**Mental Health Referrals – New York City**

### Manhattan

**Lower East Side:**

**Henry Street Settlement**  
Address: 40 Montgomery Street, New York, NY 10002  
Office Phone: 212.233.5032  
Website: [www.henrystreet.org](http://www.henrystreet.org)  

**Article 31 and Article 28 Services**

- Individual Psychotherapy
- Couple and Family Counseling
- Group Therapy
- CBT
- DBT
- Crisis Intervention
- Psychiatry*
- One-Time Psychiatric Evaluations
- One-time Psychosocial Evaluations
- Walk-in Screening (Call Facility for Screening Hours)
- PROS express program

*Patient must be engaged in other services at the facility to access Psychiatry*

**Insurances Accepted:**
- Most Managed Medicaid
- Cigna
- United Healthcare (Out of Network)

Self-Pay/Sliding Scale: Yes, $30-125 per session

Languages Spoken (other than English): Mandarin, Spanish, Polish, German, Italian

Current Availability for New Clients: 1-week approximate wait time

Facility Policy for Scheduling New Clients: Phone Intake, Present Insurance Information, Bring All Relevant Paperwork

**Unitas St Marks place Institute**  
Address: 57 St Marks Place, New York, NY 10003  
Office Phone: 212.982.3470  

**Services available:**
- Psychotherapy
- Psychopharmacology
- Medication management
- Substance abuse services
- Individual therapy
- Group therapy
- Aetna
- Affinity Health
- Amida Care
• Amerigroup  
• Beacon Health  
• Emblem Health  
• Fidelis  
• GHI  
• Health Plus  
• Health First  
• Medicaid  
• Metroplus  
• VNS Choice  
• WellCare

Self-pay/sliding scale;

**Alphabet City:**

**Housing Works**

**Cylar House Behavioral Health Clinic**

Address: 743 E 9th Street, New York, NY 10009  
Office Phone: 212.677.7999 ext. 4202  
Website: [www.housingworks.org](http://www.housingworks.org)

Services Available:

- Individual Psychotherapy  
- Family Counseling  
- Group Therapy  
- Crisis Intervention  
- Psychiatry  
- Social Services/Care Coordination

Insurances Accepted:

- Most Managed Medicaid, most HMO Fidelis, Health first, GHI with Medicaid, uninsured, medicare  

Self-Pay/Sliding Scale: $0-$100  
Facility Policy for Scheduling New Clients: Call the Facility to make an appointment.

**West Village:**

**Housing Works**

**Mental Health Program**

Address: 330 W 13th Street, New York, NY 10014  
Office Phone: 212.677.7999 ext. 4217  
Website: [www.housingworks.org](http://www.housingworks.org)

Services Available:

- Individual Psychotherapy  
- Family Counseling  
- Group Therapy  
- Crisis Intervention  
- Psychiatry  
- Social Services/Care Coordination

Insurances Accepted:

- Most Managed Medicaid, most HMO Fidelis, Health first, GHI with Medicaid, uninsured, medicare  

Self-Pay/Sliding Scale: $0-$100  
Current Availability for New Clients: Call Facility for More Information  
Facility Policy for Scheduling New Clients: Call the Facility to make an appointment.

**Charles B. Wang Community Health Center**

Address: 268 Canal Street, New York, NY 10013  
Office phone: (212) 941-2213  
Website: [http://www.cbwchc.org/mh.asp](http://www.cbwchc.org/mh.asp)

Services available:

- Individual Psychotherapy  
- Child and Adolescent Counseling  
- Group Therapy  
- Diagnostic and treatment assessments  
- Crisis Intervention and Urgent Assessments  
- Medication Management  
- Case Management and Care Coordination  
- Assistance With Benefits and Insurance

Insurances Accepted:

- Aetna, Affinity, Cigna, Emblem Health, Empire Blue Cross Blue Shield, Fidelis, Healthfirst, Metroplus, United Healthcare, and Wellcare.
Sliding Scale: Yes, based on income and family size.
Languages: English, Mandarin, Cantonese, Taishanese, Shanghainese, Fujianese, Vietnamese, and Korea
Facility Policy: Call to schedule an appointment.

East Village:

Garden House Respite
ACMH, Inc.
Address: 165 E 2nd Street, New York, NY 10009
Office Phone: 212.253.6377 ext. 407
Website: www.acmhnyc.org
Services Available: A temporary get away for people who are 18+ resident of NYC with a psychiatric diagnosis who are experiencing a crisis, and who are not a danger to themselves or others. Offers a short-term stay for up to 3 guests experiencing crisis or transitioning from hospitalization in a home-like setting offering round the clock peer support.
Insurances Accepted: FREE
Self-Pay/Sliding Scale: No Fee, Call for detail about the application process
Facility Policy for Scheduling New Clients: Call the Facility to make an appointment.

