



LEHMAN COLLEGE  
DIVISION OF

Student Affairs

Counseling  
Center

CUNY



Schedule & Virtual Office

Old Gym 114 \* 718-960-8761 \* COUNSELING.CENTER@LEHMAN.CUNY.EDU

## ∞ Mental Health Community Resources ∞

### Hotlines

For suicide prevention: call or text **988** (English or Spanish)

To talk to a counselor about anything: call **1-888-NYC-WELL** (1-888-692-9355)  
or text "WELL" to 651-73.

CUNY Crisis Line: text "**CUNY**" to **741741**

Montefiore relaxation hotline (recorded relaxation exercises): **718-920-2256**

For help with domestic violence: **800-799-SAFE** (800-799-7233)

For anti-LGBTQIA+ violence: **212-714-1141**

For help with substance abuse: **1-800-662-HELP** (800-662-4357)

To get a referral for housing / mental health / drug treatment: **211**

LGBTQIA+ peer support hotline: **888-843-4564**

### To Find a Provider Who Takes Your Insurance

- ❖ Call your insurance's customer service number and ask for a care manager
  - ❖ psychologytoday.com – Find a Therapist
  - ❖ lifestance.com
  - ❖ mindful.care

### Free for CUNY Students

Togetherall - an anonymous online community: [togetherall.com](https://togetherall.com)

The 10-Minute Mind: [monique-rhodes.mykajabi.com/offers/MQ6AUDnk/checkout](https://monique-rhodes.mykajabi.com/offers/MQ6AUDnk/checkout)

### Specialized Therapy Directories

[openpathcollective.org](https://openpathcollective.org) – low fee therapy

[mytherapynyc.com/pay-what-you-can](https://mytherapynyc.com/pay-what-you-can) – low fee therapy and trauma treatment

[therapyforlatinx.com](https://therapyforlatinx.com)

## Affordable Therapy Clinics

Please call the individual sites for updated information  
and to see if they accept your insurance plan.  
Most sites also offer telehealth (phone or video sessions) – see \*

Clinics that provide psychiatry / medication may also require you to see a therapist there.  
For medication only, see Psychiatry section on page 6.

### **Bronx**

Bronx Child & Family Mental Health Center  
(NYPCC)  
718-485-2100  
Individual, psychiatry\*

David and Lori Moore Family Riverdale Counseling Center (JBFCs)  
844-663-2255  
Individual, couples, family, psychiatry\*

Grand Concourse Counseling Center (JBFCs)  
844-663-2255  
Individual, couples, family\*

Harry Blumenfeld Counseling Center (JBFCs)  
844-663-2255  
Individual, couples, family, psychiatry\*

Institute for Family Health at Westchester Square  
(IFH)  
718-239-1610  
Individual\*

Jacobi Medical Center  
718-918-3462  
Individual, groups, psychiatry

Lincoln Medical & Mental Health Center  
718-579-5893  
Individual, psychiatry\*

Montefiore Behavioral Health Center  
718-904-4434  
Individual\*

Montefiore Wakefield Campus  
718-304-7050  
Individual, group, psychiatry\*

Mt. Hope Family Practice (IFH)  
718-583-9000  
Individual\*

North Central Bronx Hospital  
718-519-3440  
Individual, groups, psychiatry\*

Stevenson Family Health Center (IFH)  
718-822-9140  
Individual\*

Walton Family Health Center (IFH)  
718-583-2508  
Individual\*

Urban Horizons Family Health Center (IFH)  
718-589-8775  
Individual\*

## **Manhattan**

### Amsterdam Family Health Center (IFH)

212-865-4104

Individual\*

### Blanton – Peale Institute and Counseling Center

212-725-7850

Individual, family, couples, psychiatry\*

### CCM McMurray Clinic

718-802-0666

Individual, family, couples, groups, psychiatry\*

### Dr. Eugene D. Glynn Manhattan North Counseling Center (JBFC)

844-663-2255

Individual, family, couples, groups\*

### The Gender & Sexuality Therapy Center

646-797-4340

Individual, partners, sex therapy\*

### Greenberg Manhattan West Counseling Center

(JBFC) Ages 14-26

844-663-2255

Individual, family, groups, psychiatry\*

### Family Health Center of Harlem (IFH)

212-423-4200

Individual\*

### The Fifth Avenue Counseling Center

212-989-2990

Individual, psychiatry\*

### Institute for Contemporary Psychotherapy (ICP)

212-333-3444

Individual, family, couples, Zoom groups\*

### Institute for Family Health at 17<sup>th</sup> Street (IFH)

212-206-5200

Individual\*

### Institute for Psychoanalytic Training & Research (IPTAR)

212-410-0821

Individual\*

### Karen Horney Clinic

212-838-4333

Individual, psychiatry\*

### National Institute for Psychotherapies (NIP)

212-582-1566 x7724

Individual, EMDR\*

### Ryan Health NENA

212-477-8519

Individual, psychiatry

### Therapy Center of New York

212-725-0192

Individual, psychiatry\*

## Queens / Westchester

Alssaro Counseling Services  
(Westchester, Virtual)  
914-355-2440  
Individual, couples, family\*

