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
The 10-Minute Mind: monique-rhodes.mykajabi.com/offers/MQ6AUDnk/checkout

Specialized Therapy Directories

openpathcollective.org – low fee therapy
mytherapynyc.com/pay-what-you-can – low fee therapy and trauma treatment
therapyforlatinx.com

* Telehealth available
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*

* Telehealth available
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 (JBFCS)
844-663-2255
Individual, family, couples, groups*

The Gender & Sexuality Therapy Center
646-797-4340
Individual, partners, sex therapy*

Greenberg Manhattan West Counseling Center (JBFCS) 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 17th 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*

* Telehealth available
Queens / Westchester

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

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

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

Brooklyn Center for Psychotherapy
718-622-2000
Individual*

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

Crown Heights Counseling Center (JBFCS)
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 (JBFCS)
844-663-2255
Individuals, couples, family*

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

* Telehealth available
**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*

**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

Substance Abuse and Mental Health Services Administration (SAMHSA)  
800-662-4357  
findtreatment.gov

Project Rising – ages 14-24  
718-409-9433  
Individual, groups  
Bronx*

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

* Telehealth available
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*

Faq 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

Cognitive Assessment Group
Works with out-of-network benefits
Manhattan*
212-784-6098

Comprehend the Mind – Dr. Sanam Hafeez
718-441-0166
comprehendthemind.com
Accepts insurance
Manhattan, Queens

* Telehealth available
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

* Telehealth available