Union Square:

Sidney Hillman and Phillips Family Practice
The Institute for Family Health

- The Institute for Family Health at 17th Street
  230 West 17th Street
  (between 7th and 8th avenues)
  New York, NY 10011
  (212) 206-5200
- Cadman Family Health Center
  300 Cadman Plaza West, 17th Floor
  (inside One Pierrepont Plaza)
  Brooklyn, NY 11201
  (718) 822-1818
Website: www.institute.org
Article 28 and Article 31 Services
Services Available:
- CBT
- Individual
- Psychiatry*
*Patient must be engaged in other services at the facility to access Psychiatry
Insurances Accepted:
- Most Managed Medicaid (Call Facility for More Information)
- Private Insurance (Does NOT Accept Cigna)
- ADAP
Self-Pay/Sliding Scale: Yes, work with a social worker
Languages Spoken (other than English): Spanish
Facility Policy for Scheduling New Clients: Call the Facility to make an appointment. first a mental health assessment followed by group or individual therapy.
Chelsea:

THE CENTER: The Lesbian, Gay, Bisexual & Transgender Community Center
Address: 208 W 13th Street, New York, NY 10011
Office Phone: 212.620.7310
Website: www.gaycenter.org

Services Available:
• Walk-in Screening, hours: Monday-Friday 12-4PM (not walk-in counseling)
• Free short-term (8 week) individual and group counseling
• Support groups for transgender people, HIV+ people, tobacco cessation, wellness, immigrants, and lesbian cancer survivors
• Gender Identity Project offers free mental health services for transgender-identified individuals. (Also only for 8 weeks)
• Center CARES and Foundations for Recovery for LGBT-affirming substance abuse individual and group counseling

Insurances Accepted:
• Most Managed Medicaid
  (Call Facility for More Information)
• Private Insurance

Self-Pay/Sliding Scale: Yes

Facility Policy for Scheduling New Clients: Call the Facility to make an appointment.

Institute for Personal Growth (IPG)

Location Information:

- 235 9th street
  Jersey City, NJ 07302
- 1119 Raritan Ave
  Highland Park, NJ 08904
- 90 West Main Street
  Freehold, NJ 07728

Office Phone: 732.246.8439
Website: www.ipgcounseling.com

Services Available:
• Individual Psychotherapy
• AASECT-certified Sex Therapy
• EMDR
• Trauma/PTSD
• Substance use
• Stress management

Insurances Accepted: Out of Network

Self-Pay/Sliding Scale: Yes, but depends on the therapist assigned to you.

Current Availability for New Clients: Jersey City and Highland Park locations are available currently.

Facility Policy for Scheduling New Clients: Call the Facility to make an appointment.

Neighborhood Psychiatric Associates of Manhattan
Address: 39 West 14th Street, Suite 506, New York, NY 10011
Office Phone: 929.777.0173
Email: Info@NeighborhoodPsychiatry.com
Website: http://neighborhoodpsychiatryny.com/

Services Available: Psychiatry

Insurances Accepted: BCBS, Aetna, United Healthcare, Oxford, Cigna, Medicare

Self-Pay/Sliding Scale: no sliding scale, $295 initial assessment, $185 following

Languages Spoken (other than English): Call Facility for More Information

Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility for More Information

**Flatiron:**

**Ackerman Institute for the Family**  
Address: 936 Broadway, New York, NY 10010  
Office Phone: 212.879.4900  
Website: [www.ackerman.org](http://www.ackerman.org)  
Services Available:  
- Couples and Family Counseling  
- Psychiatry*  
- The Gender and Family Project offers services for families of gender nonconforming and transgender children and adolescents  
- Training institute: sessions may be observed and/or recorded  
*Patient must be engaged in other services at the facility to access Psychiatry  
Insurances Accepted: “Everything but Aetna and Cigna” and Out of Network  
Self-Pay/Sliding Scale: available with W2 starts at $100  
Languages Spoken (other than English): Spanish  
Current Availability for New Clients: Appointment set 1-4 week after Intake Session  
Facility Policy for Scheduling New Clients: Prospective client must bring proof of insurance to Intake Session

**Fifth Avenue Counseling Center**  
Address: 5 East 17th Street, New York, NY 10003  
Office Phone: 212.989.2990  
Website: [www.tfacc.org](http://www.tfacc.org)  
Services Available:  
- Individual Psychotherapy  
- Couples and Family Counseling  
- Group Therapy  
- CBT  
- Psychiatry  
- Medication Management  
- Crisis Intervention  
- Walk-in Screening (Call Facility for Screening Hours)  
Insurances Accepted:  
- Fidelis Medicaid  
- GHI  
- HealthFirst Medicaid  
- Magnacare  
- MetroPlus Medicaid  
- Aetna  
- Nippon Health Insurance  
- Oxford  
- United Healthcare  
- Value Options  
- Emblem Health  
- Amidacare Medicaid  
- Medicare  
- Straight Medicaid  
- Affinity Health Plan (Beacon Health Strategies)  
- Amerigroup Medicaid  
- HealthPlus Medicaid  
- Empire BCBS  
- 1199  
- Consolidated Health Plan  
- Optum  
- Oscar Health Plan  
- MVP Health Plan  
- Multiplan  
Self-Pay/Sliding Scale: Yes, $75-130 per session, $110 intake  
Languages Spoken (other than English): Spanish, Russian, Hebrew, Arabic  
Current Availability for New Clients: Discharge Summary and Medication History from previous facility, Photo ID  
Facility Policy for Scheduling New Clients: Appointments available approx. 1 week after Intake Session

