Behavioral Health Referrals – New York City

**Virtual Appointments Only**

**Affirming Psychotherapy**  
https://www.affirmingpsych.com/  
P: 347-620-5433  
E: scott@affirmingpsych.com  
*Location*: Virtual Only  
*Services Available*:  
  - Individual Psychotherapy  
  - 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. Currently running a group for people living with HIV called "Living Successfully with HIV & AIDS," a free, weekly, virtual group on Tuesdays from 5-7pm (as of 5/23/23).

**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: info@allaytherapy.com
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: Patients can reach out directly via phone or email to schedule consultation.
Notes: Former Callen-Lorde provider.

Attune & Embody Psychotherapy
https://attune-embody.com
12 Main St, #1082
Brewster, NY 11215
P: 347-370-9175
E: info@attune-embody.com
Location: Virtual Only
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: Contact provider directly for sliding scale information.
Notes: “Specialize in providing LGBTQ+ affirming, trauma-informed and non-judgement care.”

BCS Group
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
- 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:
- Empire BCBS
- United Healthcare
- Cigna
- Aetna
- Oscar
- Oxford

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.”

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**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.”

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**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.”

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**Jan C Niemira, LCSW**

http://www.janniemira.com/

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.
Kate Filmore, LCSW
https://www.katefilmorelcsw.com/
https://headway.co/providers/kate-filmore
P: 773-732-6938
E: katefilmorecsw@gmail.com
Location: Virtual Only
Services Available:
• Individual Therapy
• Couples Therapy
• Family 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
• DBT
• Group Therapy
• Race/Culture Therapy
• LGBTQ+ Therapy
• Alternative Lifestyle
• Trauma Treatment
Insurances Accepted:
• Aetna
• Cigna
• United Healthcare Student Resources
• Northwell
• 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: leannebazettalcsw@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.

**Marcus Leaks, LCSW**
https://www.marcusleaks.com/
P: 929-277-8165
E: mleakstherapy@gmail.com
*Location:* Virtual Only
*Services Available:*
- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network
*Self-Pay/Sliding Scale:* See website for fees. Contact provider for sliding scale availability.
*Policies for New Patients:* Contact provider directly.
*Notes:* Former Callen-Lorde provider.

**SohoMD**
https://www.sohomd.com/
P: 888-220-6392
E: office@sohomd.com
*Location:* Virtual Only
*Services Available:*
- Telepsychiatry
- Teletherapy
- Telerecovery

*Insurances Accepted:*
- Aetna
- Cigna
- United Healthcare
- Oxford
- Humana

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

*Insurances Accepted:*
- Aetna
- Cigna
- United Healthcare (Commercial & Medicare)
- Empire BCBS
- 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](https://app.talkiatry.com/assessment)

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**ValeraHealth**

[https://www.valerahealth.com/](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

**Self-Pay/Sliding Scale:** Sliding scale available, fees start at $59.  
**Policies for New Patients:** Call office directly for real-time consult with a Health Connector.

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**Bronx**

**Bhava Therapy Group**

[https://www.bhavatherapygroup.com/](https://www.bhavatherapygroup.com/)

- 3580 Netherland Avenue, Ground Floor  
  (Entrance on 236th street), Bronx NY 10463  
- 280 Madison Avenue, Suite 210, New York, NY 10016  

**P:** 646-389-5801  
**E:** info@bhavatherapygroup.com  
**Location:** Virtual & In-Person  
**Services Available:**  
- Individual Therapy  
- Couples Therapy (Out-of-network only)  
- Family Therapy  
- Group Therapy

**Insurances Accepted:**  
- Healthfirst  
- Cigna  
- Aetna

**Self-Pay/Sliding Scale:** Self-pay fee Individual Session $160, Couples/Family Session $190; Group rates vary  
**Policies for New Patients:** Contact office directly.

