

## Mental Health Hotlines

For suicide prevention: **1-800-LIFENET (1-800-543-3638)** or **1-800-273-TALK (1-800-273-8255)**  
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**

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

For help with domestic violence: **1-800-621-HOPE (1-800-621-4673)**

New York State Office of Mental Health COVID-19 Emotional Support Line: **1-844-863-9314**

**Call your insurance's behavioral health number to access a care manager** who can help you find a provider. You can also go to [psychologytoday.com](https://www.psychologytoday.com) to search for therapists.

## Low Fee Clinics

Please call the individual sites for updated insurance information.

### Manhattan

#### Blanton – Peale Institute and Counseling Center

7 W. 30<sup>th</sup> St. 9<sup>th</sup> Floor New York, NY 10010

212-725-7850

Accepts Medicaid, managed care plans, various insurance plans

Accepts HIP and Medicare

#### CCM McMurray Clinic

115 W. 31<sup>st</sup> St. 5<sup>th</sup> Floor New York, NY 10010

718-802-0666

Individual, group, family counseling

Accepts Medicaid, managed care plans

#### Institute for Psychoanalytic Training & Research

1651 3rd Ave #201, New York, NY 10128

212-410-0821

Individual psychotherapy

#### Jungian Psychoanalytic Association

347 Fifth Avenue #1210 New York, NY 10016

212-203-2106

Individual therapy

#### Dean Hope Center

525 W. 120<sup>th</sup> St. New York, NY 10027

212-678-3262

No insurance accepted, but sliding scale fees beginning at \$7 per session

#### Karen Horney Clinic

329 E. 62<sup>nd</sup> St. New York, NY 10065

212-838-4333

Individual, couple, and group therapy, psychiatry

#### The Fifth Avenue Counseling Center

5 E. 17<sup>th</sup> St. New York, NY 10003

212-989-2990

Accepts Medicaid, managed care plans, insurances

#### Lenox Hill (Northwell) Mental Health

210 E. 64<sup>th</sup> St. New York NY 10020

212-434-3365

#### Institute for Contemporary Psychotherapy (ICP)

1841 Broadway (60<sup>th</sup> St.) New York, NY 10023

212-333-3444

Individual, couple, group, and family psychotherapy

#### Mount Sinai Beth Israel

9 Nathan D. Perlman Pl. New York NY 10003

212-420-4650

National Institute for Psychotherapies (NIP)

250 West 57th St. New York, NY 10107

212-582-1566

Individual and couples psychotherapy

\$35 x session for students

New York University Postdoctoral Program

240 Greene Street, 3<sup>rd</sup> Fl. New York, NY 10012

212-998-7890

Postgraduate Center for Mental Health

71 W. 23<sup>rd</sup> St. New York, NY 10010

212-576-4195

Accepts various insurance plans

Psychiatric Institute / Columbia Hospital

1051 Riverside Dr. New York NY 10032

212-305-6001

Sometimes have clinical trials (free or they pay you)

Psychoanalytic Psychotherapy Study Center

80 5<sup>th</sup> Ave. Suite 903A New York, NY 10011

212-633-9162

Accepts various insurance plans, sliding scale

Ryan Health / NENA

279 E. 3<sup>rd</sup> St. New York, NY 10009

212-477-8519

Accepts Medicaid, managed care plans, some insurance plans.

St. Luke's (Mt. Sinai) Outpatient Psychiatry

390 W. 114<sup>th</sup> St. New York, NY 10026

212-523-4000

Accepts various insurance plans

Therapy Center of New York

200 W. 33<sup>rd</sup> St. New York, NY 10016

212-725-0192

Weill Cornell Psychiatry Specialty Center

315 E. 62<sup>nd</sup> St. 5<sup>th</sup> Fl. New York NY 10065

646-962-2820

William Alanson White Institute

20 W. 74th St. New York, NY 10023

212-873-7025

Individual, couple, and group therapy

Washington Square Institute

41-51 E. 11<sup>th</sup> St. New York, NY 10003

212-477-2600

Accepts insurance, sliding scale

**Bronx**

Bronx Care Management Services

55 Westchester Square Bronx NY 10461

718-931-4045

Fedcap Behavioral Health Services

1011-A Washington Ave. Bronx, NY 10456

718-585-4205

Individual and group therapy; psychiatry; family and couples counseling; substance abuse treatment; vocational resources

Fordham-Tremont Community Mental Health Center

2021 Grand Concourse Bronx, NY 10453

718-960-0300

Accepts all insurance, sliding scale

Grand Concourse Counseling Center

2488 Grand Concourse 2<sup>nd</sup> F. Bronx NY 10458

718-881-7600

Harry Blumenfeld Counseling Center

750 Astor Ave. Bronx NY 10467

718-882-5000

Institute for Family Health

1894 Walton Ave. Bronx, NY 10453

718-583-2508

Call for next-day intakes

Accepts Medicaid, insurance plans, sliding scale

Kingsbridge Heights Community Center

3101 Kingsbridge Terrace Bronx, NY 10463

718-884-0700

Services free. Usually 3-4 week waiting list.

Lincoln Medical & Mental Health Center

234 E. 149<sup>th</sup> St. Bronx, NY 10451

718-579-5893

Accepts insurance plans

Montefiore Behavioral Health Center

2527 Glebe Ave. Bronx, NY 10461

718-904-4434

Individual and group therapy

Montefiore Medical Center

111 E. 210<sup>th</sup> St. 1<sup>st</sup> Floor, red. Bronx, NY 10467

718-920-4321

Individual therapy, medication management

Walk-in intakes Wed and Fri 9:00-12:00

Accepts insurance plans

North Central Bronx Hospital Adult Outpatient Services

3424 Kossuth Ave. 4<sup>th</sup> Floor, 4B-01

718-519-3440

Parnes Clinic

1165 Morris Park Avenue, Russo Building-Room C14, Bronx, NY 10461

718-430-3852

Individual psychodynamic, cognitive behavioral treatment, family/couples therapy

Extremely low fee (\$1 and up)

Rose Hill Psychological Services, Inc.

696 East 187th Street, Bronx, NY 10458

718-220-8691

Individual therapy

**Brooklyn**

Bay Ridge Counseling Center

9201 4<sup>th</sup> Ave. 2<sup>nd</sup> Fl. Brooklyn, NY 11209

718-238-6444

Brooklyn Counseling Center

2020 Coney Island Ave. Brooklyn, NY 11223

718-676-4280

Brooklyn Center for Psychotherapy

300 Flatbush Ave. Brooklyn, NY 11217

Includes substance abuse treatments

Accepts Medicaid, managed care, insurance

Crown Heights Counseling Center

1055 St. Johns Place Brooklyn, NY 11213

718-773-2080

**Psychiatry Only**

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

Dr. Luz Green

1430 Broadway New York, NY 10018

212-730-7777

Dr. Raman Patel

5997 Riverdale Ave. Bronx, NY 10471

347-766-7271

Dr. Faig Hameedi

75 East Gun Hill Road Bronx, NY 10467

917-568-5583

Dr. Vando Psychiatry

657 E. 233<sup>rd</sup> St. Bronx, NY 10466

205 E. 111<sup>th</sup> St. New York, NY 10029

718-944-141

Dr. Francis Hayden- Wingspan Psychiatric

981 Morris Park Ave. Suite 2A, Bronx, NY 10462

718-701-3285