**Postgraduate Center for Mental Health**  
Address: 71 W 23rd St Suite 704, New York, NY 10010  
Office Phone: 212.576.4104  
Website: [www.pgcmh.org](http://www.pgcmh.org)  
Services Available:  
- Individual Psychotherapy  
- Couples and Family Counseling  
- Group Therapy
- CBT
- Psychiatry
- Medication Management
- **Walk-in Screening** (not walk-in counseling), **hours: Monday-Thursday 8-8pm 8-5pm**
- Insurances Accepted: most private Insurances. All Medicaid and managed care.
- Self-Pay/Sliding Scale: One-time Intake Session fee of $65, $60-100 per session
- Languages Spoken (other than English): None
- Current Availability for New Clients: Appointments scheduled based on Intake Session
- Facility Policy for Scheduling New Clients: Prospective client must bring insurance card, hospital discharge summary (if recently discharged)

**Institute for Human Identity**

[www.ihi-therapycenter.org](http://www.ihi-therapycenter.org)

212-243-2830

322 8 Ave, Suite 802

Languages Spoken: English, Spanish, French, German, and Hebrew
- Individual therapy
- group, and family therapy
- psychological testing
- Psychiatry

**Financial District:**

**Access Community Health Center**

Address: 83 Maiden Lane, 6th Floor (Between William and Gold Streets), New York, NY 10038

Office Phone: 212.895.3410

Website: [https://www.institute.org/](https://www.institute.org/)

Services Available:
- Mental Health Counseling
- Psychology
- Psychiatry
- Substance Use Treatment
- Social Work
- Fidelis Care
- GHI
- HealthFirst
- HIP
- Independence Care System (ICS)
- MetroPlus
- Oxford
- Tricare
- UnitedHealthCare Community Plan (formerly known as AmeriChoice)
- MetroPlus
- Oxford
- Tricare
- UnitedHealthCare
- UnitedHealthCare Community Plan

Self-Pay/Sliding Scale: Sliding fee scale available, depending on family size and income, for those without insurance.

Languages Spoken (other than English): Spanish, Mandarin, Interpreter line

Current Availability for New Clients: Call Facility for More Information

Facility Policy for Scheduling New Clients: Call to schedule an appointment.

**New York Psychiatric Institute**

Address: 1051 Riverside Drive, New York, NY 10032

Office Phone: (646) 774-5000

Website: nyspi.org
**Herald Square:**

**Blanton-Peale Institute and Counseling Center**  
Address: 7 W 30th Street, 9th Floor, New York, NY 10001  
Office Phone: 212.725.7850  
To Schedule an Appointment: 212.725.7850 ext. 119 (Client Coordinator Line)  
Website: [www.blantonpeale.org](http://www.blantonpeale.org)  

**Article 31 Services**  
Services Available:  
- Individual Psychotherapy  
- Couple and Family Counseling  
- Parenting/Divorce Counseling  
- Psychoanalysis  
- Therapy for Adolescence  
- Group Therapy, Psychiatry*  
- Medication Evaluation  
- Medication Management  
- Assessment and Referral  
- Trauma Therapy  

*Patient must be engaged in therapy the facility to access Psychiatry  

Insurances Accepted: Most Insurances, including Straight Medicaid and Most Managed Medicaid (NO Medicare, Tricare, or Cigna)  
Self-Pay/Sliding Scale: Intake Fee - $80, $60 per therapy session, $100 per Psychiatric Evaluation, $35 per Medication, $100 couples intake, $80 couples psychotherapy, $60 group intake, $20 group psychotherapy. Management Session after Initial Evaluation  
Languages Spoken (other than English): Spanish, Korean  
Current Availability for New Clients: Intake appointment within 1-week, approx. 1 month to be assigned a therapist  
Facility Policy for Scheduling New Clients: Call Facility for More Information  

**HAF, INC.**  
**Hispanic AIDS Forum**  
Address: 1767 Park Avenue, 4th Floor, New York, NY 10035  
Office Phone: 212.868.6230  
Website: [www.hafnyc.org](http://www.hafnyc.org)  

Services Available: Individual and group emotional support counseling is available for gay and bisexual men living with HIV/AIDS or gay or bisexual men who are at high risk of HIV infection based on risk behavior. Individual emotional support services are confidential short-term (16 sessions).  
Insurances Accepted: Not needed. Services are free.  
Self-Pay/Sliding Scale: Free Services  
Languages Spoken (other than English): Spanish  
Facility Policy for Scheduling New Clients: Call Facility to schedule an appointment.  

**SOHO:**

**SohoMD**  
Address: 110 Lafayette Street, 5th FL, New York, NY 10013  
Office Phone: 212.369.6757  
Email: office@sohomd.com  
Website: [https://www.sohomd.com/](https://www.sohomd.com/)  

Services Available:  
- Psychiatry  
- Teletherapy  
- Telepsychiatry  

Insurances Accepted: Cigna and Aetna
Self-Pay/Sliding Scale: Nurse Practitioner intake; $350, follow up $175. Clinical Social Worker intake $200, follow-up $150. Sliding scale available.
Facility Policy for Scheduling New Clients: Call or apply online!

