

# 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 eight 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

Erin M Moss

## 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

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