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**Comprehensive Therapeutic Services**

[https://cts-nyc.org/](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:**
Updated: May 24, 2023

- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychoeducational Groups
- Teletherapy
- Psychiatric Evaluations
- Medication Management
- 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/](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 & In-Person

**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.

**Institute for Family Health at Westchester Square**

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

1420 Ferris Pl
Bronx, NY 10461
P: 718-239-1610

**Location:** In-Person & Virtual

**Services Available:**
- Counseling
- Psychiatry & Medication Management
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust Fund/National Health Administrators
- Magnacare

**Insurances Accepted:**
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- MetroPlus
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

**Self-Pay/Sliding Scale:** Yes, sliding scale available based on income & family size.

**Policies for New Patients:** Contact office directly.

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**Montefiore Medical Center**

[https://www.montefiore.org/](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
- 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

**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 (NYSHP)
- 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

**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.
Mt. Hope Family Practice
https://institute.org/
130 W Tremont Ave
Bronx, NY 10453
P: 718-583-9000
Location: In-Person & Virtual
Services Available:
- Counseling
- Psychiatry & Medication Management
Insurances Accepted:
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust
- Magnacare
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY
Self-Pay/Sliding Scale: Yes, sliding scale available based on income & family size.
Policies for New Patients: Contact office directly.

Stevenson Family Health Center
https://institute.org/
731 White Plains Rd
Bronx, NY 10473
P: 718-822-9140
Location: In-Person & Virtual
Services Available:
- Counseling
- Psychiatry & Medication Management
Insurances Accepted:
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust
- Magnacare
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY
**Self-Pay/Sliding Scale:** Yes, sliding scale available based on income & family size.

**Policies for New Patients:** Contact office directly.

**Urban Horizons Family Health Center**
https://institute.org/
50-98 E 168th St
Bronx, NY 10452
P: 718-293-3900

**Location:** In-Person & Virtual

**Services Available:**
- Counseling
- Psychiatry & Medication Management

**Insurances Accepted:**
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust Fund/National Health Administrators
- Magnacare
- MetroPlus
- Multiplan
- NYS Empire Plan

**Walton Family Health Center & Center for Counseling**
https://institute.org/
1894 Walton Ave
Bronx, NY 10453
P: 718-583-2508

**Location:** In-Person & Virtual

**Services Available:**
- Counseling
- Psychiatry & Medication Management

**Insurances Accepted:**
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust Fund/National Health Administrators
- Magnacare
- MetroPlus
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY
• Value Options
• VillageCareMax
• VNS Choice
• VNS Select Health Plan
• Wellcare of NY

_Self-Pay/Sliding Scale:_ Yes, sliding scale available based on income & family size.

_Policies for New Patients:_ Contact office directly.

**Brooklyn**

**The Art of Healing NY**

[https://artofhealingny.com/](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.

**Brooklyn Integrative Psychological Services**

[https://bkintegrative.com/](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.”
Cadman Family Health Center
https://institute.org/
300 Cadman Plaza West, 17th Floor (inside One Pierrepont Plaza)
Brooklyn, NY 11201
P: P: 844-434-2778, or 718-822-1818
Location: In-Person & Virtual
Services Available:
- Counseling
- Psychiatry & Medication Management
Insurances Accepted:
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust Fund/National Health Administrators
- Magnacare
- MetroPlus
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

Self-Pay/Sliding Scale: Yes, sliding scale available based on income & family size.
Policies for New Patients: Contact office directly.

Community Counseling & Mediation
https://ccmnyc.org/
- 25 Elm Pl, 2nd Floor, Brooklyn, NY 11201, P: 718-802-0666
- 285 Livingston St, Brooklyn, NY 11217, P: 718-935-9201
Location: Virtual & In-Person
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) –
- Medicare
- Medicaid
- Medicare
- Medicaid
- Medicaid
- Medicaid

program for Chinese, Korean, Japanese, Indian, and other Asian communities
- Alcohol and Substance Abuse Program (ASAP)
- Treatment Access and Prevention Services (TAPS)
- Private Insurance

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• ACA Plans

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

**Policies for New Patients**: Contact office directly.

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**Comprehensive Therapeutic Services**

[https://cts-nyc.org/](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
- Medicare
- Metroplus (QHP)

