erin M Moss

Who am I?

My name is Erin M. Moss, I've been a Licensed Mental Health Therapist for over ten years. I own my private practice, Erin M. Moss Mental Health Counseling Private Practice, and have been offering counseling at this location for over five years. Throughout my career I have provided therapy for children, teens, and adults facing mental health challenges, and I've also been a contributor on the topic of mental health for media outlets in both the Western New York Community and across the country.

I am passionate about speaking openly on the topics of mental health and wellness, and I feel a strong desire to help others. I also want to encourage those who look like myself that it's okay to care for your mental wellbeing. I realize as a Black therapist how important it is to break the stigma surrounding mental health in communities of color. A big part of my mission is to break that stigma and advocate for more Black representation in the healthcare field, and in the media.



As Seen On



Specialities



My specialities include **anxiety**, **self-esteem building**, and **depression**. I also focus on a wide range of mental health and wellbeing issues including:

- Abandonment
- Abuse
- At-risk youth
- Behavioral issues
- Career counseling
- Coping skills
- Codependency
- Domestic abuse or violence
- Emotional disturbance
- Family conflict
- Multicultural concerns
- Oppositional defiance
- Peer relationships
- Racial injustice
- Relationship issues
- Spirituality
- Suicidal ideation
- Teen violence
- Trauma & PTSD
- Women's issues

Let's Work Together

Erin M Moss

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