

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**

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

Washington Square Institute
41-51 E. 11th 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 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.

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

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 Adult Outpatient Services

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)

Rose Hill Psychological Services, Inc.

696 East 187th Street, Bronx, NY 10458
718-220-8691
Individual therapy

Brooklyn

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

Dr. Faiq 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

City College Psychological Center

Manhattan

212-650-6602

Parnes Clinic

(Sliding scale)

Bronx

718-430-3852 / 646-592-4399

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