

CALLLEN-LORDE

Behavioral Health Referrals – New York City

NOTE: Some offices are temporarily conducting all sessions remotely due to COVID-19 (subject to change)

Virtual Appointments Only

Affirming Psychotherapy

<https://www.affirmingpsych.com/>

P: 347-620-5433

E: scott@affirmingpsych.com

Location: Virtual Only

Services Available:

- Individual Psychotherapy
- Couples Therapy
- Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fee range \$50-150

Policies for New Patients: Contact facility directly to schedule.

Notes: Specialize in services for LGBTQ+ individuals, couples, families & groups; and PLWHA.

Alexandra Stidham, LCSW

<https://secure.helloalma.com/providers/alexandra-stidham/>

P: 443-424-7688

E: alexandrastidham@gmail.com

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fee range \$140-200

Policies for New Patients: Schedule online.

Notes: "I am a Licensed Clinical Social Worker with postgraduate training in Trauma-Informed and LGBTQ-affirmative psychodynamic psychotherapy."

Allay Therapy

<https://www.allaytherapy.com/>

P: 917-408-3617

E: megan@allaytherapy.com

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider directly for sliding scale information.

Policies for New Patients: Contact provider directly to schedule brief phone consultation.

Notes: "Specialize in providing LGBTQ+ affirming, trauma-informed and non-judgement care."

Anne Rousselot, LCSW

<http://www.annerousselot.com/>

P: 646-582-8203

E: anne.rousselot@gmail.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fee.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Bass Wellness Center Psychiatry & Addiction

<https://basswellnesscenter.com/>

P: 917-923-0569

E: contact@basswellnesscenter.com

Location: Virtual Only

Services Available:

- Psychiatric Evaluations
- Medication Management
- Psychotherapy (REBT, CBT, Mindfulness)
- Medication Assisted Treatment (MAT) [Suboxone]
- Psychological testing

Insurances Accepted:

- Aetna
- Cigna
- Oxford
- Oscar
- United Healthcare

Self-Pay/Sliding Scale: Ranges \$100-475

Policies for New Patients: Patients may schedule via Headway (<https://headway.co/providers/drew-goldbaum-ratkevich> or <https://headway.co/providers/justin-shaw>)

BCS Group (Brooklyn Women's & Family Counseling Services)

<https://bcsnygroup.com/>

7706 13th Avenue, Suite #2

Brooklyn NY 11228

P: 718-313-4357

E: appointments@bcsnygroup.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Counseling
- Family Therapy
- Group Therapy

Insurances Accepted:

- All Commercial Insurances
- All Medicaid Managed Care Plans
- Medicare

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility directly to schedule.

BIPOC Restorative Therapy

<https://www.bipocrestorativetherapylcsw.com/>

P: 347-281-7841

E: connect@bipocrestorativetherapylcsw.com

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Full rate \$225/session, sliding scale ranges \$40-135.

Policies for New Patients: New clients can schedule a free 15-minute consultation at www.calendly.com/bipoc/15min

Notes: "Mental health therapy for people who are LGB+, TGNB+, and/or BIPOC from a decolonized, anti-oppressive, anti-capitalism lens. Poly and kink friendly."

Brown Group Wellness

<http://www.browngroupwellness.com/>

E: dwayne@dwaynerbrown.com

Location: Virtual Only

Services Available:

- Individual Psychotherapy
- Couples Therapy
- Marriage Counseling
- Groupwork
- Workshops
- Retreats

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale availability.

Policies for New Patients: Contact office directly.

Notes: "Psychotherapist advocating and validating the Marginalized and their Allies."

Centering Wholeness Counseling

<https://centeringwholeness.com/>

P: 740-803-3821

E: counseling@centeringwholeness.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Yes, sliding scale for \$100/session. Sessions are usually \$150-\$250/session.

Policies for New Patients: Contact directly to schedule consultation.

Notes: "We help BIPOC individuals overcome the shame and stigma associated with queerness and/or mass incarceration so they can flourish in their life."

Clinicians of the Diaspora

<https://www.cliniciansofthediaspora.com/>

E: cliniciansofthediaspora@gmail.com

Location: Virtual Only

Services Available:

- Psychotherapy
- Substance Use
- Addictive Disorders
- Group Therapy
- Support Groups
- Collective Processing Groups

Insurances Accepted:

- Cigna
- Optum
- United Healthcare

Self-Pay/Sliding Scale: Contact office for self-pay rates.

Policies for New Patients: Contact office via contact form on website.

Notes: "Mission – To inspire healthier communities of color by providing therapeutic and comprehensive development services to individuals, families and the institutions that serve them."

Fresh Path NY Mental Health Counseling

<https://freshpathny.com/>

P: 914-510-2597

E: info@freshpathny.com

Location: Virtual Only

Services Available:

- Psychotherapy
- EMDR

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact facility for sliding scale fees. Self-pay rates individual \$150/session, EMDR \$200/session, relationship counseling \$250/session.

Policies for New Patients: Contact facility to schedule brief consultation.

Notes: "Specialized in LGBTQ+, POC, and Open/Poly communities."

Kate Filmore, LCSW

<https://www.katefilmorlcsw.com/>

<https://headway.co/providers/kate-filmore>

P: 773-732-6938

E: katefilmorlcsw@gmail.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Family Therapy
- Couples Therapy
- DBT Skills Groups

Insurances Accepted: (Through Headway)

- Oscar
- Oxford
- Aetna
- United Healthcare
- Cigna

Self-Pay/Sliding Scale: Estimate self-pay fees online at <https://headway.co/providers/kate-filmore>

Policies for New Patients: Contact provider or schedule online.

Notes: Former Callen-Lorde provider.

Kind Mind Psychology (Dr. Monica Johnson)

<https://www.kindmindpsych.com/>

P: 646-918-1181

E: hello@kindmindpsych.com

Location: Virtual Only

Services Available:

- CBT
- Race/Culture Therapy
- Trauma Treatment
- DBT
- LGBTQ+ Therapy
- Group Therapy
- Alternative Lifestyle

Insurances Accepted:

- Cigna
- Out-of-Network

Self-Pay/Sliding Scale: \$80 and up. Sliding scale depends on the provider and are reflective based on their degree and years of clinical experience.

Policies for New Patients: Contact office directly to schedule.

Notes: "All of our therapists provide culturally affirming therapy. Regardless of their personal background, every therapist at the practice engages in ongoing training and supervision to provide the highest quality of care. At Kind Mind Psych, we provide care with an affirming, intersectional, inclusive, and anti-oppressive lens."

Leanne Bazzetta, LCSW

<https://www.leannebazzetta.com/>

P: 917-383-1586

E: leannebazzettalcsw@gmail.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples/Relationship Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability. Full rate individual session \$200, relationship/couples session varies based on length of session.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Monument

<https://joinmonument.com/>

Location: Virtual Only

Services Available:

- Online Alcohol Treatment
- Medication Assisted Treatment (MAT) [Naltrexone, Disulfiram]
- Therapist-moderated Alcohol Support Groups

Insurances Accepted:

- Aetna
- United Healthcare
- Medicare
- Oscar
- (Optum)
- Cigna
- Oxford

Self-Pay/Sliding Scale: Membership/care plans vary, range from \$9.99/month (physician & medication only) to \$249/month (medication & therapy 4 times/month). Support groups are FREE; patients can register at no cost on website.

Policies for New Patients: Register online at <https://app.joinmonument.com/patient/signup>

SohoMD

<https://www.sohomd.com/>

P: 888-220-6392

E: office@sohomd.com

Location: Virtual Only

Services Available:

- Telepsychiatry
- Teletherapy
- Telerecovery

Insurances Accepted:

- Aetna
- United Healthcare
- Humana
- Cigna
- Oxford

Self-Pay/Sliding Scale: No sliding scale available.

Policies for New Patients: Call facility or schedule online.

Talkiatry

<https://talkiatry.com/>

109 W 27th St, Suite 5S

New York, NY 10001

P: 917-634-5311

Location: Virtual Only

Services Available:

- Psychiatric Evaluation
- Therapy (for patients currently being treated by a Talkiatry psychiatrist, subject to availability)
- Medication Management

Insurances Accepted:

- Aetna
- United Healthcare
- Empire BCBS
- Cigna
- (Commercial & Medicare)
- Medicare

- ComPsych
- Humana (Commercial & Medicare)
- Optum
- Oscar

Self-Pay/Sliding Scale: Contact Talkiatry for self-pay options.

Policies for New Patients: New patients can register online at <https://app.talkiatry.com/assessment>

ValeraHealth

<https://www.valerahealth.com/>

P: 646-450-7748

E: wellness@valerahealth.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Psychiatry

Insurances Accepted:

- Aetna
- Banner Aetna
- BCBS
- Capital District Physicians Health Plan
- Cigna
- Emblem
- Healthfirst
- Humana
- GHI
- MVP
- NYS Empire Plan
- Oscar
- United Healthcare – Optum
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale available, fees start at \$59.

Policies for New Patients: Schedule consult on website.

Manhattan

Ackerman Institute for the Family

<https://www.ackerman.org/>

936 Broadway, 2nd Floor

New York, NY 10010

P: 212-879-4900, Ext. 122 (Intake Department)

E: info@ackerman.org

Location:

Services Available:

- Couples Therapy
- Support Groups
- Family Therapy

Insurances Accepted:

- Beacon Health
- BCBS (Except plans whose Member IDs start with JLL, JLH, or BCBS Medicaid)
- Emblem Health
- GHI
- Healthfirst
- MetroPlus
- MHAP
- NY State Health Insurance Plan (NYSHIP)
- Optum
- Oxford
- United Healthcare Behavioral Health
- United Healthcare Community Plan
- UMR
- United Healthcare Value Options

Self-Pay/Sliding Scale: See website for sliding scale fees.

Policies for New Patients: Contact facility directly to schedule.