**Insurances Accepted:**
- Cigna
- BCBS
- Emblem
- GHI
- 1199
- Beacon

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

**Policies for New Patients**: Contact facility to schedule intake.

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**Downtown Psychiatric Group**

[https://www.downtownpsychiatricgroup.com/](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
- ADHD Testing
- Fidelis (Therapy Only)
- Healthfirst
- Oxford
- Multiplan
- Magnacare (Therapy Only)
- United Healthcare

**Insurances Accepted:**
- Aetna
- BCBS
- Cigna
- Magellan
- HIP
- 1199

**Self-Pay/Sliding Scale**: Initial evaluation for adults by MD/NP $250; Initial evaluation for Psychotherapy $125; Follow up session for adult psychotherapy $100; Follow up for adult Medication management $75; Comprehensive ADHD neuropsychological testing (if testing not covered by insurance) $150

**Policies for New Patients**: Contact office to schedule.

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**Full Spectrum Creative Arts Therapy**

[https://www.fullspectrumcat.com/](https://www.fullspectrumcat.com/)

P: 917-476-0539
E: info@fullspectrumcat.com
Location: Virtual & In-Person

Services Available:

- Psychotherapy
- Art Therapy
- Drama Therapy
- Couples Therapy
- Family Therapy
- Ketamine Assisted Psychotherapy (KAP)

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: "This trans-led practice focuses on working with trans and non-binary communities, providing individual, group, couples and family therapy, creative art therapy, and ketamine assisted psychotherapy (KAP)."

Good Therapy NYC
https://goodtherapynyc.com/
231 Norman Ave
Brooklyn, NY 11222
P: 646-789-5491
E: professorernie@gmail.com
Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Trauma Therapy
- Group Therapy
- Couples Therapy

Insurances Accepted (for Individual Therapy Only):

- Aeta
- Cigna
- Optum
- United Healthcare
- Oscar
- Oxford
- Meritan
- Healthfirst
- Beacon Health Options

Self-Pay/Sliding Scale: Fees per session generally range from $100-$225. Sliding scales are an option depending on availability.

Policies for New Patients: Submit appointment request on website or email directly.

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, $150-250. 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.

Groundwork Therapy 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/
- Bensonhurst: 6209 16th Ave, Brooklyn, NY 11204, P: (718) 234 0073
- East New York: 179 Jamaica Ave, Brooklyn, NY 11207, P: (929) 267 5354
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 (Bensonhurst)
- Substance Use Counseling (Bensonhurst)
- 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: In-Person

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

Insurances Accepted:
• 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.”

Maimonides LGBTQAI+ Mental Health Services
Maimonides Medical Center
4802 Tenth Avenue
Brooklyn, NY 11219
P: 718-283-2727
Location: Virtual & In-Person

Services Available:
• Individual Therapy
• Group Therapy

**Insurances Accepted:**

• Aetna (Aetna Better Health FIDA Plan; Aetna PPO; HMO; Medicare Advantage)
• Affinity (Medicaid, NY State of Health Plan)
• AlphaCare (Signature FIDA Plan)
• Amidacare (Medicare Advantage - FIDA)
• Beacon Health (Behavioral Health)
• CareConnect (Commercial Plans; Medicare Advantage; North Shore-LIJ FIDA LiveWell; NY State of Health Plan)
• Centerlight (Commercial Plans)
• Elderplan (Behavioral Health; Classic Zero Premium [HMO]; Elderplan FIDA Total Care [Medicare-Medicaid Plan]; Extra Help [HMO]; Healthy Balance [HMO]; Medicaid Beneficiaries [HMO SNP])
• EmblemHealth/GHI (GHI Centers of Excellence; GHI Commercial Plans)
• EmblemHealth/HIP (HIP Commercial Plans; EmblemHealth Dual Assurance FIDA Plan; Medicaid; Medicare Advantage)
• Empire BCBS (HMO; Essential Plan; Healthplus Medicaid; Indemnity; NY State of Health Plan; PPO)
• Fidelis (Essential Plan; Medicaid; NY State of Health Plan)
• First Health Network (PPO)
• Freelancers Insurance Company (PPO)
• HealthFirst (All Plans)
• 1199 (PPO)
• Medicare (All Medicare)
• MetroPlus (All Plans)
• Multiplan (PHCS)
• NY Medicaid
• Optum (Behavioral Health)
• Oxford (Freedom Plan; Liberty Plan; Medicare Advantage)
• United Healthcare (AARP; Choice HMO/Choice Plus HMO; Choice Plus and EPO; Core Choice Plus; Dual Complete; Medicaid; Medicare Advantage; NY State of Health Plan Compass, Core, and Charter; Options PPO; Select and Select Plus HMO; Select EPO; Select Plus POS; Select UnitedHealthcare Choice; UnitedHealthcare Community Plan)
• Value Options (Behavioral Health)
• VillageCareMAX (Full Advantage FIDA Plan)
• WellCare (All Plans)