Midtown West:

Gay Men’s Health Crisis (GMHC)
Address: 446 W 33rd Street, New York, NY 10001
Office Phone: 212.367.1000
Website: www.gmhc.org
Services Available:
• Individual Psychotherapy
• Couple and Family Counseling
• Group Therapy
• Short-term Intensive Counseling for clients who are HIV+ or who are at high risk for HIV infection or transmission.
Insurances Accepted: straight Medicaid, Central light, Helathfirst, Fidelis, Metroplus, Afinity Medicare. Ryan White fund available for enrolled patients.
Self-Pay/Sliding Scale: No Fee for Services
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Intake Sessions scheduled within 1-month
Facility Policy for Scheduling New Clients: Mental Health services only available for HIV+ individuals who meet financial and eligibility requirements, Call Facility to schedule an appointment.

Hell’s Kitchen:

Institute for Contemporary Psychotherapy (ICP)
The Psychotherapy Center for Gender and Sexuality (PCGS)
Address: 1841 Broadway (at 60th Street), 4th Floor, New York, NY 10023
Office Phone: 212.333.3444
Website: www.icpnyc.org
Types of Services Offered:
• Individual Psychotherapy
• Couple and Family Therapy
• CBT
• One-Time Psychiatric Evaluations*
• Adolescent and Child services
*Patient must be engaged in other services at the facility to access Psychiatry
Insurances Accepted:
• Emblem Health
• HealthFirst
• Oscar
• GHI/Medicaid
Self-Pay/Sliding Scale: Yes, $50 per session, $60 initial assessment
Languages Spoken (other than English): Spanish, Mandarin
Current Availability for New Clients: Approx. 1-month for Therapy, Approx. 2-months for Psychosocial Evaluations
Facility Policy for Scheduling New Clients: New clients must complete 23page intake packet, present proof of income

The Gender & Sexuality Therapy Collective
Address: 850 7th Ave, New York, NY 10019
Office Phone: 646.389.6561
Website: https://gstherapycollective.com/
Types of Services Offered:
• Individual therapy
• Group therapy
• Couples therapy
• Gender identity
• Sexual orientation
• Parents of LGBTQ children and youth
• Family and partners of T/GNC individuals
• Religious conflicts with sexual or gender identity
• Current or former sex workers
• Kink and BDSM
• Poly/consensual non-monogamous relationships
• Sexual dysfunction/anxiety/pain
• Sexual compulsion
• Depression
• Anxiety
• PTSD
• HIV/AIDS
• Substance disuse
• Grief
• Eating disorders

Insurances Accepted: out of network
Self-pay/sliding scale: $175-$275 for 45 minute individual session, $250-$365 for a 60 minute session, fees are determined during initial phone interview and are payable by credit card at the beginning of each session. Each therapist has a reserved number of slots for sliding scale patients and are evaluated on a case by case basis.

Languages spoken other than English:
Current availability for new clients: open availability
Facility Policy for scheduling new clients: new patients must fill out the form on the websites contact page to set up a free phone consultation. During the phone consultation the first session will be scheduled.

Upper West Side:

Kull Initiative for Psychotherapy (KIP)
• 3 Addresses:
  o 107 West 82nd Street, Suite 104, New York, NY 10024
  o 363 7th ave West 30th st, NY
  o 150 Broadway NY
Website: www.kiptherapy.com
Services Available:
• Individual Psychotherapy
• Couple and Family Counseling
• Group Therapy
Insurances Accepted: None Accepted, Out of Network
Self-Pay/Sliding Scale: $45-50 with grad intern, $65+ with post graduate interns
Facility Policy for Scheduling New Clients: Call Facility or apply online, most matched within 48 hours.

Ryan Center, Upper West Side
212 749-1820
110 W 97 St.

Ryan Nena Center Lower East Side
212-477-8500,
www.ryancenter.org

Ryan/Chelsea-Clinton Community Health Center
212-265-4500,
645 10th ave
• Psychotherapy,
• psychiatry,
• domestic violence
• Individual counseling.
Metropolitan Center for Mental Health (MCMH)

3 Locations:
- 160 West 86th Street, New York, NY 10024, Phone: 212.362.8755
- 336 Central Park West, New York, NY 10025, Phone: 212.864.3666
- 1090 St. Nicholas Avenue, New York, NY 10032, 212.543.0777

Website: www.metropolitancenter.com

Article 28 and Article 31 Services

Services Available:
- Individual Psychotherapy
- Psychiatry*
- Medication Management
- Outpatient Treatment
- Parent Counseling
- Play therapy
- Group therapy
- Child and adolescents
- Substance Use

*Patient must be engaged in other services at the facility to access Psychiatry

Insurances Accepted:
- Medicaid, Medicare and several Managed Care Plans (Commercial plans, Medicaid plans and Medicare Advantage).
- Fidelis, BC/BS, HIP, most Obamacare, Health first, GHI, 1199, Wellcare, Metroplus, Affinity.