Notes: “The Gender & Family Project (GFP) empowers youth, families and communities by providing gender affirmative services, training, and research. GFP promotes gender inclusivity as a form of social justice in all the systems involved in the life of the family.”

Angeliki Pesiridou, MD

<https://www.doctorangeliki.com/>

125 E 23rd St

New York, NY 10010

P: 929-307-1327

E: doctorangeliki@doctorangeliki.com

Location: Virtual & In-Person

Services Available:

- Sex Therapy
- Gender-Affirming Psychotherapy & Help with Transitioning
- Individual Psychotherapy
- Psychiatric Evaluations
- Medication Management

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Initial Consultation/Psychiatric Evaluation/Initiating Treatment 60 min \$500; In-depth Therapy and Medication Management 45 min \$300; Brief Supportive Therapy and Medication Management 30 min \$250; Sex Therapy 50 min \$150

Policies for New Patients: Contact provider directly to schedule.

Languages: Greek, Italian, Spanish

Notes: Former Callen-Lorde provider.

Anthony J Patterson, LMHC

<https://anthonyjpatterson.com/>

19 W 34th St, Suite PH

New York, NY 10001

P: 917-806-9213

E: anthony@anthonyjpatterson.com

Location:

Services Available:

- Individual Therapy
- Couples Therapy
- Group Therapy

Insurances Accepted:

- Metroplus
- Affinity
- Neighborhood
- Amidacare
- Healthfirst
- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale fee.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Behavioral and Neuropsychological Consultants

<http://www.bncnyc.com/>

1430 Broadway, Suite 304

New York, NY 10018

P: 212-840-8410

Location: Virtual & In-Person

Service Available:

- Psychotherapy
- Cognitive Remediation (CRT)
- Neuropsychological Evaluation

Insurances Accepted:

- Medicare
- GHI
- Out-of-Network

Self-Pay/Sliding Scale: No sliding scale. Psychotherapy \$250-300, CRT \$400, Neuropsychological Evaluation \$4500-5000

Policies for New Patients: Contact office to schedule.

Blue Harbor Psychotherapy

<https://www.blueharborpsychotherapy.com/>

112 W 34th St, 17th Fl

New York, NY 10120

P: 929-484-2106

Location: Virtual Only

Service Available: Individual Psychotherapy

Insurances Accepted:

- Cigna
- Aetna
- United Healthcare
- Oxford
- Oscar
- BCBS

Self-Pay/Sliding Scale: Fees range \$80-150

Policies for New Patients: Call or email facility directly.

Brooklyn Minds Psychiatry

<https://brooklynminds.com/>

- 109 N 12th Street, Fl 7
Brooklyn, NY 11249

- 10 W 37th Street, 5th Floor
New York, NY 10018

P: 929-296-1624 (General Inquiries), 929-334-3814 (dTMS Inquiries)

E: info@brooklynminds.com

Location: Virtual Only (Except dTMS & Spravato)

Services Available:

- Medication Management
- Individual therapy
- Group Therapy
- Family/Couples/Business Partner Therapy
- Winnicott In-Home/In-Community Companions
- Sex Positive Treatments (LGBTQIA+, Sex Work, Kink, Non-Monogomy)
- Case Management
- Career Coaching
- Spravato Esketamine Treatment
- Ketamine/Esketamine Integration Therapy
- Suboxone/Sublocade Treatment
- Deep Transcranial Magnetic Stimulation (dTMS)
- Insurance Based Transcranial Magnetic Stimulation for Depression or OCD
- TMS for Smoking Cessation
- Off-Label Transcranial magnetic Stimulation
- Accelerated Transcranial Magnetic Stimulation (Private Pay)

Insurances Accepted:

- Cigna
- Medicare
- Most United Healthcare (excluding United Healthcare Community Plan)
- Out-of-Network

Self-Pay/Sliding Scale: Unavailable

Policies for New Patients: Complete screener at <https://brooklynminds.com/preintake-questionnaire/> or contact facility directly.

The Center for Optimal Living

<https://www.centerforoptimalliving.com/>

370 Lexington Ave #500

New York, NY 10017

P: 212-213-8905

E: info@cfol.org

Location: Virtual & In-Person

Services Available:

- Comprehensive Evaluations
- Individual Psychotherapy
- Group Psychotherapy
- Couples/Family Therapy
- Field Coaching

Insurances Accepted:

- NYU Wellfleet
- Out-of-Network

Self-Pay/Sliding Scale: Occasionally on a case-by-case basis depending on several factors. We do have an intern currently who sees clients at a lower rate.

Policies for New Patients: Contact facility directly to schedule.

Chuck Munn, LCSW

<https://www.chuckmunn.com/>

303 5th Ave, Suite 1705

New York, NY 10016

P: 347-310-0483

E: chuck@chuckmunn.com

Location:

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay rates.

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde provider.

City Center Psychotherapy

<https://www.citycenterpsychotherapy.com/>

875 6th Ave, Suite 1603

New York, NY 10001

P: 914-432-2918

Location: Virtual Only

Services Available:

- Psychotherapy
- Exposure Therapy
- IOP
- CBT
- Motivational Interviewing
- ACT
- Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale availability. Full rates range \$100-350

Policies for New Patients: Contact office directly or schedule via Zocdoc.

Notes: Founder is a former Callen-Lorde provider.

City Therapy

<https://www.citytherapy.nyc/#home>

- 113 University Place
New York, NY 10003
- 300 Cadman Plaza West (One Pierrepont Plaza)
Brooklyn, NY 11201

P: 917-960-9500

E: info@citytherapy.nyc

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted:

- Aetna (all commercial plans)
- Healthfirst (all commercial, leaf, & essential plans; Medicaid; Medicare)
- plans, Medicaid, Medicare)
- Fidelis (all commercial, leaf, & essential plans; Medicaid; Medicare)
- Empire BCBS [Amerigroup & Healthplus] (all essential plans, Medicaid, Medicare)
- Agewell (all commercial & essential plans, Medicare)
- Elderplan (all commercial & essential plans, Medicare)

Self-Pay/Sliding Scale: Flat fee \$125

Policies for New Patients: Submit an appointment request on website.

Notes: Multiple providers who specialize in LGBTQ issues.

Clarity Therapy

<https://www.claritytherapynyc.com/>

276 Fifth Avenue, Suite 605

New York, NY 10001

P: (917) 847-7556

E: hello@claritytherapynyc.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples/Family Therapy
- Psychological Evaluations

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: All our therapists set their own fees for therapy services, including sliding scale slots available. On average, fees at our practice range from \$125-\$350/session.

Languages (other than English): Cantonese, Spanish, Greek, French, Portuguese, Polish

Policies for New Patients: Contact facility directly to schedule.

Notes: "Our therapists identify as BIPOC, immigrants, multilingual, and LGBTQIA+."

Collaborative People

<https://collaborative-people.com/>

- 18 E 41st Street, 14th Floor
New York, Ny 10017
- 515 Madison Avenue, 21st Floor
New York, Ny 10022
- 397 Bridge Street, 7th Floor
Brooklyn, NY 11201

P: 929-306-6928

E: info@collaborative-people.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Family Therapy
- Group Therapy
- Medication Management

Insurances Accepted:

- Fidelis
- Aetna
- Cigna

Self-Pay/Sliding Scale: Yes, \$125-\$225 Individual Therapy, Group Therapy, Family Therapy, Couples Counseling, Medication Management.

Policies for New Patients: Contact facility to schedule intake.

Notes: "At Collaborative, our providers have extensive knowledge and experience working with the LGBTQIA+ and sex community... As a Sex Positive group practice, we maintain an open stance towards consensual, healthy, pleasurable, and experimental sexual activities."

Columbia Psychiatry

<https://www.columbiadoctors.org/specialties/psychiatry-psychology>

- ColumbiaDoctors – 5 Columbus
5 Columbus Cir, 6th Floor
New York, NY 10019
P: 212-305-6004
- ColumbiaDoctors – 3 Columbus
3 Columbus Cir, 14th Floor
New York, NY 10019
P: 212-305-7800
- CUIMC Uptown – Neurological Institute of New York
710 W 168th St, 12th Floor
New York, NY 10032
P: 212-305-9758
- ColumbiaDoctors – Tarrytown
155 White Plains Rd, Suite 200

Tarrytown, NY 10591

P: 914-631-4618

- Columbia University Medical Center
622 W 168th St
Presbyterian Hospital, 15th Floor

New York, NY 10032

- Columbia Psychiatry Upper West Side
10 W 72nd St, Suite 15
New York, NY 10023

P: 212-305-6001 (Intake Line)

Location: Virtual & In-Person

Services Available:

- General Psychiatry & Psychology
- Individual Psychotherapy
- Medication Management
- Group Therapy
- CBT
- CUCARD (Anxiety Clinic)
- Employee Mental Health
- LGBT Mental Health
- Gender Identity Program
- Women’s Program
- DBT
- Couples/Family Therapy
- Mindfulness-Based Treatment
- Exploratory & Psychodynamic Therapy
- Comprehensive Evaluations

Insurances Accepted:

- Aetna
- Columbia University Employee Plan
- New York Presbyterian Hospital’s Employee Plan
- NYU Consolidated (Day Program & Lieber Recovery Clinic Only)

Self-Pay/Sliding Scale: Contact office for sliding scale fees.

Policies for New Patients: Call Intake Line or complete online form.

Comprehensive Therapeutic Services

<https://cts-nyc.org/>

- 124 East 40th Street, Suite 402
New York, NY 10016
- 2825 3rd Ave, Suite 301 (Inside Bronx Coworking Space)
Bronx, NY 10455
- 44 Court St
Brooklyn, NY 11201

P: 212-658-0977

E: info@cts-nyc.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychoeducational Groups
- Teletherapy
- Psychiatric Evaluations
- Medication Management

Insurances Accepted:

- Cigna
- BCBS
- Emblem
- GHI
- 1199
- Beacon
- Medicare
- Metroplus (QHP)

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility to schedule intake.