**Self-Pay/Sliding Scale:** Contact Financial Services at 718-283-7790 for financial assistance options.

**Policies for New Patients:** Contact facility directly to schedule.

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**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

P: 516-559-4041

**Location:** Virtual & In-Person

**Services Available:**

- Urgent Psychiatry
- Group Therapy
- Individual Therapy
- Family & Couples Therapy
- Medication Management
- NY Medicaid
- Oxford (Freedom Plan; Liberty Plan; Medicare Advantage)
- United Healthcare (AARP; Choice HMO/Choice Plus HMO; Choice Plus and EPO; Core Choice Plus; Dual Complete; Medicaid; Medicare Advantage; NY State of Health Plan Compass, Core, and Charter; Options PPO; Select and Select Plus HMO; Select EPO; Select Plus POS; Select UnitedHealthcare Choice; UnitedHealthcare Community Plan)
- Value Options (Behavioral Health)
- VillageCareMAX (Full Advantage FIDA Plan)
- WellCare (All Plans)

- 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

- 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://rotttenbergtherapy.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 Experiecing
• EMDR
• Intensive Outpatient Trauma Treatment

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: Virtual & In-Person  
Services Available: Psychotherapy  
Insurances Accepted: Out-of-Network  
Self-Pay/Sliding Scale: Contact provider for self-pay options.  
*Notes*: Former Callen-Lorde provider.

Sunset Terrace Family Health Center – NYU Langone (ONLY ACCEPTING INTERNAL REFERRALS FROM NYU AS OF 11/07/22)  
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  
Services 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  
Policies for New Patients: Contact office directly to schedule.  
*Notes*: Psychotherapy for Queer folks and people who work in creative industries.

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: Virtual & In-Person
Services Available:
- Couples Therapy
- Family Therapy
- Support Groups
Insurances Accepted:
- Beacon Health
- BCBS (Except plans whose Member IDs start with JLI, 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.”

Amsterdam Family Health Center
https://institute.org/
609 Amsterdam Ave
New York, NY 10025
P: 212-865-4104
Location: In-Person & Virtual
Services Available:
- Counseling
- Psychiatry & Medication Management
Insurances Accepted:
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust
- Fund/National Health Administrators
- Magnacare
- MetroPlus
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

Self-Pay/Sliding Scale: Yes, sliding scale available based on income & family size.

Policies for New Patients: Contact office directly.

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: Virtual & In-Person
Services Available:
- Individual Therapy
- Couples Therapy
- Group 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.

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.
Bhava Therapy Group
https://www.bhavatherapygroup.com/
- 3580 Netherland Avenue, Ground Floor
  (Entrance on 236th street), Bronx NY 10463
- 280 Madison Avenue, Suite 210, New York, NY 10016
P: 646-389-5801
E: info@bhavatherapygroup.com
Location: Virtual & In-Person
Services Available:
  - Individual Therapy
  - Couples Therapy (Out-of-network only)
  - Family Therapy
  - Group Therapy
Insurances Accepted:
  - Healthfirst
  - Cigna
  - Aetna
Self-Pay/Sliding Scale: Self-pay fee Individual Session $160, Couples/Family Session $190; Group rates vary
Policies for New Patients: Contact office directly.

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.

