

CALLLEN-LORDE

Mental Health Referrals – New York City

Manhattan

Lower East Side:

Henry Street Settlement

Address: 40 Montgomery Street, New York, NY 1002

Office Phone: 212.233.5032

Website: www.henrystreet.org

Article 31 and Article 28 Services

Services Available:

- 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

<http://www.unitas-nyc.org/>

Services available:

- Psychotherapy
- Psychopharmacology
- Medication management
- Substance abuse services
- Individual therapy
- Group therapy

Insurances accepted:

- 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

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

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>

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.acmhny.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](tel:2122065200)

• **Cadman Family Health Center**

300 Cadman Plaza West, 17th Floor
(inside One Pierrepont Plaza)
Brooklyn, NY 11201
[\(718\) 822-1818](tel:7188221818)

Website: www.institute.org

Article 28 and Article 31 Services

Services Available:

- CBT
- Individual
- Psychiatry*
- Groups

*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
 - Private Insurance
- (Call Facility for More Information)

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
- Family Counselling
- Grief
- Sex Addiction

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://neighborhoodpsychiatrynyc.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

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

Article 31 Services

Services Available:

- | | | |
|---------------------------------|-------------------------|---|
| • Individual Psychotherapy | • CBT | • Crisis Intervention |
| • Couples and Family Counseling | • Psychiatry | • Walk-in Screening (Call Facility for Screening Hours) |
| • Group Therapy | • Medication Management | |

Insurances Accepted:

- | | | |
|---------------------------|--|----------------------------|
| • Fidelis Medicaid | • Value Options | • Empire BCBS |
| • GHI | • Emblem Health | • 1199 |
| • HealthFirst Medicaid | • Amidacare Medicaid | • Consolidated Health Plan |
| • Magnacare | • Medicare | • Optum |
| • MetroPlus Medicaid | • Straight Medicaid | • Oscar Health Plan |
| • Aetna | • Affinity Health Plan
(Beacon Health Strategies) | • MVP Health Plan |
| • Nippon Health Insurance | • Amerigroup Medicaid | • Multiplan |
| • Oxford | • HealthPlus Medicaid | |
| • United Healthcare | | |

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

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**
- Crisis Intervention
- Social Services/Care Coordination
- One-time Psychosocial Evaluations

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.ihl-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/>

Services Available:

- Mental Health Counseling
- Psychology
- Psychiatry
- Substance Use Treatment
- Social Work

Insurances Accepted:

- Medicaid
- ADAP
- Medicare
- Aetna
- Affinity Health Plan
- Amerigroup (HealthPlus)
- Cigna
- Emblem
- Empire BlueCross BlueShield
- 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

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

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/>

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
- Eating Disorders
- Trauma Counselling
- LGBTQ

*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:
 - 107 West 82nd Street, Suite 104, New York, NY 10024
 - 363 7th ave West 30th st, NY
 - 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.
- CBT
- DBT
- Crisis Intervention
- Social Services/Care Coordination
- One-time Psychosocial Evaluations
- Referrals

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

Aldea 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
- 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.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) 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

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.sbhny.org

Services Available:

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Individual Psychotherapy • Group Therapy • Day treatment for people with mental illness and chemical abuse (MICA) • Anger issues • Anxiety • At-risk behaviors | <ul style="list-style-type: none"> • Psychiatry • Bereavement • Depression • Domestic violence • Family conflicts • Hyperactivity | <ul style="list-style-type: none"> • 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:

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Most Managed Medicaid | <ul style="list-style-type: none"> • Medicare | <ul style="list-style-type: none"> • 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
- Individual and group therapy
- Psychiatry

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
- Psychiatry
- Crisis Intervention
- Couple and Family Counseling
- Medication Management
- One-time Psychosocial Evaluation
- Group Therapy
- Outpatient Treatment
- 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
- Psychiatry
- Social Work
- Psychology
- Substance Use Treatment

Insurances Accepted:

- Medicaid
- Emblem
- MetroPlus
- ADAP
- Empire BlueCross BlueShield
- Oxford
- Medicare
- Fidelis Care
- Tricare
- Aetna
- GHI
- UnitedHealthCare
- Affinity Health Plan
- HealthFirst
- UnitedHealthCare Community Plan
- Amerigroup (HealthPlus)
- HIP
- Independence Care System (ICS)
- Cigna

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)
- Private Insurance (does not accept Cigna)

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
- Alicare
- 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@bcsnygroup.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 | • Empire | • Medicare |
| • Amerigroup | • Emblem | • Metroplus |
| • Affinity | • Fedelis | • Multiplan |
| • AARP | • GHI | • Oxford |
| • Aetna | • Health first | • Tricare |
| • CareConnect | • HIP | • United Health Care |
| • Cigna | • Magnacare | • 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

Insurances Accepted:

- Health first
- Aetna
- infinity
- Metroplus
- Wellcare
- united health
- value options
- care connect
- All Medicaids

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.jbfc.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
- Social Services/Care Coordination
- Substance use Treatment

*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, Ukranian

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 | • Couples therapy | • PTSD |
| • Immigration Assistance | • Grief therapy | • LGBTQ |
| • Adult individual therapy | • Anger management | |

Insurances Accepted:

- | | | |
|---------|---------|------------------------|
| • 1199 | • BCBS | • HealthFirst Medicaid |
| • Aetna | • Cigna | • 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

HAF, INC.

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.

718 524 0100

Staten Island

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.