Create Outcomes Psychological Services

<https://createoutcomes.com/>

347 5th Avenue, Suite 1103

New York, NY 10016

P: 866-232-7328

E: info@createoutcomes.com

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Group Therapy
- EMDR
- Couples Therapy
- Retreats

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Full fee \$195 for individual psychotherapy, \$100 for group psychotherapy. Sliding scale is available for some services.

Policies for New Patients: Contact facility to schedule intake.

Notes: “We make sure that our services are individualized and specific to your needs and values. We are a welcoming space that is honored to serve the LGBTQ community.”

Downtown Psychiatric Group

<https://www.downtownpsychiatricgroup.com/>

- 225 Broadway, #2018
New York, NY 10007
P: 212-693-4010
- 7 Corbin Place, Unit C1
Brooklyn, NY 11235
P: 718-331-3800

E: office@downtownpsychiatricgroup.com

Location: Virtual & In-Person

Services Available:

- Psychiatry
- Therapy
- Neuropsychological ADHD Testing

Insurances Accepted:

- Aetna
- BCBS
- Cigna
- Tricare
- Magellan
- HIP
- Affinity (Therapy Only)
- Fidelis (Therapy Only)
- Healthfirst (Therapy Only)
- 1199
- Oscar
- Oxford
- Americhoice
- Multiplan
- MHM (Health Net/Tricare/Guardian)
- Magnacare (Therapy Only)
- United Healthcare (Oxford/Americhoice)

Self-Pay/Sliding Scale: Contact office for sliding scale fees. Initial evaluation for adults by MD/NP \$250; Initial evaluation for children by MD/NP \$300; Initial evaluation for adults & children Psychotherapy \$100; Follow up session for adults psychotherapy \$100; Follow up session for children psychotherapy \$150; Follow up for adults & children Medication management \$75; Comprehensive ADHD neuropsychological testing (if testing not covered by insurance) \$150

Policies for New Patients: Contact office to schedule.

Downtown Psychological Services

<http://www.downtownpsychological.com/>

352 7th Avenue Suite 801

New York, NY 10001

P: 646-397-3178

E: info@downtownpsychological.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted:

- Aetna (including Aetna Student health, PPO, HMO)
- Consolidated health Plan (student health insurance e.g. NYU, Sarah Lawrence)
- United Healthcare/Student Resource for The New School

Self-Pay/Sliding Scale: Fees range \$150-175

Policies for New Patients: Contact facility to schedule consultation.

ekTherapy

<https://www.ektherapy.com/>

231 W 96th St, #2B

New York, NY 10025

P: 917-573-3027

E: elizabeth@ektherapy.com

Location: Virtual & In-Person

Services Available: Psychotherapy

Insurances Accepted:

- Aetna
- Cigna
- Healthplus
- Out-of-Network

Self-Pay/Sliding Scale: Fees range \$100-150

Policies for New Patients: Contact facility to schedule.

Notes: "We take pride in offering a non-judgmental, affirmative space to talk about identities and sexuality. Elizabeth is also a member of the National Coalition for Sexual Freedom and a participant of Kink Aware Professionals ... We also recognize the immense impact that systemic racism and oppression have on our BIPOC clients' mental health and wellbeing. In this spirit, we strive to foster cultural humility through ongoing training and professional development."

Embodied Mind Mental Health Counseling

<https://www.embodiedmindnyc.com/>

244 5th Ave, Suite 2586

New York, NY 10001

P: 347-991-0292

E: admin@embodiedmindnyc.com

Location: Virtual Only

Services Available:

- Individual Counseling
- Couples Counseling
- Family Counseling
- Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fees range \$150-220. Reduced fee services through training program offered at \$30-60 per session.

Policies for New Patients: Contact office directly.

Eric Yarbrough, MD

<http://www.ericyarbroughmd.com/>

29 5th Ave, Suite 1A

New York, NY 10003

P: 646-419-8004

Location: Virtual & In-Person

Services Available:

- Medication Management
- Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Psychiatric Evaluation 50 min \$500; Psychotherapy & Medication Management 45 min \$400; Medication Management Only 25 min \$350; Forensic Evaluations Per Hour \$400; Hospital Consultations Per Hour \$400

Policies for New Patients: Contact provider directly or schedule online.

Notes: Former Callen-Lorde provider.

Expansive Therapy

<https://www.expansivetherapy.com/>

225 Broadway, Suite 840

New York, NY 10007

P: 212-655-9817

E: info@expansivetherapy.com

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Group Therapy
- Couples Therapy
- Family Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual \$160, Couples \$210, Therapy with Advanced Clinical Intern \$75

Policies for New Patients: Contact facility directly to schedule.

Notes: "We welcome all racial, ethnic, sexual, and gender identities. Our top priority is creating an affirming and empowering space for every individual. We recently became the first psychotherapy practice ever to be featured in Out Magazine's Out100. We are a 100% LGBTQowned business."

Gay Men's Health Crisis (GMHC)

<https://www.gmhc.org/>

307 W 38th St

New York, NY 10018

P: 212-367-1200

E: intake@gmhc.org

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Medication Management
- Group Therapy
- Substance Use Therapy
- Substance Use Group Therapy

Insurances Accepted:

- Metroplus
- Fidelis
- Empire BCBS
- Medicaid
- Medicare Part B
- Healthfirst

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility directly.

The Gender & Sexuality Therapy Center

<https://gstherapycenter.com/>

455 West 23rd Street, Suite 1E

New York, NY 10011

P: 718-415-1583

E: reception@gstherapycenter.com

Location: Virtual Only

Services Available:

- Individual Psychotherapy
- Relationship Psychotherapy
- Group Psychotherapy
- Family Psychotherapy
- Gender, Sexuality, Sex, and Relationships
- LGBTQ+
- Trans and Gender Expansiveness
- Kink
- Polyam
- BIPOC
- Sex Therapy
- Sexual Functioning
- Fetishes
- Depression/Anxiety
- Chronic Illness

Insurances Accepted:

- Healthfirst (Medicaid, Medicare, Commercial)
- Out-of-Network

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility or schedule online.

Notes: "The Gender & Sexuality Therapy Center is a...group of psychotherapists providing a range of services... focusing on gender, sexuality, sex and relationships for individuals, couples, multi-partner relationships, and families."

Graymatters

<https://graymattersmd.com/>

19 W 21st St, Suite 1003

New York, NY 10010

P: 917-740-5287

E: office@graymattersmd.com

Location: Virtual & In-Person

Services Available:

- Therapy
- Medication Management
- Psychiatric Evaluations/Assessments
- Work/School Accommodations
- Letters for Gender Affirming Procedures
- Support Groups

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fees vary by provider, range from \$50+

Policies for New Patients: Schedule a call with a Care Coordinator on website.

Greenwich Village Psychiatry (Dr. Paul Poulakos)

<https://www.drpaulpoulakos.com/>

26 W. 9th St., Suite 4E, Room 1

New York, New York 10011

P: 850-692-9355

E: info@drpaulpoulakos.com

Location: Virtual & In-Person

Services Available:

- Psychiatric Evaluation
- Psychotherapy
- Home & Work Office Visits
- Psychopharmacology/Medication Management
- Prevention & Wellness
- Reproductive Psychiatry
- Telepsychiatry
- Substance Use Treatment

Insurances Accepted:

- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Unavailable

Policies for New Patients: Contact provider directly to schedule or book online.

Griffin Hansbury, LCSW

<https://griffinhansbury.com/>

20 W 20th St, 2nd Floor

New York, NY 10011

P: 646-675-7723

E: ghansbury@earthlink.net

Location: Virtual

Services Available:

- Individual Therapy
- Couples Therapy
- EMDR

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Grounded NYC

<https://www.groundednyc.com/>

303 5th Ave

New York, NY 10016

P: 646-926-1497

E: munib@groundednyc.com

Location: Virtual

Services Available:

- Individual Therapy
- Couples Counseling

Insurances Accepted:

- Aetna
- Oscar
- Out-of-Network
- Oxford
- United Healthcare

Self-Pay/Sliding Scale: Contact provider for sliding scale availability. Full fee individual therapy \$195, couples therapy \$225.

Policies for New Patients: Request appointment online.

Notes: Munib is a former Callen-Lorde provider.

Harris and Long Psychotherapy

<https://www.harrislong.com/>

202 W. 40th St. Suite 403

New York NY 10018

P: 917-382-0333

E: info@harrislong.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Family Therapy
- Couples Therapy
- Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale fees.

Policies for New Patients: Contact office to schedule.

Heartspace Therapy

<https://www.heartspace-therapy.com/>

138 W 25th Street, 8th Floor, Suite 802, Office B6

New York, NY 10001

P: 917-410-1105

E: cathy@heartspace-therapy.com, nadav@heartspace-therapy.com, daniel@heartspace-therapy.com

Location: Virtual Only

Services Available:

- Individual Psychotherapy
- Couples/Relationship Counseling (poly, ENM, etc.)
- Family Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale information. (Full rates: Daniel- \$225 for individual therapy and \$275 for relationship therapy; Nadav- \$350 for individual therapy and \$400 for relationship/family therapy; Cathy- \$155 for individual therapy and \$205 for relationship/family therapy)

Policies for New Patients: Contact office directly via website or email.

Notes: LGBTQ, BIPOC, sexuality, gender, fat-affirming therapy.