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
  - 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: Virtual & In-Person
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
  • CBT
  • ACT
  • Exposure Therapy
  • Motivational Interviewing
  • Group Therapy
  • IOP
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
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.
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: clientcare@claritytherapynyc.com
Location: Virtual & In-Person
Services Available:
- Individual Therapy
- Couples/Family Therapy
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, Italian
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 Cir, 6th Floor, New York, NY 10019, P: 212-305-6004
• ColumbiaDoctors: 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

P: 212-305-6001 (Intake Line)

Location: Virtual & In-Person

Services Available:

• General Psychiatry & Psychology
• Individual Psychotherapy
• Medication Management
• Group Therapy
• CBT

Insurances Accepted:

• Aetna
• Columbia University Employee Plan
• CUCARD (Anxiety Clinic)
• Employee Mental Health
• LGBT Mental Health
• Gender Identity Program
• Women’s Program
• DBT

• New York Presbyterian Hospital’s Employee Plan

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

Insurances Accepted:

• Cigna
• BCBS
• Emblem
• GHI
• 1199
• Beacon

• New York Presbyterian Hospital’s Employee Plan

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
• Couples Therapy
• Group Therapy
• Retreats
• EMDR
Insurances Accepted:
• Aetna
• Humana
• Northwell Direct
Self-Pay/Sliding Scale: Full fee $195 for individual psychotherapy, $100 for group psychotherapy. Sliding scale is available for some services.
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
• ADHD Testing
Insurances Accepted:
• Aetna
• Fidelis (Therapy Only)
• BCBS
• Healthfirst
• Cigna
• 1199
• Magellan
• Oxford
• HIP
• Multiplan
Self-Pay/Sliding Scale: Initial evaluation for adults by MD/NP $250; Initial evaluation for Psychotherapy $125; Follow up session for adult psychotherapy $100; Follow up for adult Medication management $75; Comprehensive ADHD neuropsychological testing (if testing not covered by insurance) $150
Notes: 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)

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

Policies for New Patients: Contact facility to schedule consultation.

ekTherapy
https://www.ektherapy.com/
231 Central Park West, 1J
New York, NY 10024
P: 917-573-3027
E: elizabeth@ektherapy.com
Location: Virtual & In-Person
Services Available: Psychotherapy

Insurances Accepted:

- Aetna
- Cigna
- United Healthcare/Student Resource for The New School
- 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
- Grief Counseling

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Fees range $120-230. Reduced fee services with highly trained clinical interns at $40-70 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 $135-160, Couples $185-210, Therapy with Advanced Clinical Intern $60/session for 6 sessions then $85 for each additional session

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% LGBTQ owned business.”

Family Health Center of Harlem
https://institute.org/
1824 Madison Ave
New York, NY 10035
P: 212-423-4200
Location: In-Person & Virtual

Services Available:
- Counseling
- Psychiatry & Medication Management

Insurances Accepted:
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust
- Fund/National Health Administrators
- Magnacare
- MetroPlus
- Multiplan
- NYS Empire Plan
• Optimum (UBH) • United Healthcare
• Oxford Health Community Plan • Value Options
• Partners Health Plan • VillageCareMax
• United Healthcare

Self-Pay/Sliding Scale: Yes, sliding scale available based on income & family size.

Policies for New Patients: Contact office directly.

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

Insurances Accepted:
• Metroplus
• Fidelis
• Empire BCBS
• Medicaid

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/
850 7th Avenue
New York, NY 10019
P: 646-797-4340
E: reception@gstherapycenter.com
Location: Virtual Only
Services Available:
• Individual Psychotherapy
• Relationship Psychotherapy
• Group Psychotherapy
• Family Psychotherapy
• Gender, Sexuality, Sex, and Relationships
• LGBQ+
• Trans and Gender Expansiveness
• Kink
• Polyam

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 Medical Practice**
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:**
- Aetna (commercial plans)
- BCBS (commercial plans)
- Cigna (commercial plans)
- Oxford (commercial plans)
- Oscar (commercial plans)
- United Healthcare (commercial plans)

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

**Policies for New Patients:** Schedule a call with a Client Care Coordinator at https://graymattersmd.com/book-a-call/. Availability to use insurance varies by provider and eligibility of specific plans must be confirmed by the office.

