



LEHMAN COLLEGE
DIVISION OF

Student Affairs

Counseling
Center

CUNY



718-960-8761 * counseling.center@lehman.cuny.edu * Schedule & Virtual Office:

∞ Mental Health Community Resources ∞

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**

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

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:

Togetherall - an anonymous online community, monitored by mental health professionals:
togetherall.com

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

525 W. 120th St. New York, NY 10027
212-678-3262
No insurance accepted, but sliding scale fees
beginning at \$7 per session

The Fifth Avenue Counseling Center

5 E. 17th St. New York, NY 10003
212-989-2990
Accepts Medicaid, managed care plans,
insurances

Institute for Contemporary Psychotherapy (ICP)

1841 Broadway (60th St.) New York, NY 10023
212-333-3444
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

212-477-2600

Accepts insurance, sliding scale

Washington Square Institute

41-51 E. 11th St. New York, NY 10003

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 2nd 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. 149th 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. 210th St. 1st 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 Outpatient

3424 Kossuth Ave. 4th 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)

Project Rising – adolescent and young adult substance use treatment (ages 14-24)

1510 Waters Place Bronx, NY 10461

718-409-9433

nmazara@montefiore.org

Accepts Medicaid, most insurance plans

Rose Hill Psychological Services, Inc.

696 East 187th Street, Bronx, NY 10458

718-220-8691

Individual therapy

Brooklyn

Bay Ridge Counseling Center

9201 4th Ave. 2nd Fl. Brooklyn, NY 11209
718-238-6444

Brooklyn Center for Psychotherapy

300 Flatbush Ave. Brooklyn, NY 11217
Includes substance abuse treatments
Accepts Medicaid, managed care, insurance

Brooklyn Counseling Center

2020 Coney Island Ave. Brooklyn, NY 11223
718-676-4280

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

347-766-7271

Dr. Vando Psychiatry

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

Dr. Faiq Hameedi

75 East Gun Hill Road Bronx, NY 10467
917-568-5583

Dr. Fernando Taveras & colleagues:

Centro Medico Dominicano: 629 West 185th
Street 4th Fl. New York, NY, 10033
212-543-3500

Dr. Francis Hayden- Wingspan Psychiatric

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

Dr. Raman Patel

5997 Riverdale Ave. Bronx, NY 10471
718-701-3285

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

Manhattan

212-784-6098

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)