Henry Street Settlement

<https://www.henrystreet.org/>

40 Montgomery St

New York, NY 10002
 P: 212-233-5032
 E: gireland@henrystreet.org

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Therapy
- Family Therapy
- Medication Management
- Psychiatric Evaluations
- Psychosocial Assessments
- MAP
- Substance Use Intervention (beginning March 2022)
- PROS

Insurances Accepted:

- 1199
- AARP
- Aetna
- Affinity
- Americhoice (United Healthcare)
- Amerigroup (BCBS)
- Amidacare (Beacon)
- ElderPlan
- BCBS Empire Plan [NYS Employees] (Value Options)
- Fidelis
- GHI (Emblem)
- Healthfirst
- HealthPlus (BCBS)
- HIP (Emblem)
- Magellan (HMO & PPO)
- Straight Medicaid
- Straight Medicare
- MetroPlus
- MVP HealthPlan
- Oxford
- United Healthcare
- VNS Choice
- Wellcare

Self-Pay/Sliding Scale: Fees start at \$50+

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

Policies for New Patients: Contact facility to schedule.

Hudson Guild

<https://hudsonguild.org/>

441 W 26th St
 New York, NY 10001
 P: 212-760-9800

E: newsletter@hudsonguild.org

Location:

Services Available:

- Therapy
- Psychiatric Evaluations (for patients receiving therapy)

Insurances Accepted:

- Emblem
- Medicaid
- Managed Medicaid
- Medicare
- Managed Medicare

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility directly to schedule.

Institute for Community Living (ICL)

<https://iclinc.org/>

- Headquarters
 125 Broad St
 New York, NY 10004
 P: 844-425-4673
- Rockaway Parkway Center
 1310 Rockaway Parkway
 Brooklyn, NY 11236
 P: (718) 272-3300
- Highland Park Center at East NY Health Hub
 2581 Atlantic Avenue
 Brooklyn, NY 11233
 P: (718) 495-6700
- Guidance Center of Brooklyn Heights
 25 Chapel Street
 Brooklyn, NY 11201
 P: (718) 875-7510

E: iclhope@iclinc.org

Location:

Services Available:

- Housing
- Psychotherapy
- Psychiatry
- Outreach
- Care Coordination
- Psychosocial Rehabilitation

Insurances Accepted:

- Medicaid (including managed care plans)
- Medicare (including managed care plans)

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility directly.

Institute for Contemporary Psychotherapy (ICP)

<https://icpnyc.org/>

33 West 60th Street, 4th Floor

New York, NY 10023

P: 212-333-3444

E: reception@icpnyc.org

Location: Virtual Only

Services Available:

- Individual Psychotherapy
- Intensive Psychoanalytic Treatment
- Eating Disorder Treatment
- Couples Therapy
- Family Therapy
- Psychodynamic Psychotherapy
- Support Letters for Gender Affirming Procedures
- Sex Therapy

Insurances Accepted:

- HealthFirst (including Medicaid)
- GHI/Emblem
- Emblem Medicaid
- Oscar

Self-Pay/Sliding Scale: Fee based on income (\$60 flat fee for initial assessment; sliding scale only available to uninsured patients)

Policies for New Patients: Contact facility to schedule.

Notes: ICP has the Psychotherapy Center for Gender and Sexuality (PCGS), dedicated to patients in the LGBTQ community.

Institute for Human Identity

<https://www.ihitherapy.org/>

322 8th Ave, Suite 802

New York, NY 10001

P: 212-243-2830

E: info@ihitherapy.org

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Therapy
- Group Therapy

Insurances Accepted:

- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Contact facility for sliding scale fees. Full Rate is \$80 to see an intern or \$110-\$130 to see a staff therapist. Couples therapy is \$130 to see an intern or \$185 to see a staff therapist. Group Rates Vary (Gay Men's Group \$45, TGNC Group \$15, QTPOC Free)

Policies for New Patients: Contact facility to schedule.

Notes: "We are the nation's first and longest-running provider of LGBTQ+-affirmative psychotherapy."

Jan C Niemira, LCSW

<http://www.janniemira.com/>

138 W 25th St

New York, NY 10001

P: 646-373-4845

E: jan@janniemira.com

Location: Virtual Only

Services Available:

- Psychotherapy
- Psychoanalysis
- EMDR

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability. \$100 sessions dependent on scheduling/availability.

Policies for New Patients: Contact provider directly.

Kyle McGarty, LMHC

<http://www.kylemcgarty.com/>

1239 Broadway, Suite 604

New York, NY 10001

P: 929-264-7313

E: kylemcgarty@gmail.com

Location: Virtual & In-Person

Services Available: Individual Therapy

Insurances Accepted:

- Aetna
- Cigna
- Out-of-Network

Self-Pay/Sliding Scale: Self-pay fee \$190

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Laura A Jacobs, LCSW-R

<https://www.lauraajacobs.com/>

110 Lafayette St

New York, NY 10013

P: 845-304-7915

E: laura@lauraajacobs.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Family Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability.

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde board member.

Let's Talk Psychological Wellness

<https://talkingforwellness.com/>

153 W 27th Street, Suite 201

New York, NY 10001

P: 917-283-0738

E: office@talkingforwellness.com

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- CBT
- Psychodynamic Psychotherapy
- Couples Psychotherapy
- DBT

Insurances Accepted:

- Aetna
- Aetna Student Health (Columbia, Pace, Fordham, FIT)
- United Healthcare Student Resources (New School only)
- Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale fees.

Policies for New Patients: Contact office directly to schedule.

The LGBTQIA+ Trauma Treatment Program – Center for Trauma and Addiction Weill-Cornell Medicine

<https://www.lgbtqiatrauma.org/>

641 Lexington Ave, 25th Floor
New York, NY 10022

P: 212-746-5890

E: jat2036@med.cornell.edu

Location: Virtual & In-Person

Services Available:

- EMDR
- EEG Neurofeedback
- Psychotherapy
- Substance Use and Alcohol Disorder Treatment
- Psychiatry

Insurances Accepted:

- Aetna
- Trustmark
- Empire BCBS
- Out-of-Network

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility to schedule.

Notes: Outpatient psychotherapy treatment program that focuses on the healing of trauma in the LGBTQIA+ population by using EMDR therapy; transphobia, sex addiction, substance misuse, violence, childhood trauma, internalized shame, bias and discrimination, HIV/AIDS anxiety, long-term survivor guilt and grief.

Manhattan Alternative Wellness Collective (Dulcinea Alex Pitagora, PhD, LCSW, CST)

<https://www.dulcineapitagora.com/>

110 Lafayette Street, Suite 501
New York, NY 10013

P: 917-675-3446

E: therapy@dulcineapitagora.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples/Multiple Partner Therapy
- DBT Skill Training Group Program

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact office for sliding scale appointment availability.

Policies for New Patients: Contact office to schedule.

Notes: “I offer affirming psychotherapy and sex therapy for individuals, couples, multiple-partner relationships, and poly and leather families. I am an expert in alternative sexualities, and I specialize in working with adults in the kink, poly, trans, GNC/NB, LGBQ, and sex work communities.”

Matthew Pieknik, LMSW, MA

<https://matthewpieknik.com/>

5 W 19th St
New York, NY 10011

P: 917-891-0144

E: matthewpieknik@gmail.com

Location: Virtual & In-Person

Services Available:

- Psychotherapy
- Psychoanalysis

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for sliding scale availability.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

MCM Collaborative Psychotherapy

<https://mcmcollab.com/>

116 W 23rd St., Floor 5

New York, NY 10011

P: 332-333-5090

E: info@mcmcollab.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples/Relationship Therapy
- Group Therapy

Insurances Accepted:

- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fee ranges \$85-120. We work to support specifically Black, Indigenous and Latinx Trans individuals' financial access to care, and assess those needs on a case-by-case basis.

Policies for New Patients: Folks should email info@mcmcollab.com, and someone will schedule a free phone consult for services.

Notes: BIPOC, Trans, LGBTQ affirming; Our practice specialty is Trans and Queer Affirming Care.

Melanie Martinez, LMHC

19 W 34th St, Suite PH

New York, NY 10001

P: 646-828-9159

E: melaniemartinez101@yahoo.com

Location:

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Metropolitan Center for Mental Health

<https://www.metropolitancenter.com/>

- 1090 St. Nicholas Ave (Behavioral Health & Substance Use)
New York, NY 10032
P: 212-543-0777
- 160 W 86th St (Behavioral Health)
New York, NY 10024
P: 212-362-8755
- 336 Central Park West (Behavioral Health)
New York, NY 10025
P: 212-864-3666

P: 212-543-0004 (BH Intake), 212-543-4445 (FAIR Program Intake [Substance Use Treatment])

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Parent Counseling
- Family Counseling
- Play Therapy
- Couples Communication
- Group Psychotherapy

- Psychological Testing
- Medication Management (only available to ongoing therapy patients)

Insurances Accepted:

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> ▪ Healthfirst (Medicaid, CHP, Medicare, QHP) ▪ Metroplus (Medicaid, CHP, Medicare, QHP) ▪ Fidelis (Medicaid, CHP, Medicare, QHP) ▪ Affinity (Medicaid, CHP, QHP) | <ul style="list-style-type: none"> ▪ Emblem/HIP (Medicaid, CHP, Medicare, Commercial) ▪ Wellcare (Medicaid, CHP) ▪ Empire BCBS Healthplus (Medicaid, CHP) ▪ Amidacare Medicaid | <ul style="list-style-type: none"> ▪ Empire BCBS (Commercial, QHP) ▪ 1199 ▪ Medicaid ▪ Managed Medicaid ▪ Medicare ▪ Managed Medicare ▪ Commercial Plans |
|---|--|---|

Self-Pay/Sliding Scale: The Clinic offers an out-of-pocket fee, based on a sliding scale, for uninsured persons. There is a flat fee of \$35 for the initial Intake evaluation and a \$45 flat fee for a psychiatric evaluation (if one is needed). Individual fees thereafter are set on a sliding scale, based on proof of income (i.e. W2, Pay stub, affidavit of financial situation). Family size/dependents are considered in the sliding scale fee and fees are set in accord with federal poverty guidelines. Those individuals who fall below poverty level may be eligible for discounted fees.

Policies for New Patients: Contact facility directly to schedule.