Pride of Judea Community Services (JBFC)  
844-663-2255  
Individual, couples, family\*

Rego Park Counseling Center (JBFC)  
844-663-2255  
Individual, couples, family\*

Zucker Hillside (Northwell)  
718-470-8100  
Individual, groups, psychiatry\*

## Brooklyn

Bushwick Child & Family Mental Health Center  
(NYPCC)  
718-602-1000  
Individual, psychiatry\*

Bay Ridge Counseling Center (JBFC)  
844-663-2255  
Individual, couples, family\*

Brooklyn Center for Psychotherapy  
718-622-2000  
Individual\*

Brooklyn Counseling Center (JBFC)  
844-663-2255  
Individual, couples, family\*

Cadman Family Health Center (IFH)  
718-822-1818  
Individual\*

Coney Island Counseling Center (JBFC)  
844-663-2255  
Individual, couples, family\*

Crown Heights Counseling Center (JBFC)  
718-773-2080  
844-663-2255  
Individual, couples, family\*

East NY Child & Family Mental Health Center  
(NYPCC)  
718-235-3100  
Individual, psychiatry\*

Seymour Askin Counseling Center (JBFC)  
844-663-2255  
Individuals, couples, family\*

## Substance Use Treatment

### The Jewish Board

Multiple locations in all 5 boroughs\*  
844-663-2255

### Mindful Care

mindful.care  
Individual, psychiatry  
Online or in person\*

### New Directions

718-398-0800  
Individual, groups, psychiatry  
Brooklyn\*

### Project Rising – ages 14-24

718-409-9433  
Individual, groups  
Bronx\*

### Substance Abuse and Mental Health Services Administration (SAMHSA)

800-662-4357  
findtreatment.gov

## LGBTQIA+ Affirmative Mental Health Services

### The Gender & Sexuality Therapy Center

646-797-4340  
Individual, partners, sex therapy\*

### GMHC

212-367-1000  
Individual, groups, family, psychiatry  
Manhattan\*  
gmhc.org

### IHI Therapy

212-243-2830  
Individual, couples, groups\*  
Free online drop-in hours  
ihitherapy.org

### Manhattan Alternative

Online directory of individual providers who are  
kink, poly, trans, and LGBTQ-affirmative  
manhattanalternative.com

## Psychiatry Only

Psychiatrists, psychiatric nurse practitioners, and psychiatric physician assistants who can prescribe medications and who accept insurance

### Allied Healthcare Physicians

718-944-1414  
alliedhealthcareny.com  
Online\*

### Faiq Hameedi, MD

917-568-5583  
Bronx\*

### Henna Warman, NP

hwarmannp@gmail.com  
Online\*

### Lavender – psychiatric nurse practitioners

855-444-7258  
joinlavender.com  
Online\*

### Lifestance Health

lifestance.com  
Search by location, insurance plan\*

### Mindful Care

mindful.care  
Online or in person\*

### Centro Médico Dominicano

212-543-3500  
Manhattan

## Psychological / Neurocognitive Testing

To test for ADHD, learning disabilities, etc.

### Lifestance.com

Search by area, insurance

### Comprehend the Mind – Dr. Sanam Hafeez

718-441-0166  
comprehendthemind.com  
Accepts insurance  
Manhattan, Queens

### Cognitive Assessment Group

Works with out-of-network benefits  
Manhattan\*  
212-784-6098

## ❧ Tips on Finding a Therapist ❧

- ❖ Look up the therapist online and see if they describe their approach, philosophy, experience, etc.
- ❖ Find out if the therapist offers a free consultation.
- ❖ Ask about payment and make sure they are affordable or accept your insurance plan.
- ❖ Meet the therapist and see how you feel with them
  - A therapist who is right for you should make you feel respected and understood.
  - If you meet with a therapist a few times and still feel uncomfortable, it may not be a good fit – consider switching to someone else.
- ❖ Feel free to ask the therapist about the way they work
  - Their style of therapy
  - Their experience with people of your group (race, gender, sexual orientation, culture, religion, etc.)
  - Any specific types of treatment you are looking for
  - Check in with your gut and see how you feel about their answers

For more help, or to make an appointment,  
**Call or email the Counseling Center at:**

718-960-8761 ❁ [counseling.center@lehman.cuny.edu](mailto:counseling.center@lehman.cuny.edu)