

CALLEN-LORDE

HOTT 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

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:

- Aetna
- Affinity/Beacon
- Amerigroup
- Blue Cross Blue Shield
- Cigna
- Empire Plan
- Fidelis
- GHI
- Health First
- HIP/Value Options
- Humana
- Magna Care
- Medicare
- Metro Plus
- Multi Plan
- Oscar
- Oxford
- Tricare
- Student Resources
- UMR
- United Healthcare
- 1199

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

Policies for New Patients: Contact facility directly to schedule.

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
- Out-of-Network

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.”

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)
- 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>

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 JLJ, 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.”

Audubon Clinic

<https://nyspi.org/node/9113>

513 W 166th St, 4th Floor

New York, NY 10032

P: 212-928-8300

Location: In-Person

Services Available:

- Psychiatric evaluation & diagnosis
- Pharmacotherapy
- Psychotherapy (individual, group, couples, & family)
- Case Management
- Supported Employment Services
- Coordination of Care & Treatment Planning
- Supportive Skills Training
- Primary Care Services
- Laboratory Tests
- Nutritional Services
- Smoking Cessation

Insurances Accepted:

Self-Pay/Sliding Scale:

Policies for New Patients: Contact facility to schedule. Audubon Clinic serves patients 18 years of age and older.

Languages (Other than English): Spanish

Columbia Youth Treatment and Evaluation of Anxiety and Mood Program (Y-TEAM)

<https://www.columbiapsychiatry.org/research-clinics/youth-treatment-and-evaluation-anxiety-and-mood-program>

1051 Riverside Drive

New York, NY 10032

P: 646-774-5793

Location: In-Person

Services Available:

- Comprehensive Evaluations
- Therapy
- Psychiatry
- Day Treatment Program

Insurances Accepted: N/A

Self-Pay/Sliding Scale: All assessment and treatment services at Y-TEAM are free of charge.

Policies for New Patients: Contact facility directly. Y-TEAM serves youth aged 5-21 who are struggling with mental health issues, particularly anxiety and/or mood disorders, who have never received an evaluation or would like a second opinion regarding diagnosis and/or treatment.

Notes: The Children’s Day Unit (CDU) at Y-TEAM is a day hospital program comprised of research participants ages 14-18 who require intensive outpatient care.

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:

- Aetna
- Northwell Direct
- Humana
- Out-of-Network

Self-Pay/Sliding Scale: Full fee \$195+ for individual psychotherapy, \$100 for group therapy, \$250 for couples therapy, \$55 for First Step Session. 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.”

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
- Couples Therapy
- Group 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% LGBTQ owned business.”

Institute for Contemporary Psychotherapy (ICP) Child and Adolescent Treatment Services

<https://icpnyc.org/cats/>

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

Insurances Accepted:

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

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."

Inwood Clinic

<https://nyspi.org/node/9116>

26 Sherman Ave

New York, NY 10040

P: 212-942-8500

Location: In-Person

Services Available:

- Psychiatric evaluation & diagnosis
- Case Management
- Supportive Skills Training
- Pharmacotherapy
- Supported Employment Services
- Primary Care Services
- Psychotherapy (individual, group, couples, & family)
- Coordination of Care & Treatment Planning
- Laboratory Tests
- Nutritional Services
- Smoking Cessation

Insurances Accepted:

Self-Pay/Sliding Scale:

Policies for New Patients: Contact facility to schedule. Inwood Clinic serves patients 18 years of age and older.

Languages (Other than English): Spanish

Metropolitan Center for Mental Health

<https://www.metropolitancenter.com/specialties/child-adolescent-program.php>

- 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
- Family Counseling
- Medication Management (only available to ongoing therapy patients)
- Play Therapy
- Group Psychotherapy
- Parent Counseling
- Psychological Testing
- Couples Communication

Insurances Accepted:

- Healthfirst (Medicaid, CHP, Medicare, QHP)
- Metroplus (Medicaid, CHP, Medicare, QHP)
- Fidelis (Medicaid, CHP, Medicare, QHP)
- Affinity (Medicaid, CHP, QHP)
- 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.

OnTrack/NY Connections Program

<https://nyspi.org/node/9224>

1051 Riversid eDrive, Room 1701

New York, NY 10032

P: 646-774-8416

Location: In-Person

Services Available:

- Psychiatric treatment
- Employment and Educational Support
- Substance Use Treatment
- Family Education and Support

Insurances Accepted:

Self-Pay/Sliding Scale:

Policies for New Patients: Contact facility to schedule. The clinic offers care from a specialized team for up to two years based on clients' needs and preferences.

Notes: Program for adolescents and young adults who recently have had unusual thoughts and behaviors or who have started hearing or seeing things that others do not. OnTrackNY helps people achieve their goals for school, work, and relationships.