Michele Sarracco, LCSW-R

<https://headway.co/providers/michele-sarracco>

210 E 21st St, #2E

New York, NY 10010

P: 212-353-9264

Location: Virtual & In-Person

Services Available: Psychotherapy

Insurances Accepted:

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> ▪ United Healthcare ▪ Oxford | <ul style="list-style-type: none"> ▪ Aetna ▪ Cigna | <ul style="list-style-type: none"> ▪ Oscar ▪ Out-of-Network |
|---|--|---|

Self-Pay/Sliding Scale: Estimate self-pay fee online at <https://headway.co/providers/michele-sarracco>.

Policies for New Patients: Schedule online.

Notes: Former Callen-Lorde provider.

Mindful Care

<https://mindful.care/>

- | | |
|--|---|
| <ul style="list-style-type: none"> ▪ Flatiron District
287 Park Ave S 5th Floor
New York, NY 10010 ▪ Fort Greene
41 Flatbush Ave, 2nd Floor
Brooklyn, NY 11217 | <ul style="list-style-type: none"> ▪ Long Island City
31-00 47th Ave, Suite 3100
Long Island City, NY 11101 ▪ West Hempstead
510 Hempstead Tpke, Suite 203
West Hempstead, NY 11552 |
|--|---|

P: 516-559-4041

Location: Virtual & In-Person

Services Available:

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> ▪ Urgent Psychiatry ▪ Group Therapy ▪ Individual Therapy | <ul style="list-style-type: none"> ▪ Medication Management (NO CONTROLLED SUBSTANCES PRESCRIBED) | <ul style="list-style-type: none"> ▪ Recovery Counseling ▪ Psychiatric Evaluations |
|--|---|--|

Insurances Accepted:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> ▪ 1199 ▪ Aetna | <ul style="list-style-type: none"> ▪ Cigna ▪ Healthfirst | <ul style="list-style-type: none"> ▪ Humana ▪ Medicare |
|---|--|--|

- Metroplus
- Oxford
- United Healthcare

Self-Pay/Sliding Scale: No sliding scale available. Self-Pay fees Urgent Psychiatric Care \$175 initial, \$75 Follow ups; MicroTherapy \$50/session; MindFit Therapy \$35/session; Recovery Counseling \$49/monthly

Policies for New Patients: Contact facility directly or schedule online.

Mount Sinai Center for Transgender Medicine and Surgery (CTMS)

<https://www.mountsinai.org/locations/center-transgender-medicine-surgery>

275 7th Ave, 12th floor

New York, NY 10001

P: 212-604-1730

E: CTMSinfo@mountsinai.org

Location:

Services Available:

- Gender Affirming Surgery Evaluations (for Mt Sinai surgical patients only)
- Psychiatric Medication Management
- Medium- to Short-Term Psychotherapy
- Trauma-Focused Therapy
- Group Therapy

Insurances Accepted:

- Medicare
- Medicaid
- ACA Plans
- Private Insurance
- Empire BCBS, Healthfirst
- Aetna
- Amidacare
- Fidelis (not accepted by surgery department)
- Out-of-Network

Self-Pay/Sliding Scale: No sliding scale available. Self-Pay ~\$178 per visit (intake or follow-up). Labs also not on sliding scale, can be very expensive. Mount Sinai has payment plans patients may inquire about.

Policies for New Patients:

Notes: Patients may be seen by trainees (fellows and residents) who are supervised by attending staff

myTherapyNYC Counseling & Wellness

<https://mytherapynyc.com/>

928 Broadway, Suite 806

New York, NY 10010

P: 646-449-0491

E: info@mytherapynyc.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- EMDR
- Trauma Therapy
- Gay Men’s Therapy Groups
- Free Medication & Mindfulness Group

Insurances Accepted:

- BCBS
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale based on income, fee ranges \$120-200.

Policies for New Patients: Call office directly or schedule consultation online.

Notes: Specializing in LGBTQ Affirmative Therapy, EMDR/Trauma treatment, and relationship issues .

Natasha Goykhberg, LMHC

<https://www.natashaglmhc.com/>

275 14th St, Suite 3

Brooklyn, NY 11215

P: 646-650-2465

E: natashaglmhc@gmail.com

Location:

Services Available: Individual Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Free initial consultation, 60 min first session \$200, 45 min session \$150.

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde staff member.

The New York Counseling and Clinical Social Work Service

<https://www.nyccsw.org/>

160 West End Avenue, Suite 1N

New York, NY 10023

P: 212-362-1086

E: nyccsw@nyccsw.org

Location:

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted:

- Medicare
- United Healthcare
- Oxford
- Aetna
- Empire BCBS
- Horizon BCBS of NJ
- Emblem
- Beacon Health
- Cigna
- First Health (NOT HealthFirst)

Self-Pay/Sliding Scale: Sliding scale fee ranges \$50-150.

Policies for New Patients: Contact facility directly to schedule.

NYC Affirmative Psychotherapy

<https://www.nycaffirmativepsychotherapy.com/>

19 W. 34th St.

New York, NY 10001

P: 347-625-5020

E: contact@nycaffirmative.com

Location: Virtual Only

Services Available:

- Individual Psychotherapy
- Couples Psychotherapy
- Group Psychotherapy

Insurances Accepted:

- Aetna
- Empire BCBS
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fees are \$58, \$78, \$109, or full fee \$156.

Policies for New Patients: Contact office directly or complete intake questionnaire online.

Notes: QPOC-owned community-focused sliding scale practice with 20+ therapists.

Paul Hays, LCSW-R

<http://www.paulhaystherapy.com/>

P: 917-554-5699

Location: Virtual

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Initial Consultation \$275, 45 min session \$225, 60 min session \$275, couples therapy 60 min session \$325

Policies for New Patients: Contact provider directly.

Notes: Current Callen-Lorde provider.

Psychoanalytic Psychotherapy Study Center (PPSC)

<https://www.ppsc.org/>

80 Fifth Ave.

New York, NY 10011

P: 212-633-9164

E: ppsc@ppsc.org

Location:

Services Available: Psychotherapy

Insurances Accepted:

- Aetna

- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fee ranges, \$50 and up.

Policies for New Patients: Call facility or schedule intake online.

Robert Kupferman, LCSW

<https://www.hypnotherapy.nyc/>

210 W 80th St

New York, NY 10024

P: 917-517-2447

E: info@rkhypnotherapy.com

Location: Virtual

Services Available: Hypnotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Robin Rosendale, MA, LMHC

<https://robinrosendale.com/>

26 W 9th St, Suite 3B

New York, NY 10011

P: 646-588-1387

E: rrosendale@gmail.com

Location:

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Ryan Brown, LCSW-R

<https://www.ryanbrown.org/>

455 W 23rd St, Suite 1BB

New York, NY 10011

P: 646-926-6900

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Family Therapy
- Group Therapy
- EMDR
- Addiction
- LGBTQ Issues

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fee ranges \$120-180

Policies for New Patients: Contact provider to schedule initial consultation.

The Soho Center for Mental Health Counseling

<https://www.thesohocenter.com/>

159 Bleecker Street, 2C

New York, NY 10012

P: 917-592-2345

E: info@TheSohoCenter.com

Location: Virtual & In-Person

Services Available:

- CBT
- Psychodynamic Therapy
- Assessments
- DBT
- EMDR
- Couples Therapy
- Internal Family Systems
- ABA

Insurances Accepted:

- Aetna
- United Healthcare
- BCBS
- Cigna
- GHI
- Emblem
- Magnacare
- Humana
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fee ranges from \$75-225.

Policies for New Patients: Contact facility to schedule.

Notes: The Soho Center for Mental Health Counseling was created as a safe space for clients to confidentially work through issues that negatively impact their lives. All diverse groups are welcome, including those with new HIV/AIDS diagnosis, the LGBT community, the arts community, and the underprivileged.

Union Square Psychotherapy

<https://usqtherapy.org/>

44 E 12th St.

New York, NY 10003

P: 347-948-8878

E: info@usqtherapy.org

Location:

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: "If we decide to work together, we will set a fee, together, in a conversation in which we discuss, among other things, your ability to pay and your commitment to therapy."

Policies for New Patients: Contact facility to schedule intake.

Vanessa Lopez, LCSW

<http://www.vanessalopeztherapy.com/>

49 W 24th St, Suite 512

New York, NY 10010

P: 917-553-2171

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: Former Callen-Lorde provider.

Victoria Formosa, LCSW

www.victoriaformosa.com

29 5th Ave, Suite 1A

New York, NY 10003

E: victoriaformosalcsw@gmail.com

Location: Virtual and in person

Services Available: Individual Psychotherapy and Couple Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual Psychotherapy 50 minute \$175, Couples 60 minute \$250

Policies for New Patients: Contact provider directly via email or website portal

Notes: Former Callen Lorde provider

Wardeh CHattab, LCSW

<https://hattabtherapy.com/>

116 W 23rd St

New York, NY 10011

P: 917-985-9727

E: Whattablcsw@whattablcsw.hush.com

Location:

Services Available:

- Individual Therapy
- Couples Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Notes: "My approach is affirmative of all gender identities including queer, transgender, and gender-expansive folks. As an LGBTQIA+ therapist, I aim to offer a space welcoming of all sexual orientations and those questioning their identity. I am also skilled in working with folks who have alternative sexualities and relationship orientations including kink, BDSM, fetishes, consensual non-monogamy, polyamory, and queerplatonic relationships."

Bronx

Bhava Therapy Group

<https://www.bhavatherapygroup.com/>

3580 Netherland Avenue, Ground Floor

(Entrance on 236th street)

Bronx NY 10463

P: 646-389-5801

E: info@bhavatherapygroup.com

Location:

Services Available:

- Individual Therapy
- Family Therapy
- Couples Therapy
- Group Therapy

Insurances Accepted:

- Healthfirst
- Cigna
- Aetna

Self-Pay/Sliding Scale: Self-pay fee Individual Session \$150, Couples/Family Session \$180; Group rates vary

Policies for New Patients: Contact office directly.