Self-Pay/Sliding Scale: $35 for intake, $45 for psychiatric evaluations (if needed), and income-based sliding scale $20-$60

Languages Spoken (other than English): Spanish

Current Availability for New Clients: Call Facility for More Information

Facility Policy for Scheduling New Clients: Call Facility to schedule an appointment.

Upper East Side:

Karen Horney Center

Address: 329 E 62nd Street, New York, NY 10065
Office Phone: 212.838.4333 ext. 137
Website: www.karenhorneyclinic.org

Services Available:
- Individual Psychotherapy
- Trauma counseling
- Sexual Abuse Survivors
- Child and Adolescent Services
- Substance use
- Psychiatry*
- Psychodynamic
- Psychoanalysis

*Patient must be engaged in other services at the facility to access Psychiatry

Insurances Accepted:
- Straight Medicaid
- Medicare
- Amidacare Medicaid
- BC/BS
- HIP
- Fidelis Medicaid
- Aetna
- GHI
- The Empire Plan
- Empire
- MVP
- HealthPlus Medicaid
- MetroPlus Medicaid
- Neighborhood
- Affinity
- Maritain (Aetna)
- Beacon neighborhood
- Emblem Health (HIP/GHI)
- Wellcare
- Value Options

Self-Pay/Sliding Scale: Without insurance it is $50-$150 for an intake appointment a sliding scale will be made at that time.

Facility Policy for Scheduling New Clients: Call Facility to schedule an appointment.

Sexual Assault and Violence Intervention Program (SAVI)
The Mount Sinai Hospital
Address: One Gustave L. Levy Place, New York, NY 10029
Office Phone: 212.423.2140
Website: www.mountsinai.org

Services Available:
- Time-limited Individual Psychotherapy
- Couples and Family Counseling
- Group Therapy
- Advocacy for survivors of sexual assault, childhood sexual abuse, domestic violence and commercial sexual exploitation.

Insurances Accepted: Most insurances.
Self-Pay/Sliding Scale: No Fee for Services.
Languages Spoken (other than English): Bengali, Arabic, Hindi, French, Polish, Urdu, Spanish, Portuguese

Current Availability for New Clients: Appointments available within 1-week
Facility Policy for Scheduling New Clients: Call Facility for More Information

Harlem:

Family Health Center for Counseling of Harlem
The Institute for Family Health
Address: 1824 Madison Avenue, New York, NY 10035
Office Phone: 212.423.4500, 844.434.2778 (For appointments only)
Website: www.institute.org

Services Available:
- Individual Psychotherapy
- Couples and Family Counseling
- Group Therapy
- Psychiatry
- Medication Management
- Crisis Intervention
- DBT
- One-time Psychosocial Evaluations
- One-time Psychiatric Evaluations

Insurances Accepted:
- 1199 National Benefits
- Aetna
- Affinity (Only accepted at NYC locations)
- AmidaCare (Only accepted at NYC locations)
- Beacon
- CDPHP (Only accepted at Mid-Hudson Valley locations)
- Center Light Health Care (Only accepted at NYC locations)
- Cigna
- Elder Plan (Only accepted at NYC locations)
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire Blue Cross Blue Shield
- Empire BlueCross BlueShield HealthPlus (Only accepted at NYC locations)
- Fidelis
- HealthFirst (Only accepted at NYC locations)
- Horizon (Only accepted at NYC locations)
- ICSNY (Only accepted at NYC locations)
- Kingston Trust Fund/National Health Administrators
- Magnacare (Only accepted at NYC locations)
- MetroPlus (Only accepted at NYC locations)
- Multiplan
- MVP (Only accepted at Mid-Hudson Valley locations)
- NYS Empire Plan
- Optimum (UBH)
• Oxford Health
• POMCO
• Senior Whole Health (Only accepted at NYC locations)
• United Healthcare

• United Healthcare Community Plan
• Value Options
• VNS Choice (Only accepted at NYC locations)
• VNS Select Health Plan (Only accepted at NYC locations)
• Wellcare of NY

Self-Pay/Sliding Scale: Yes, income and family based, work with case manager
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Appointments available the same or next day
Facility Policy for Scheduling New Clients: Prospective clients must bring relevant medical records, Photo ID

Aldeia Counseling Services, PC
Address: 601 West 150th Street, Harlem, NY 10031
Office Phone: 646.707.3100
Website: www.aldeacounseling.com
Services Available:
• Online Counseling
• Immigration Assistance
• Adult individual therapy
• Couples therapy
• Grief therapy
• Anger management
• PTSD
• LGBTQ

Insurances Accepted:
• 1199
• Aetna
• BCBS
• Cigna
• HealthFirst Medicaid
• Metroplus Medicaid

Self-Pay/Sliding Scale: Call Facility for More Information
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility for More Information

Washington Heights

Metropolitan Center for Mental Health (MCMH)
Address: 1090 St Nicholas Avenue, New York, NY 10032, entrance on 165th street between St. Nicholas and Amsterdam Avenue.
212.543.0777
Website: www.metropolitancenter.com
Article 31 Services
Services Available:
• Individual Psychotherapy
• Group Therapy
• Psychiatry*
• Family counseling
• Psychological testing