Languages (Other than English): Spanish

Taproot Therapy

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

285 Lexington Ave, Suite 2A

New York, NY 10016

E: annie@taproottherapynyc.com

Location: Virtual & In-Person

Services Available:

- Individual Therapy
- Family Therapy
- Group Therapy
- Autism Evaluation & Testing

Insurances Accepted:

- Cigna
- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: "Certain individuals and families can qualify for a reduced fee for appointments."

Policies for New Patients: Email office to schedule a free 15-minute consultation.

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.

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 Child Outpatient Psychiatry Program
3340 Bainbridge Ave
Bronx, NY 10467
P: 718-696-3011

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Family Therapy
- 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: “Patients with no insurance can be set up on a sliding fee scale with proof of income.”

Languages: Spanish

Policies for New Patients: Contact facility directly.

Brooklyn

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.”

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.

Queens

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
- Oxford
- United Healthcare
- Cigna
- Aetna
- BCBS
- 1199
- Magnacare

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

Policies for New Patients: Contact office or schedule online.

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
- 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: 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.

Provider Databases

HITESITE

<https://hitesite.org/>

66 Willow Avenue, Suite 202

Staten Island, NY, 10305

P: 1-866-370-4483

Services Available: Database for a variety of social services (education & employment, financial assistance, food assistance, healthcare & medicine, hotlines, housing & homeless services, immigration support, mental health & substance use, social supports & services, youth & family services). Providers can be filtered by service type, location, languages spoken, etc.

Open Path Collective

<https://openpathcollective.org/>

E: info@openpathcollective.org

Location: Virtual & In-Person

Services Available:

- Individual Counseling
- Couples Counseling
- Family Counseling

Insurances Accepted: N/A

Self-Pay/Sliding Scale: There is a one-time lifetime membership fee of \$59 to access services. With a membership, fees for sessions will be between \$30 to \$60 for individual therapy, or \$30 to \$80 for couples or family therapy.

Policies for New Patients: Complete registration at <https://openpathcollective.org/client/registration/> and pay the one-time membership fee. Instructions for scheduling your first appointment will be in a welcome email.

Open Path Online Wellness Education

<https://mentalhealth.openpathcollective.org/>

P: 1-800-218-5809

E: info@openpathcollective.org

Location: Virtual & In-Person

Services Available: Online court-approved and personal wellness courses including:

- Anger Management
- Alcohol & Other Drugs
- Co-Parenting and Divorce Education
- Domestic Violence
- Battery Intervention
- Parenting 101
- Shoplifting
- Communication Skills
- Relationships 101
- Anxiety & Stress Reduction
- Mindful Social Media
- Burnout Prevention
- Study Skills
- Nutrition
- Self Esteem 101
- Mindfulness Meditation
- Financial Wellness
- Grief & Loss
- Sexual Harassment

Insurances Accepted: N/A

Self-Pay/Sliding Scale: There is a one-time registration fee of \$4.99 to access courses. Extra fees apply for certificates of completion.

Policies for New Patients: Complete registration at <https://mentalhealth.openpathcollective.org/register/> and pay the one-time registration fee.

Loveland Therapy Fund

<https://thelovelandfoundation.org/loveland-therapy-fund/>

Services Available: Scholarship fund for Black female-identified folx to access therapy. Through partnerships with Therapy for Black Girls, National Queer & Trans Therapists of Color Network, Talkspace, Open Path Collective, Black Female Therapists, Zencare, and Psychology Today, Loveland Therapy Fund recipients will have access to comprehensive lists of mental health professionals across the country providing high quality, culturally competent services to Black women and girls.

Policies for New Patients: Apply using form on website. The therapy fund signup form opens on a quarterly basis. Upon signing up, expect a follow-up email within three weeks. If the form is closed at time of submission, you will receive an email when it reopens.

National Queer & Trans Therapists of Color Network

<https://ngttcn.com/en/>

P.O. Box 50058

Baltimore, MD 21211

E: info@ngttcn.com

Location: Virtual & In-Person

Services Available: Online directory of QTPOC mental health practitioners working in agencies, community-based clinics, and private practice.

Mindfulness & Bodywork

The Reciprocity Foundation

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

151 W 19th St, Suite 1101

New York, NY 10011

P: 718-594-4460

E: book@reciprocityfoundation.org

Location: Virtual & In-Person

Services Available: Holistic mental health organization offering in-person services in NYC and online programs for a wider audience. They prioritize trauma survivors who identify as BIPOC/LGBTQ & young adults who are next-generation healers and leaders.

- Individual Therapy
- Group Therapy
- Meditation
- Community Grounding
- Breathwork
- Writing Classes
- Group Process
- Group Energy Healing/Reiki
- Retreats
- Online Healing
- Training

Insurances Accepted: N/A

Self-Pay/Sliding Scale: All services are offered on a sliding scale or free of charge for those who qualify.

Policies for New Patients: Contact facility directly.