Comprehensive Therapeutic Services

<https://cts-nyc.org/>

- 124 East 40th Street, Suite 402
- New York, NY 10016
- 2825 3rd Ave, Suite 301

(Inside Bronx Coworking Space)

Bronx, NY 10455
 ▪ 44 Court St

Brooklyn, NY 11201

P: 212-658-0977

E: info@cts-nyc.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychoeducational Groups
- Teletherapy
- Psychiatric Evaluations
- Medication Management

Insurances Accepted:

- Cigna
- BCBS
- Emblem
- GHI
- 1199
- Beacon
- Medicare
- Metroplus (QHP)

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility to schedule intake.

Fordham Community Mental Health Clinic

https://www.fordham.edu/homepage/6841/fordham_community_mental_health_clinic/

557 East Fordham Road, 4th Floor

Bronx, NY 10458

P: 718-817-0590

E: fordhamclinic@fordham.edu

Location: Virtual Only

Services Available:

- Psychotherapy
- Forensic Evaluation
- General Cognitive & Learning Disability Assessment
- Cognitive/Intellectual Testing
- Pre-sentencing/Mitigation Evaluations
- Parole/Supervised Release Evaluations
- Vocational Disability Evaluations
- Immigration/Asylum Evaluations
- **DOES NOT OFFER** Neuropsychological or ADHD Diagnostic Testing

Insurances Accepted: None. Clinic is not able to accept insurance as all services are provided by clinical psychology doctoral students under the supervision of licensed clinical psychologists.

Self-Pay/Sliding Scale: Fees range \$5-60 per session (hourly fee for assessments) based on client's income & number of dependents. See website for detailed sliding scale information.

Policies for New Patients: Contact facility to complete brief phone screening.

Montefiore Medical Center

<https://www.montefiore.org/>

- Montefiore Behavioral Health Center
2527 Glebe Ave
Bronx, NY 10461
P: 718-904-4476
E: MBHC-intake@montefiore.org
- Moses Adult Outpatient Psychiatry Program
111 E 210th St, Klau 1
Bronx, NY 10467
P: 718-920-4295
- Wakefield Adult Outpatient Psychiatry Program
4401 Bronx Blvd
Bronx, NY 10471
P: 718-304-7050
E: Wakefield-AOPD@montefiore.org

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Group Psychotherapy
- Medication Management

Insurances Accepted:

- 1199
- Aetna
- Affinity
- AgeWell
- Amidacare
- Archcare
- CEnterlight healthcare
- Centers Plan for Healthy Living
- Centivo
- Cigna
- CMO
- Elderplan
- Emblem Health (including GHI and HIP)
- Empire BCBS (including HealthPlus)
- Empire Plan (NYSHIP)
- Fidelis Care (**NOT** Fidelis Exchange)
- GHI
- GuildNet
- Hamaspik Choice
- Healthfirst
- HIP
- Humana Medicare
- Independent Care System
- MagnaCare
- Metroplus (Referral Required)
- Montefiore Diamond Care
- MultiPlan
- MVP
- Northwell Direct
- NYC Medicare Advantage Plus
- Oscar
- Oxford
- Partners Health Plan
- RiverSpring
- Senior Whole Health
- Somos (Specialty Services only for Emblemhealth Medicaid Plans (Essentials 1-4; Medicaid; CHP; FHP) and Empire HealthPlus Medicaid only)
- Tricare Prime and VA Choice
- Triwest
- United Healthcare (All Commercial plans and Dual Medicare/Medicaid only)
- Village Max
- VNS
- WellCare

Self-Pay/Sliding Scale: “If you do not have insurance, our Patient Services Department can help determine your eligibility for free or low-cost insurance, as well as government assistance.”

Languages: Spanish, Russian

Policies for New Patients: Contact facility directly.

Brooklyn

The Art of Healing NY

<https://artofhealingny.com/>

34 Plaza St E

P105 Vanderbilt Plaza

Brooklyn, NY 11238

P: 347-450-4228

E: info@artofhealingny.hush.com

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Couples Psychotherapy
- Family Psychotherapy
- EMDR
- Brainspotting
- Somatic Therapy
- Sex therapy
- Reiki
- DBT
- Mindfulness-Based Therapy
- CBT
- Psychodynamic Therapy

Insurances Accepted:

- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Self pay accepted. Full fee individual \$200, Full fee relationship/couples therapy \$250. Sliding scale options \$100 - \$200.

Policies for New Patients: Contact office directly to schedule.

Notes: All therapists within the practice are QTBIPOC.

Attune & Embody Psychotherapy

<https://karalynvioleta.com/>

137 Garfield Pl

Brooklyn, NY 11215

P: 347-370-9175

E: info@KaralynVioleta.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Support Letters for Gender-Affirming Procedures

Insurances Accepted:

- Cigna
- Out-of-Network

Self-Pay/Sliding Scale: 45 min Individual \$125-250, 60 min Individual \$150-275, 60 min Couples \$175-300, 60 min Family \$175-300

Policies for New Patients: Patients can reach out directly via phone or email to schedule consultation.

Notes: "As a practice, we frequently work with adults and adolescents; transgender and non-binary people; performing and creative artists; people living with chronic illness & chronic pain; people with a history of trauma or loss in their families of origin; members of poly and kink communities; sex workers... Our practice specializes in work with LGBTQ couples."

Bass Wellness Center Psychiatry & Addiction

<https://basswellnesscenter.com/>

461 Dean St.

Brooklyn, NY 11217

P: 917-923-0569

E: contact@basswellnesscenter.com

Location: Virtual Only

Services Available:

- Psychiatry
- Psychiatric Evaluations
- Diagnoses
- Treatment Planning
- Medication Management
- Medication Management with Brief Psychotherapy
- Psychotherapy (REBT, CBT, Mindfulness-Focused)
- Medication Assisted Treatment (MAT)
- Psychological Testing

Insurances Accepted:

- Aetna
- Cigna
- Oxford
- Oscar
- United Healthcare

Self-Pay/Sliding Scale: Fee ranges \$100-475.

Policies for New Patients: Contact facility to schedule.

Brooklyn Integrative Psychological Services

<https://bkintegrative.com/>

117 Dobbin Street

Brooklyn, NY 11222

P: (646)881-0305

E: coordinator@bkintegrative.com

Location: Virtual & In-Person

Services Available:

- Psychotherapy
- Relationship/Couples Therapy
- Virtual Life Coaching

Insurances Accepted:

- Aetna (Commercial & ACA)
- Out-of-Network

Self-Pay/Sliding Scale: Accept self-pay for weekly psychotherapy sessions. Sliding scale as low as \$20. Average session price \$160. Select clinicians \$325 and above.

Policies for New Patients: Contact intake coordinator via email or phone.

Notes: “We strongly stand with the Black Lives Matter movement, and we are able to donate portions of our proceeds to supporting Black-led organizations and relief funds. We also fully support, affirm, and are sensitive to LGBTQIA and other identities constellations.”

Brooklyn Minds Psychiatry

<https://brooklynminds.com/>

- 109 N 12th Street, Fl 7
Brooklyn, NY 11249
- 10 W 37th Street, 5th Floor
New York, NY 10018

P:

- For General Inquiries: (929) 296-1624
- For dTMS Inquiries: (929) 334-3814

E: info@brooklynminds.com

Location: Virtual Only (Except dTMS & Spravato)

Services Available:

- Medication Management
- Individual therapy
- Group Therapy
- Family/Couples/Business Partner Therapy
- Winnicott In-Home/In-Community Companions
- Sex Positive Treatments (LGBTQIA+, Sex Work, Kink, Non-Monogomy)
- Case Management
- Career Coaching
- Spravato Esketamine Treatment
- Ketamine/Esketamine Integration Therapy
- Suboxone/Sublocade Treatment
- Deep Transcranial Magnetic Stimulation (dTMS)
- Insurance Based Transcranial Magnetic Stimulation for Depression or OCD
- TMS for Smoking Cessation
- Off-Label Transcranial magnetic Stimulation
- Accelerated Transcranial Magnetic Stimulation (Private Pay)

Insurances Accepted:

- Cigna
- Medicare
- Most United Healthcare (excluding United Healthcare Community Plan)
- Out-of-Network

Self-Pay/Sliding Scale: Unavailable

Policies for New Patients: Complete screener at <https://brooklynminds.com/preintake-questionnaire/> or contact facility directly.

City Therapy

<https://www.citytherapy.nyc/#home>

- 113 University Place
New York, NY 10003
- 300 Cadman Plaza West (One Pierrepont Plaza)
Brooklyn, NY 11201

P: 917-960-9500

E: info@citytherapy.nyc

Location: Virtual Only

Services Available: Psychotherapy

Insurances Accepted:

- Aetna (all commercial plans)
- Fidelis (all commercial, leaf, & essential plans; Medicaid; Medicare)
- Healthfirst (all commercial, leaf, &

- essential plans; Medicaid; Medicare)
- Empire BCBS [Amerigroup & Healthplus] (all essential

- plans, Medicaid, Medicare)
- Agewell (all commercial & essential plans, Medicare)

- Elderplan (all commercial & essential plans, Medicare)

Self-Pay/Sliding Scale: Flat fee \$125

Policies for New Patients: Submit an appointment request on website.