*Patient must be engaged in other services at the facility to access Psychiatry

Insurances Accepted:
• Straight Medicaid
• Most Managed Medicaid
• 1199
• GHI
• 1199
• GHI

• HealthFirst Medicaid
• Metroplus Medicaid
• HIP
• BC/BS
Self-Pay/Sliding Scale: $35-60 per session, Based on Income, Call Facility for More Information
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Appointments available within 2-3 weeks
Facility Policy for Scheduling New Clients: Initial phone screening, then client must then keep intake appointment

**Bronx**

**HAF, INC.**
**Hispanic AIDS Forum**
975 Kelly Street, 4th Floor (corner of Westchester Ave)
Bronx, NY 11459
(718)-328-4188
Website: [www.hafnc.org](http://www.hafnc.org)

Services Available: Individual and group emotional support counseling is available for gay and bisexual men living with HIV/AIDS or gay or bisexual men who are at high risk of HIV infection based on risk behavior. Individual emotional support services are confidential short-term (16 sessions) and free.

Insurances Accepted: Call Facility for More Information
Self-Pay/Sliding Scale: Free Services (Call Facility for More Information)
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility for More Information

**Riverdale Mental Health Center/Mosaic Mental Health** – UNFINISHED.
Address: 5676 Riverdale Ave, Suite 202, 10471
Office Phone: (718) 796-5300
Website: [www.rmha.org](http://www.rmha.org)
Crisis Respite Center
Individuals, Groups, families, couples,

**Fordham-Tremont Community Mental Health Center**
**SBH Health Center – Adult Outpatient Services**
Address: 2021 Grand Concourse, 6th Floor, Bronx, NY 10453
Office Phone: 718.960.3071 (Centralized Intake Department)
Website: [www.sbhnyc.org](http://www.sbhnyc.org)

Services Available:
- Individual Psychotherapy
- Group Therapy
- Day treatment for people with mental illness and chemical abuse (MICA)
- Anger issues
- Anxiety
- At-risk behaviors
- Psychiatry
- Bereavement
- Depression
- Domestic violence
- Family conflicts
- Hyperactivity
- Social Services/Case Management
- Marital difficulties
- Mood disorders
- Poor socialization skills
- Schizophrenia
- Substance abuse

Groups for batterers, victims of domestic violence, women’s issues, specialized services for persons 55 years of age and older

Insurances Accepted:
- Most Managed Medicaid
- Medicare
- Private Insurance

Self-Pay/Sliding Scale: Yes (Call Facility for More Information)
Walk-in Screening (hours: Monday-Friday 9AM-3PM - not walk-in counseling)
Facility Policy for Scheduling New Clients: Call Facility to make an appointment.

Walton Family Health Center and Center for Counseling
The Institute for Family Health
Address: 1894 Walton Avenue, Bronx, NY 10453
Office Phone: 718.583.3060
Website: www.institute.org
Article 28 and Article 31 Services
Services Available:
- Psychotherapy
- Psychiatry
- Individual and group therapy
- Most Managed Medicaid
- Medicare

Insurances Accepted:
- Private Insurance (Not CIGNA)
- Most Managed Medicaid
- Medicare

Self-Pay/Sliding Scale: Yes with case worker
Languages Spoken (other than English): interpreter line
Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility for More Information

The Institute for Family Health Center for Counseling at Frisby Ave
The Institute for Family Health
Address: 2590 Frisby Avenue, 1st Floor, Bronx, NY 10461
Office Phone: 718.239.1610
Website: www.institute.org
Article 31 Services
Services Available:
- Individual Psychotherapy
- Couple and Family Counseling
- Group Therapy
- Psychiatry
- Medication Management
- Outpatient Treatment
- Crisis Intervention
- One-time Psychosocial Evaluation
- One-time Psychiatric Evaluation

Insurances Accepted: All Medicaid and Private Insurance except Cigna
Self-Pay/Sliding Scale: Yes with proof of income (Call Facility for More Information)
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Appointments available the same or next day
Facility Policy for Scheduling New Clients: Call Facility for More Information

Access Community Health Center
Address: 1420 Ferris Place (Near Westchester Square & East Tremont Ave), Bronx, NY 10461
Office Phone: 718.730.1004
Website: http://www.accesschc.org/
Services Available:
- Mental Health Counseling
- Psychology
- Substance Use Treatment
- Social Work
- Medicaid
- Empire BlueCross BlueShield
- Fidelis Care
- GHI
- HealthFirst
- HIP
- Independence Care System (ICS)
- Medicaid
- Medicare
- Cigna
- MetroPlus
- Oxford
- Tricare
- UnitedHealthCare
- UnitedHealthCare Community Plan
Updated: February 27 2019

Self-Pay/Sliding Scale: Sliding fee scale available, depending on family size and income, for those without insurance.
Facility Policy for Scheduling New Clients: Call Facility to make an appointment.

