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

To Find a Provider Who Takes Your Insurance:
- Call your insurance’s behavioral health number and ask for a care manager
  - Search on psychologytoday.com
  - Search on zocdoc.com

Free for CUNY Students:
Talkspace therapy: talkspace.com/cuny
The 10-Minute Mind: https://monique-rhodes.mykajabi.com/offers/MQ6AUDnk/checkout

Affordable Care Websites:
openpathcollective.org – low fee therapy
immigrantsrising.org/mental-health - free services for undocumented individuals
therapyforlatinx.com

Low Fee Clinics:
Please call the individual sites for updated information.

**Manhattan**

**Blanton – Peale Institute and Counseling Center**
7 W. 30th St. 9th Floor New York, NY 10010
212-725-7850
Accepts Medicaid, managed care plans, various insurance plans

**CCM McMurray Clinic**
115 W. 31st St. 5th Floor New York, NY 10010
718-802-0666
Individual, group, family counseling
Accepts Medicaid, managed care plans

**Dean Hope Center**

Individual, couple, group, and family psychotherapy
Accepts HIP and Medicare

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

Karen Horney Clinic
329 E. 62nd St. New York, NY 10065
212-838-4333
Individual, couple, and group therapy, psychiatry

Lenox Hill (Northwell) Mental Health
210 E. 64th St. New York NY 10020
212-434-3365

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, 3rd Fl. New York, NY 10012
212-998-7890

Postgraduate Center for Mental Health
71 W. 23rd 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)

Psychoanalytic Psychotherapy Study Center
80 5th Ave. Suite 903A New York, NY 10011
212-633-9162
Accepts various insurance plans, sliding scale

Ryan Health / NENA
279 E. 3rd 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. 114th St. New York, NY 10026
212-523-4000
Accepts various insurance plans

Therapy Center of New York
200 W. 33rd St. New York, NY 10016
212-725-0192

Weill Cornell Psychiatry Specialty Center
315 E. 62nd St. 5th 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. 11th St. New York, NY 10003
212-477-2600
Accepts insurance, sliding scale
### Bronx

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Bronx Care Management Services</td>
<td>55 Westchester Square Bronx NY 10461</td>
<td>718-931-4045</td>
</tr>
<tr>
<td>Fedcap Behavioral Health Services</td>
<td>1011-A Washington Ave. Bronx, NY 10456</td>
<td>718-585-4205</td>
</tr>
<tr>
<td>Individual and group therapy; psychiatry; family and couples counseling; substance abuse treatment; vocational resources</td>
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<tr>
<td>Fordham-Tremont Community Mental Health Center</td>
<td>2021 Grand Concourse Bronx, NY 10453</td>
<td>718-960-0300</td>
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<tr>
<td>Individual and group therapy; psychiatry; family and couples counseling; substance abuse treatment; vocational resources</td>
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<tr>
<td>Montefiore Behavioral Health Center</td>
<td>2527 Glebe Ave. Bronx, NY 10461</td>
<td>718-904-4434</td>
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<td>Individual and group therapy</td>
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<tr>
<td>Lincoln Medical &amp; Mental Health Center</td>
<td>234 E. 149th St. Bronx, NY 10451</td>
<td>718-579-5893</td>
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<tr>
<td>Accepts insurance plans</td>
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<tr>
<td>Montefiore Medical Center</td>
<td>111 E. 210th St. 1st Floor, red. Bronx, NY 10467</td>
<td>718-920-4321</td>
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<tr>
<td>Individual therapy, medication management</td>
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<td></td>
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<tr>
<td>Walk-in intakes Wed and Fri 9:00-12:00</td>
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<tr>
<td>Accepts insurance plans</td>
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<tr>
<td>North Central Bronx Hospital Adult Outpatient Services</td>
<td>3424 Kossuth Ave. 4th Floor, 4B-01</td>
<td>718-519-3440</td>
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<tr>
<td>Harry Blumenfeld Counseling Center</td>
<td>750 Astor Ave. Bronx NY 10467</td>
<td>718-882-5000</td>
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<tr>
<td>Individual therapy</td>
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<tr>
<td>Institution for Family Health</td>
<td>1894 Walton Ave. Bronx, NY 10453</td>
<td>718-583-2508</td>
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<tr>
<td>Individual therapy, medication management</td>
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<tr>
<td>Call for next-day intakes</td>
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<tr>
<td>Accepts Medicaid, insurance plans, sliding scale</td>
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<tr>
<td>Kingsbridge Heights Community Center</td>
<td>3101 Kingsbridge Terrace Bronx, NY 10463</td>
<td>718-884-0700</td>
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<tr>
<td>Services free. Usually 3-4 week waiting list.</td>
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<tr>
<td>Parnes Clinic</td>
<td>1165 Morris Park Avenue, Russo Building-Room C14, Bronx, NY 10461</td>
<td>718-430-3852</td>
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<tr>
<td>Individual psychodynamic, cognitive behavioral treatment, family/couples therapy</td>
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<tr>
<td>Extremely low fee ($1 and up)</td>
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<tr>
<td>Rose Hill Psychological Services, Inc.</td>
<td>696 East 187th Street, Bronx, NY 10458</td>
<td>718-220-8691</td>
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<tr>
<td>Individual therapy</td>
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### Brooklyn

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<thead>
<tr>
<th>Organization</th>
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<tbody>
<tr>
<td>Bay Ridge Counseling Center</td>
<td>9201 4th Ave. 2nd Fl. Brooklyn, NY 11209</td>
<td>718-238-6444</td>
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<tr>
<td>Brooklyn Center for Psychotherapy</td>
<td>300 Flatbush Ave. Brooklyn, NY 11217</td>
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<tr>
<td>Includes substance abuse treatments</td>
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<tr>
<td>Accepts Medicaid, managed care, insurance</td>
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<tr>
<td>Brooklyn Counseling Center</td>
<td>2020 Coney Island Ave. Brooklyn, NY 11223</td>
<td>718-676-4280</td>
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<tr>
<td>Crown Heights Counseling Center</td>
<td>1055 St. Johns Place Brooklyn, NY 11213</td>
<td>718-773-2080</td>
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</table>
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. Faq Hameedi
75 East Gun Hill Road Bronx, NY 10467
917-568-5583

Dr. Francis Hayden- Wingspan Psychiatric
981 Morris Park Ave. Suite 2A, Bronx, NY 10462
718-701-3285

Dr. Raman Patel
5997 Riverdale Ave. Bronx, NY 10471
347-766-7271

Dr. Vando Psychiatry
657 E. 233rd St. Bronx, NY 10466
205 E. 111th St. New York, NY 10029
718-944-1414

Psychological / Neurocognitive Testing:
To test for ADHD, learning disabilities, etc.

Zucker Hillside: The Center for Neuropsychological Services
(Accepts Medicaid and insurance)
Queens
718-470-8763

Parnes Clinic
(Sliding scale)
Bronx
718-430-3852 / 646-592-4399

City College Psychological Center
Manhattan
212-650-6602

Comprehend the Mind – Dr. Hafeez
(Accepts insurance)
Queens
718-441-0166 / comprehendthemind.com

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