Community Counseling & Mediation

<https://ccmny.org/>

- 25 Elm Pl, 2nd Floor
Brooklyn, NY 11201
P: 718-802-0666
- 285 Livingston St
Brooklyn, NY 11217
P: 718-935-9201
- 810 Classon Ave
Brooklyn, NY 11238
P: 718-230-5100
- 535 Clinton Ave, 2nd Floor
Brooklyn, NY 11238
P: 718-704-1986
- 115 W 31st St, 5th Floor
New York, NY 10001
P: 212-564-6006

Location:

Services Available:

- Individual Counseling
- Group Counseling
- Family Counseling
- Psychological, Psychiatric, and Psychosocial Assessment and Diagnosis
- Medication Management
- Workshops on Domestic Violence, Anger Management, and Parenting Skills
- Women at Risk (WAR) – program for women living with or affect by HIV/AIDS
- Asian Clinic Treatment Services (ACTS) – program for Chinese, Korean, Japanese, Indian, and other Asian communities
- Alcohol and Substance Abuse Program (ASAP)
- Treatment Access and Prevention Services (TAPS)

Insurances Accepted:

- Medicaid
- Medicare
- Private Insurance
- ACA Plans

Self-Pay/Sliding Scale: Contact office for sliding scale options.

Policies for New Patients: Contact office directly.

Comprehensive Therapeutic Services

<https://cts-nyc.org/>

- 124 East 40th Street, Suite 402
New York, NY 10016
- 2825 3rd Ave, Suite 301
(Inside Bronx Coworking Space)
Bronx, NY 10455
- 44 Court St
Brooklyn, NY 11201

P: 212-658-0977

E: info@cts-nyc.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychoeducational Groups
- Teletherapy
- Psychiatric Evaluations
- Medication Management

Insurances Accepted:

- Cigna
- BCBS
- Emblem
- GHI
- 1199
- Beacon
- Medicare
- Metroplus (QHP)

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility to schedule intake.

Downtown Psychiatric Group

<https://www.downtownpsychiatricgroup.com/>

- 225 Broadway, #2018
New York, NY 10007
P: 212-693-4010
- 7 Corbin Place, Unit C1
Brooklyn, NY 11235
P: 718-331-3800

E: office@downtownpsychiatricgroup.com

Location: Virtual & In-Person

Services Available:

- Psychiatry
- Therapy
- Neuropsychological ADHD Testing

Insurances Accepted:

- Aetna
- BCBS
- Cigna
- Tricare
- Magellan
- HIP
- Affinity (Therapy Only)
- Fidelis (Therapy Only)
- Healthfirst (Therapy Only)
- 1199
- Oscar
- Oxford
- Americhoice
- Multiplan
- MHM (Health Net/Tricare/Guardian)
- Magnacare (Therapy Only)
- United Healthcare (Oxford/Americhoice)

Self-Pay/Sliding Scale: Contact office for sliding scale fees. Initial evaluation for adults by MD/NP \$250; Initial evaluation for children by MD/NP \$300; Initial evaluation for adults & children Psychotherapy \$100; Follow up session for adults psychotherapy \$100; Follow up session for children psychotherapy \$150; Follow up for adults & children Medication management \$75; Comprehensive ADHD neuropsychological testing (if testing not covered by insurance) \$150

Policies for New Patients: Contact office to schedule.

Full Spectrum Creative Arts Therapy

<https://www.fullspectrumcat.com/>

1000 Dean Street, Suite 226

Brooklyn, NY 11238

P: 917-476-0539

E: info@fullspectrumcat.com

Location: Virtual & In-Person

Services Available:

- Psychotherapy
- Art Therapy
- Drama Therapy
- Couples Therapy
- Family Therapy

Insurances Accepted:

- Cigna
- Out-of-Network

Self-Pay/Sliding Scale: Fees range \$125-250.

Policies for New Patients: Contact facility to schedule phone screening.

Notes: "Focus on transgender and non-binary populations. All of us specialize exclusively in working with transgender and non-binary communities. We are transgender run, and most clinicians are transgender-identified."

Greene Clinic

<https://www.greeneclinic.com/>

- 89 Fort Greene Place, 2nd Floor
Brooklyn, NY 11217
- 574 Atlantic Ave, 2nd Floor
Brooklyn, NY 11217

P: 646-470-1853

E: info@greeneclinic.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Relationship Therapy
- Group Therapy
- Neuropsychological Evaluations
- Support Letters for Gender Affirming Procedures

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fees for therapy range <\$50 (spots in this fee range are generally for working with student therapists), \$60-100, \$100-150, \$150-225. For neuropsychological evaluation full cost \$4000-\$5500, sliding scale \$500-\$4000 (sliding scale evals conducted by psychologist trainees under close supervision of license psychologist)

Languages (other than English): Spanish, Hebrew, Russian

Policies for New Patients: Complete intake forms online then contact facility to schedule phone consultation.

GroundworkTherapy Psychological Services

<https://www.groundworktherapybrooklyn.com/>

1000 Dean Street, Suite 226

Brooklyn, NY 11238

E: info@groundworktherapybrooklyn.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples Therapy
- Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: We offer a fee range based on the assigned therapist. Currently, our fees range from \$200-\$300 per 45-minute session.

Policies for New Patients: Contact facility via contact form on website.

Notes: "Our therapists have extensive education, training, and clinical experience in gender and sexual diversity... Our therapists practice gender-affirmative and sexuality-affirmative therapy."

HealthCare Choices NY Community Health Center

<https://www.healthcarechoicesny.org/>

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> ▪ Bensonhurst
6209 16th Ave
Brooklyn, NY 11204
(718) 234 0073 | <ul style="list-style-type: none"> ▪ East New York
179 Jamaica Ave
Brooklyn, NY 11207
(929) 267 5354 | <ul style="list-style-type: none"> ▪ LIC
21-10 Borden Ave
Long Island City, NY 11101
(718) 784 5696 |
|---|---|--|

E: info@healthcarechoicesny.org

Location: Virtual & In-Person

Services Available:

- Psychiatry/Medication Management (all)
- Smoking Cessation (Bensonhurst & East NY)
- Counseling (Bensonhurst & East NY)
- Buprenorphine Treatment (Bensonhurst & East NY)
- Naloxone Training & Distribution (Bensonhurst & East NY)
- Psychological Testing [including ADHD testing] (Bensonhurst)
- Substance Use Counseling (Bensonhurst)

Insurances Accepted:

- Medicaid
- Medicare
- Most Insurance Plans

Self-Pay/Sliding Scale: An affordable sliding fee scale is offered to everyone who qualifies based on the health center guidelines. To find out if we accept your insurance or if you qualify for the sliding fee scale, please call one of our offices. Sliding scale fee chart available on website.

Policies for New Patients: Contact facility to schedule.

Institute for Community Living (ICL)

<https://iclinc.org/>

- Headquarters
125 Broad St
New York, NY 10004
P: 844-425-4673
- Rockaway Parkway Center
1310 Rockaway Parkway
Brooklyn, NY 11236
P: (718) 272-3300
- Highland Park Center at East NY Health Hub
2581 Atlantic Avenue
Brooklyn, NY 11233
P: (718) 495-6700
- Guidance Center of Brooklyn Heights
25 Chapel Street
Brooklyn, NY 11201
P: (718) 875-7510

E: iclhope@iclinc.org

Location:

Services Available:

- Housing
- Psychotherapy
- Psychiatry
- Outreach
- Care Coordination
- Psychosocial Rehabilitation

Insurances Accepted:

- Medicaid (including managed care plans)
- Medicare (including managed care plans)

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.

Policies for New Patients: Contact facility directly.

Liberation-Based Therapy

<https://www.liberationbasedtherapy.com/>

590 Flatbush Ave, 14S

Brooklyn, NY, 11225

P: 917-722-2392

E: info@liberationbasedtherapy.com

Location: Virtual Only

Services Available:

- Individual Therapy
- Couples/Family Therapy
- Group Therapy
- EMDR
- BCBS (Empire EPO/National PPO network; commercial plans only)
- United Healthcare/Optum/Oscar (commercial plans only)
- Aetna (commercial plans only)

Self-Pay/Sliding Scale: Yes, we accept self-pay clients. The full fee for individual sessions is \$150 (except for the initial visit/intake, which is \$220). The lowest sliding scale fee for individual sessions is \$85. The full fee for couples/family sessions is \$200 (except for the initial visit/intake, which is \$220). The lowest sliding scale fee for couples/family sessions is \$150.

Policies for New Patients: Call office directly to schedule.

Notes: “We serve everyone with a focus on the BIPOC (aka People of the Global Majority), LGBTQIA2S+/GNB, the social-justice minded and those within creative communities; including those in poly, inter-cultural and other structured relationships or families.”

Mindful Care

<https://mindful.care/>

- Flatiron District
287 Park Ave S 5th Floor
New York, NY 10010
- Fort Greene
41 Flatbush Ave, 2nd Floor

Brooklyn, NY 11217

- Long Island City
31-00 47th Ave, Suite 3100
Long Island City, NY 11101

- West Hempstead
510 Hempstead Tpke, Suite 203
West Hempstead, NY 11552

P: 516-559-4041

Location: Virtual & In-Person

Services Available:

- Urgent Psychiatry
- Group Therapy
- Individual Therapy
- Medication Management (NO CONTROLLED SUBSTANCES PRESCRIBED)
- Recovery Counseling
- Psychiatric Evaluations

Insurances Accepted:

- 1199
- Aetna
- Cigna
- Healthfirst
- Humana
- Medicare
- Metroplus
- Oxford
- United Healthcare

Self-Pay/Sliding Scale: No sliding scale available. Self-Pay fees Urgent Psychiatric Care \$175 initial, \$75 Follow ups; MicroTherapy \$50/session; MindFit Therapy \$35/session; Recovery Counseling \$49/monthly

Policies for New Patients: Contact facility directly or schedule online.

Rottenberg Psychotherapy Mental Health Counseling

<https://rottenbergtherapy.com/>

34 Plaza Street E, P108

Brooklyn, NY 11238

P: 203-518-4177

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Group Psychotherapy
- Relationship Psychotherapy
- Family Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fee ranges \$100-275 for therapy, \$5-65 for groups.

Policies for New Patients: Contact office directly.