Brooklyn

Brooklyn Center for Psychotherapy & New Directions
Location Contact Information:
• Brooklyn Center for Psychotherapy – 300 Flatbush Ave, Brooklyn, NY 11217, Phone: 718.622.2000
• New Directions – 500 Atlantic Ave, Brooklyn, NY 11217, Phone: 718.398.0800
Website: www.newdirectionsbrooklyn.com

Article 31 Services
Services Available:
• Brooklyn Center for Psychotherapy: Individual Psychotherapy, group psychotherapy, Psychiatry, mental status evaluation
• New Directions: Non-intensive outpatient substance abuse treatment (6 months – 2 years)
Insurances Accepted:
• Most Managed Medicaid
• some Medicare (does not accept straight Medicare)
Self-Pay/Sliding Scale: Yes, $50-80 per session, $60 flat initial intake fee
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Appointments available within 2-3 weeks
Facility Policy for Scheduling New Clients: Call Facility for More Information

Park Slope Center for Mental Health
Address: 348 13th Street, Suite 203, Brooklyn, NY 11215
Office Phone: 718.788.2461
Website: www.parkslopecenter.org

Services Available:
• Individual Psychotherapy
• Couple and Family Counseling
• Group Therapy
• Psychiatry*
• Medication Management
• Outpatient Treatment
• Crisis Intervention
• Social Services/Care Coordination
*Patient must be engaged in other services at the facility to access Psychiatry
Insurances Accepted:
- Medicaid
- Medicaid/Medicare
- Aetna
- Alicoare
- AmeriChoice
- Amerigroup
- Beacon
- CenterCare
- Empire Blue Cross/Blue Shield
- Fidelis
- GHI
- Healthfirst
- HealthPlus
- HIP
- MetroPlus
- Neighborhood Health Provider
- New York Presbyterian Community Health Plan
- Union Labor Life (Local 813)
- Value Options
- Wellcare
- 1199

Self-Pay/Sliding Scale: $175 psychiatry initial intake assessment, $130 per following Psychiatry session, $100 psychotherapy initial assessment, $80 per following psychotherapy session
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Appointments available approx. 2-weeks after intake appointment has been kept
Facility Policy for Scheduling New Clients: Initial Phone Screening and then Intake Appointment
Additional Information: This facility has a strict attendance policy.
Brooklyn Counseling Services

Locations:
Bay Ridge:
9201 Fourth Avenue, Brooklyn, NY 11209
Brooklyn Heights:
26 Court Street, Brooklyn, NY 11242
Dyker Heights:
7701 13th Avenue, Brooklyn, NY 11228
Flatbush Avenue:
2051 Flatbush Avenue, Brooklyn, NY 11234
Office Phone: 718.232.8600
Email: appointments@bcsgroup.com
Website: http://www.bcsnygroup.com/

Services Available:
• Individual Therapy (In-person)
• Online Therapy (e-Counseling)
• 12 Week Recovery Program
• Eating Disorders
• Couples Counseling
• Sexual trauma
• PTSD
• Anger Management
• Group therapy (self-esteem, sexual harassment, women’s trauma, motherhood, and brief therapy).

Insurances Accepted: “We accept most insurance.”
• 1199
• Amerigroup
• Affinity
• AARP
• Aetna
• CareConnect
• Cigna
• Empire
• Emblem
• Fedelis
• GHI
• Health first
• HIP
• Magnacare
• Medicare
• Metroplus
• Multiplan
• Oxford
• Tricare
• United Health Care
• Value Options

Self-Pay/Sliding Scale: no sliding scale, $150 initial assessment, $75 follow up
Languages Spoken (other than English): no
Facility Policy for Scheduling New Clients: Call Facility or sign up online!
Additional Information: BCS now has ‘Urgent Psych’ locations in Bay Ridge and Flatbush. Urgent Psych is a program specifically designed to provide mental health services to individuals in need of immediate psychotherapy, walk-ins and appointments accepted.

Queens

Reality House, Inc.
Address: 8-14 Astoria Blvd., Astoria, NY 11102
Office Phone: 212.281.6004
Email: info@realityhouse.org
Website: www.realityhouseny.org
Services Available:
• Individual, Family and Group Counseling
• Vocational and Educational Assistance
• Substance Abuse treatment
• Co-Occurring Disorders/Relapse Prevention
• Anger Management Groups
• Criminal Justice Services
• Housing Assistance
• HIV+
• Veterans

Insurance Accepted:
• Health first
• Aetna
• infinity
• Metroplus
• Wellcare
• united health
• value options
• care connect
• All Medicaid

Self-Pay/Sliding Scale: Initial assessment fee depending on assessment type $150-200, sliding scale based on income.

Languages Spoken (other than English): Spanish

Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility to schedule an appointment.

