

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.

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

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

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 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. 30th St. 9th Floor New York, NY 10010

212-725-7850

Accepts Medicaid, managed care plans, various insurance plans

Institute for Psychoanalytic Training & Research

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

212-410-0821

Individual psychotherapy

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

Jungian Psychoanalytic Association

347 Fifth Avenue #1210 New York, NY 10016

212-203-2106

Individual therapy

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

Karen Horney Clinic

329 E. 62nd St. New York, NY 10065

212-838-4333

Individual, couple, and group therapy, psychiatry

The Fifth Avenue Counseling Center

5 E. 17th St. New York, NY 10003

212-989-2990

Accepts Medicaid, managed care plans, insurances

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

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

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 you)

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.

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

Bay Ridge Counseling Center

9201 4th Ave. 2nd 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. 233rd St. Bronx, NY 10466

205 E. 111th St. New York, NY 10029

718-944-1414

Dr. Francis Hayden- Wingspan Psychiatric

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

718-701-3285