Notes: "All therapists in this practice are queer-affirming or queer therapists... Some of our therapists identify as POC therapists and some identify as White. Our White therapists are all on a journey to uncover their own internalized white supremacy, the patriarchy, misogyny, and misogynoir."

Sanctuary

<https://www.sanctuaryheals.com/>

57 West 57th St., Suite 1101

New York, NY, 10019

P: 800-381-7340

E: info@sanctuaryhealingnyc.com

Location: Virtual & In-Person

Services Available:

- Somatic Experiencing
- EMDR
- Intensive Outpatient Trauma Treatment
- Outpatient Individual Psychotherapy (Virtual)
- Intensive Outpatient Trauma Treatment (Virtual)
- Group Therapy (Virtual)

Insurances Accepted:

- United Healthcare
- Anthem BCBS
- Healthfirst

Self-Pay/Sliding Scale: We accept self-pay patients and have limited sliding scale spots available.

Policies for New Patients: Contact facility directly.

Sara Walker-Peck, LCSW-R

<https://sara-walker-peck-lcsw.business.site/>

26 Court St, Suite 1009

Brooklyn, NY 11242

P: 917-512-5550

E: sarawalkerpecklcsw@gmail.com

Location:

Services Available: Psychotherapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Contact provider for self-pay options.

Policies for New Patients: Contact provider directly.

Languages: Spanish

Notes: Former Callen-Lorde provider.

Sunset Terrace Family Health Center – NYU Langone

<https://nyulangone.org/locations/sunset-terrace-family-health-center-at-nyu-langone>

514 49th Street

Brooklyn, NY 11220

P: 718-431-2600

Location: Virtual & In-Person

Service Available:

- Psychiatry
- Individual Therapy
- Family Therapy
- Group Therapy

Insurances Accepted:

- Medicaid
- Medicare
- Most Major Insurances

Self-Pay/Sliding Scale: Fees range Individual therapy \$160-\$200/45 minute session, Couples therapy \$220-\$250/70 minute session.

Languages (other than English): Arabic, Greek, Chinese, Russian, Spanish

Policies for New Patients: Contact office to schedule.

Transcendent Self Psychotherapy

<https://drkateriberasi.com/>

109 North 12th Street

Brooklyn, NY 11249

P: 914-979-1731

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Couples Therapy
- Group Therapy

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Sliding scale available. Individual Sessions \$200-300, Couples Therapy \$350, Group Therapy \$75.

Policies for New Patients: Contact office directly to schedule.

Notes: Psychotherapy for Queer folks and people who work in creative industries.

Queens

Awaken Wellness

<https://awakenwellnessnyc.com/>

59-13 Grove St

Ridgewood, NY 11285

P: 646-456-0819

E: ctazzalmhc@gmail.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Family Therapy
- Couples/Marriage Therapy

Insurances Accepted:

- | | | |
|-----------------|-------------|---------------------|
| ▪ Aetna | ▪ Emblem | ▪ MultiPlan |
| ▪ Affinity | ▪ Fidelis | ▪ Tri Care |
| ▪ Beacon | ▪ GHI | ▪ United Healthcare |
| ▪ Value Options | ▪ HIP | ▪ Optum |
| ▪ Cigna | ▪ Magnacare | ▪ 1199 |
| ▪ Empire BCBS | ▪ Metroplus | |

Self-Pay/Sliding Scale: Contact office for sliding scale fees.

Languages: Spanish

Policies for New Patients: Contact office directly.

Comprehensive Consultation Psychological Services

<https://comprehendthemind.com/>

114-20 Queens Blvd, Suite CS2

Forest Hills, NY 11375

P: 718-441-0166 or 718-441-1812

E: info@comprehendthemind.com

Location:

Services Available:

- | | |
|------------------------------|---|
| ▪ Psychoeducational Testing | ▪ Psychological and Personality Testing |
| ▪ Neuropsychological Testing | ▪ Accommodations |

Insurances Accepted:

- | | | |
|---------------------|---------|-------------|
| ▪ GHI | ▪ Cigna | ▪ 1199 |
| ▪ Oxford | ▪ Aetna | ▪ Magnacare |
| ▪ United Healthcare | ▪ BCBS | |

Self-Pay/Sliding Scale: Self-pay range \$3500-5000

Policies for New Patients: Contact office or schedule online.

HealthCare Choices NY Community Health Center

<https://www.healthcarechoicesny.org/>

- | | | |
|--|--|---|
| ▪ Bensonhurst
6209 16th Ave
Brooklyn, NY 11204
(718) 234 0073 | ▪ East New York
179 Jamaica Ave
Brooklyn, NY 11207
(929) 267 5354 | ▪ LIC
21-10 Borden Ave
Long Island City, NY 11101
(718) 784 5696 |
|--|--|---|

E: info@healthcarechoicesny.org

Location: Virtual & In-Person

Services Available:

- | | |
|---|--|
| ▪ Psychiatry/Medication Management (all) | ▪ Naloxone Training & Distribution (Bensonhurst & East NY) |
| ▪ Smoking Cessation (Bensonhurst & East NY) | ▪ Psychological Testing [including ADHD testing] (Bensonhurst) |
| ▪ Counseling (Bensonhurst & East NY) | ▪ Substance Use Counseling (Bensonhurst) |
| ▪ Buprenorphine Treatment (Bensonhurst & East NY) | |

Insurances Accepted:

- Medicaid
- Medicare
- Most Insurance Plans

Self-Pay/Sliding Scale: An affordable sliding fee scale is offered to everyone who qualifies based on the health center guidelines. To find out if we accept your insurance or if you qualify for the sliding fee scale, please call one of our offices. Sliding scale fee chart available on website.

Policies for New Patients: Contact facility to schedule.

Mindful Care

<https://mindful.care/>

- | | |
|--|---|
| <ul style="list-style-type: none"> ▪ Flatiron District
287 Park Ave S 5th Floor
New York, NY 10010 ▪ Fort Greene
41 Flatbush Ave, 2nd Floor
Brooklyn, NY 11217 | <ul style="list-style-type: none"> ▪ Long Island City
31-00 47th Ave, Suite 3100
Long Island City, NY 11101 ▪ West Hempstead
510 Hempstead Tpke, Suite 203
West Hempstead, NY 11552 |
|--|---|

P: 516-559-4041

Location: Virtual & In-Person

Services Available:

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> ▪ Urgent Psychiatry ▪ Group Therapy ▪ Individual Therapy | <ul style="list-style-type: none"> ▪ Medication Management
(NO CONTROLLED
SUBSTANCES PRESCRIBED) | <ul style="list-style-type: none"> ▪ Recovery Counseling ▪ Psychiatric Evaluations |
|--|---|--|

Insurances Accepted:

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> ▪ 1199 ▪ Aetna ▪ Cigna | <ul style="list-style-type: none"> ▪ Healthfirst ▪ Humana ▪ Medicare | <ul style="list-style-type: none"> ▪ Metroplus ▪ Oxford ▪ United Healthcare |
|--|---|--|

Self-Pay/Sliding Scale: No sliding scale available. Self-Pay fees Urgent Psychiatric Care \$175 initial, \$75 Follow ups; MicroTherapy \$50/session; MindFit Therapy \$35/session; Recovery Counseling \$49/monthly

Policies for New Patients: Contact facility directly or schedule online.

Minds Together

<https://www.mindstogetherpc.net/>

- | | |
|---|--|
| <ul style="list-style-type: none"> ▪ 108-14 72nd Ave, 2nd Floor
Forest Hills, NY 11375
P: 347-392-4482
E: infofh@mindstogetherpc.net | <ul style="list-style-type: none"> ▪ 37-04 91st St, 2nd Floor, Suite #E
Jackson Heights, NY 11372
P: 347-730-4249
E: infojh@mindstogetherpc.net |
|---|--|

Location:

Services Available:

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> ▪ Individual Therapy | <ul style="list-style-type: none"> ▪ Couples Therapy | <ul style="list-style-type: none"> ▪ Support Groups |
|--|---|--|
- Insurances Accepted:*
- | | | |
|--|--|---|
| <ul style="list-style-type: none"> ▪ Emblem/GHI Medicaid, ▪ Healthfirst Medicaid, ▪ Metroplus Medicaid ▪ United Healthcare ▪ Oxford | <ul style="list-style-type: none"> ▪ Optum ▪ Oscar ▪ Aetna ▪ Cigna | <ul style="list-style-type: none"> ▪ Empire BCBS (Except plans that begin with JLJ) ▪ Amidacare ▪ Out-of-Network |
|--|--|---|

Self-Pay/Sliding Scale: Self pay fees intake 60 min \$225, individual session 55 min \$125, couples session \$200

Languages: Spanish

Policies for New Patients: Contact office directly.

Staten Island

The Center for Integrative Behavioral Medicine – Richmond University Medical Center

<https://www.rumcsi.org/locations/the-center-for-integrative-behavioral-medicine/>

1130 South Ave

Staten Island, NY 10314

P: 718-818-6132

Location:

Services Available:

- Evaluation and Referral to Appropriate Program at RUMC
- Psychiatric Disorder and Substance/Alcohol Use Programs
- Gamblers Treatment Program
- Developmental Disability Program
- Psychiatry
- Psychotherapy
- ECT
- TMS

Insurances Accepted:

- Medicare
- Medicaid
- ACA Plans
- All Major Insurance Plans

Self-Pay/Sliding Scale: Contact facility to discuss financial assistance options.

Policies for New Patients: Call facility directly.

Pride Center of Staten Island

<https://www.pridecentersi.org/>

66 Willow Avenue, Suite 202

Staten Island, NY, 10305

P: 718-808-1360

E: info@pridecentersi.org

Location:

Services Available:

- Individual Counseling
- Couples Counseling
- Family Counseling
- Group Counseling

Insurances Accepted: All services are free.

Self-Pay/Sliding Scale: All services are free.

Policies for New Patients: Contact facility directly.