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

**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.

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**Harris and Long Psychotherapy**

[https://www.harrislong.com/](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
- Couples Therapy
- Family 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.

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**Heartspace Therapy**

[https://www.heartspace-therapy.com/](https://www.heartspace-therapy.com/)

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

New York, NY 10001

P: 917-410-1105

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

**Location:** Virtual & In-Person

**Services Available:**

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

**Insurances Accepted:** Out-of-Network

**Self-Pay/Sliding Scale:** Contact office for sliding scale information. (Full rates: Engy- contact for fees; Amina- $155 for individual, $205 for relationship therapy; Daniel- $300 for individual therapy and $350 for relationship therapy; Nadav- $375 for individual therapy and $400 for relationship/family therapy; Cathy- $205 for individual therapy and $255 for relationship/family therapy)

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

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

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**Henry Street Settlement**

[https://www.henrystreet.org/](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
- PROS
- 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

Insurances Accepted:
- 1199
- AARP
- Aetna
- Affinity
- AmeriChoice (United Healthcare)
- Amerigroup (BCBS)
- Amidacare (Beacon)
- ElderPlan

Self-Pay/Sliding Scale: Fees start at $60+
Languages (other than English): Spanish, Mandarin, Hindi, 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: Virtual & In-Person

Services Available:
- Therapy
- Psychiatric Evaluations (for patients receiving therapy)

Insurances Accepted:
- Emblem
- Managed Medicaid
- 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
Institute for Contemporary Psychotherapy (ICP)

https://icpny.org/

33 West 60th Street, 4th Floor
New York, NY 10023
P: 212-333-3444
E: reception@icpny.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.

The Institute for Family Health at 17th Street

https://institute.org/

230 West 17th Street
(between 7th & 8th Avenues)
New York, NY 10011
P: 212-206-5200

Location: In-Person & Virtual

Services Available:
- Counseling
- Psychiatry & Medication Management

Insurances Accepted:
- 1199
- Aetna
- Affinity
- AmidaCare
- Beacon
- CDPHP
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire BCBS
- Empire BCBS HealthPlus
- Fidelis (NOT Fidelis Metal Plans from NY State of Health Marketplace)
- HealthFirst
- Kingston Trust Fund/National Health Administrators
- Magnacare
- MetroPlus
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

**Self-Pay/Sliding Scale:** Yes, sliding scale available based on income & family size.

**Policies for New Patients:** Contact office directly.

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**Institute for Human Identity**

[https://www.ihitherapy.org/](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.”

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**Kyle McGarty, LMHC**


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.

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**Laura A Jacobs, LCSW-R**

[https://www.lauraajacobs.com/](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:** Former Callen-Lorde board chair. Specializes in trans and nonbinary issues, LGBTQIA+ issues, kink/BDSM, nonmonogamy/polyamory, and sex work issues.

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**Let's Talk Psychological Wellness**  
[https://talkingforwellness.com/](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  
- DBT  
- Couples Psychotherapy  
- Psychodynamic Psychotherapy  
**Insurances Accepted:**  
- Aetna  
- Aetna Student Health (Columbia, Pace, Fordham, FIT)  
- Out-of-Network  
**Self-Pay/Sliding Scale:** Contact office for sliding scale fees.  
**Policies for New Patients:** Contact office directly to schedule.

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**The LGBTQIA+ Trauma Treatment Program – Center for Trauma and Addiction Weill-Cornell Medicine**  
[https://www.lgbtqiatrauma.org/](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  
- Substance Use and Alcohol Disorder Treatment  
- Psychotherapy  
- 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://matthewlpieknik.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/
16 Madison Sq W, Floor 12
New York, NY 10010
P: 332-333-5090
E: intake@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: Virtual & In-Person
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)
Location: Virtual & In-Person

Services Available:
• Individual Psychotherapy
• Play Therapy
• Parent Counseling
• Couples Communication
• Family Counseling
• Group Psychotherapy
• Psychological Testing
• Medication Management (only available to ongoing therapy patients)
• Emblem/HIP (Medicaid, CHP, Medicare, Commercial)
• Wellcare (Medicaid, CHP)
• Empire BCBS Healthplus (Medicaid, CHP)
• Amidacare Medicaid
• 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:*  
- United Healthcare  
- Oxford  
- Cigna  
- 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/

- Flatiron District: 287 Park Ave S 5th Floor, New York, NY 10010  
- Fort Greene: 41 Flatbush Ave, 2nd Floor, Brooklyn, NY 11217

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.