Jewish Board - Rego Park Counseling Center
(You do not have to be Jewish)
Address: 97-77 Queens Boulevard, Penthouse Floor, Rego Park, NY 11374
Office Phone: 718.896.9090, 718.896.9090 ext. 502236 (Intake Department)
Website: www.jbfcs.org
Article 31 Services
Services Available:
• Individual Psychotherapy
• Couple and Family Counseling
• Group Therapy
• CBT
• DBT
• Psychiatry
• Medication Management
• Outpatient Treatment
• Crisis Intervention
• Children's Services Available

Insurances Accepted: Managed Medicaid (No Private Insurance)
Self-Pay/Sliding Scale: Yes based on proof of income
Languages Spoken (other than English): Russian

Current Availability for New Clients: Same Day Availability.
Facility Policy for Scheduling New Clients: Call Facility to make an appointment.

Mental Health Providers of Western Queens, Inc.
MHPWQ, INC.
Location Contact Information:
• 44-04 Queens Boulevard, 2nd Floor, Sunnyside, NY 11104, Phone: 718.706.1663
• 61-20 Woodside Avenue, Woodside, NY 11377, Phone: 718.672.1705
Website: www.mhpwq.org
Article 28 and Article 31 Services
Services Available:
• Individual Psychotherapy
• Couples Counseling
• Psychiatry*
• Medication Management
• Outpatient Treatment
• Crisis Intervention

*Patient must be engaged in other services at the facility to access Psychiatry

Insurances Accepted:
• Medicaid
• MetroPlus Medicaid
• HealthFirst Medicaid
• Amerigroup
• GHI with Emblem
• GHI with Value Options
• HIP Fidelis Medicaid
• WellCare
• Medicare
• Fida
• Harp
• Fidelis Care
• Health Plus

Self-Pay/Sliding Scale: Yes, $40-80 per session, $50 Psychiatrist
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Appointments available approx. within 1-2 weeks
Facility Policy for Scheduling New Clients: Clinical Coordinator will review the provided information and will contact the prospective client with details of which type of appointment to book.

Queens Pride House
Address: 76-11 37th Ave, #206, Jackson Heights, NY 11372
Office Phone: 718.429.5309
http://queenspridehouse.tripod.com/index-old.htm
Services Available:
- Community Center Space
- Support groups
- Access to legal services
- Educational Workshops
- HIV testing
- Social and Cultural Events
Insurances Accepted: N/A free services
Self-Pay/Sliding Scale: N/A free services
Facility Policy for Scheduling New Clients: Call Facility or walk-in.

Medex Diagnostic & Treatment Center
Address: 111-29 Queens Boulevard, Forest Hills, Queens, NY 11375
Office Phone: 718.215.0075
Website: http://www.medexwellness.com/
Services Available:
- Psychiatry
- Psychotherapy
Insurances Accepted: “All Insurances”
Self-Pay/Sliding Scale: No.
Languages Spoken (other than English): Russian, Ukrainian
Facility Policy for Scheduling New Clients: Requires seeing a social worker before seeing one of the psychiatrists.

Aldea Counseling Services, (Queens location)
Address: 43-22 50th Street, Woodside, NY 11377
(646) 707-3100
Website: www.aldeacounseling.com
Services Available:
- Online Counseling
- Immigration Assistance
- Adult individual therapy
- Couples therapy
- Grief therapy
- Anger management
- PTSD
- LGBTQ
Insurances Accepted:
- 1199
- Aetna
- BCBS
- Cigna
- HealthFirst Medicaid
- Metroplus Medicaid
Self-Pay/Sliding Scale: Call Facility for More Information
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility for More Information
Hispanic AIDS Forum
Address: 76 – 11 37th avenue, suite 206, Jackson Heights, NY, 10372
Office Phone: 718-409-5309
Website: www.hafnyc.org
Services Available: Individual and group emotional support counseling is available for gay and bisexual men living with HIV/AIDS or gay or bisexual men who are at high risk of HIV infection based on risk behavior. Individual emotional support services are confidential short-term (16 sessions).
Insurances Accepted: Not needed. Services are free.
Self-Pay/Sliding Scale: Free Services
Languages Spoken (other than English): Spanish
Facility Policy for Scheduling New Clients: Call Facility to schedule an appointment.

Project Hospitality
Address:
100 Park Avenue, Staten Island, NY 10302
14 Slosson Terrace, Staten Island NY 10301-2507
Neighborhood: North Shore
Office Phone: 718.448.1544
Website: www.projecthospitality.org
Services Available:
• HIV, Geriatric, and Women’s Mental Health services
• Substance abuse treatment
• Family services
Insurances Accepted: Cash or Self-pay, all managed Medicaid, straight Medicaid, Medicare, Federal insurances, some commercial, HMO United.
Self-Pay/Sliding Scale: Call Facility for More Information
Languages Spoken (other than English): Spanish
Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility for More Information

The Staten Island LGBT Center
Address: 25 Victory Blvd, Staten Island, NY 10301
Office Phone: 718.808.1361
Website: www.pridecentersi.org
Services Available:
• Individual Psychotherapy
• Couples and Family Counseling
• Legal Assistance Services
• Support Groups (including groups for family members concerned about their LGBTQ loved ones)
Insurances Accepted: Free!
Self-Pay/Sliding Scale: Free.
Languages Spoken (other than English): Call Facility for More Information
Current Availability for New Clients: Call Facility for More Information
Facility Policy for Scheduling New Clients: Call Facility to schedule an intake.