**myTherapyNYC**
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

The New York Counseling and Clinical Social Work Service
https://www.nycsw.org/
160 West End Avenue, Suite 1N
New York, NY 10023
P: 212-362-1086
E: nyccsw@nyccsw.org

Location: Virtual & In-Person

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: 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.

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  

Insurances Accepted:  
- Aetna (including Nippon Life and Meritain)  
- BCBS  
- WellFleet Student Plans  
- Humana  
- Out-of-Network

Self-Pay/Sliding Scale: Sliding scale fees are $70, $90, $125, or full fee $175.  
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: Virtual & In-Person  
Services Available: Psychotherapy  
Insurances Accepted:  
- Aetna  
- Out-of-Network  
Self-Pay/Sliding Scale: Sliding scale fee ranges, $60 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: Virtual & In-Person
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
- Internal Family Systems
- Magnacare
- ABA
- 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.

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**Union Square Psychotherapy**

[https://usqtherapy.org/](https://usqtherapy.org/)

44 E 12th St.
New York, NY 10003
P: 347-948-8878
E: info@usqtherapy.org

*Location:* Virtual & In-Person

*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.

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**Vanessa Lopez, LCSW**


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.

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**Victoria Formosa, LCSW**

[www.victoriaformosa.com](http://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 • Couples 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

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**Wardeh C Hattab, LCSW**

[https://hattabtherapy.com/](https://hattabtherapy.com/)
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
• Couples/Marriage Therapy
Insurances Accepted:
• Aetna
• Affinity
• Beacon
• Value Options
• Cigna
• Empire BCBS
• Emblem
• Fidelis
• GHI
• HIP
• Magnacare
• Metroplus
• MultiPlan
• Tri Care
• United Healthcare
• Optum
• 1199
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: Virtual & In-Person

Services Available:
- Psychoeducational Testing
- Neuropsychological Testing
- Psychological and Personality Testing
- Accommodations

Insurances Accepted:
- GHI
- United Healthcare
- Cigna
- Aetna
- BCBS
- Magnacare

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

Policies for New Patients: Contact office to schedule.

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

P: 516-559-4041
Location: Virtual & In-Person

Services Available:
- Urgent Psychiatry
- Group Therapy
- Individual Therapy
- Medication Management
- 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.

Minds Together
https://www.mindstogetherpc.net/
- 108-14 72nd Ave, 2nd Floor, Forest Hills, NY 11375, P: 347-392-4482, E: infofh@mindstogetherpc.net
- 37-04 91st St, 2nd Floor, Suite #E, Jackson Heights, NY 11372, P: 347-730-4249, E: infojh@mindstogetherpc.net

Location: Virtual & In-Person

Services Available:
- Individual Therapy
- Couples Therapy
- Support Groups

Insurances Accepted:
- Emblem/GHI Medicaid
- Healthfirst Medicaid
- Metroplus Medicaid
- United Healthcare
- UHC Community Plan
- Oxford
- Optum
- Oscar
- Aetna
- Cigna
- Empire BCBS (Except plans that begin with JLJ)
- Amidacare
- Fidelis
• 1199
• Affinity/Molina
• Magnacare
• Out-of-Network

*Self-Pay/Sliding Scale:* Self pay fees intake 60 min $225, individual session 55 min $175, couples session $200

*Languages (Other than English):* Spanish

*Policies for New Patients:* Contact office directly.

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**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: Virtual & In-Person*

*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

*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.

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**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: Virtual & In-Person*

*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.*