Virtual Appointments Only

Bass Wellness Center Psychiatry & Addiction
https://basswellnesscenter.com/
P: 917-923-0569
E: contact@basswellnesscenter.com
Location: Virtual Only
Services Available:
- Psychiatric Evaluations
- Medication Management
- Psychotherapy (REBT, CBT, Mindfulness)
- Medication Assisted Treatment (MAT) [Suboxone]
- Psychological testing
Insurances Accepted:
- Aetna
- Cigna
- Oxford
- Oscar
- United Healthcare
Self-Pay/Sliding Scale: Ranges $100-475
Policies for New Patients: Patients may schedule via Headway (https://headway.co/providers/drew-goldbaum-ratkevich or https://headway.co/providers/justin-shaw)

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

**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
- Oscar
- United Healthcare – Optum
- Out-of-Network

**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.

**Vince Samson, NP**
[https://secure.helloalma.com/providers/jan-samson/](https://secure.helloalma.com/providers/jan-samson/)

**Location:** Virtual Only

**Services Available:** Medication Management

**Insurances Accepted:**
- Aetna
- AllSavers UHC
- Allied Benefit Systems - Aetna
- Christian Brothers Services - Aetna
- Cigna
- Harvard Pilgrim
- Health Plans Inc.
- Health Scope - Aetna
- Meritain
- Nippon
- Oscar
- Oxford Health Plans
- Surest (formerly Bind)
- Trustmark Health Benefits - Aetna
- Trustmark Health Benefits - Cigna
- Trustmark Small Business Benefits - Aetna
- UHC Student Resources
- UMR
- United Healthcare Shared Services
- UnitedHealthcare
- UnitedHealthcare Global

**Self-Pay/Sliding Scale:** Self-pay rates $140-200

**Policies for New Patients:** Request consult through Alma.

**Notes:** Former Callen-Lorde provider

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**Bronx**

**Comprehensive Therapeutic Services**
[https://cts-nyc.org/](https://cts-nyc.org/)
Services Available:
- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychoeducational Groups
- Teletherapy
- Psychiatric Evaluations
- Medication Management
- Teletherapy
- Psychiatric Evaluations

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

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.
Policies for New Patients: Contact facility to schedule intake.

Institute for Family Health at Westchester Square
https://institute.org/
1420 Ferris Pl
Bronx, NY 10461
P: 718-239-1610
Location: In-Person & Virtual
Services Available:
- Counseling
- Psychiatry & Medication Management

Insurances Accepted:
- 1199 National Benefits
- Aetna
- Affinity by Molina
- AmidaCare
- Carelon
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire Blue Cross Blue Shield
- Empire Blue Cross
- BlueShield HealthPlus
- Fidelis (We do not accept 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
- 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.

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

Services Available:
- Individual Psychotherapy
- Group Psychotherapy
- Medication Management

Insurances Accepted:
- 1199
- Aetna
- Affinity
- AgeWell
- Amidacare
- Archcare
- Centerlight healthcare
- Centers Plan for Healthy Living
- Centivo
- Cigna
- CMO
- Elderplan
- Emblem Health (including GHI and HIP)
- Empire BCBS (including HealthPlus)
- Empire Plan (NYSCHIP)
- Fidelis Care (NOT Fidelis Exchange)
- GHI
- GuildNet
- Hamaspik Choice
- Healthfirst
- HIP
- Humana Medicare
- Independent Care System
- MagnaCare
- Metroplus (Referral Required)
- Montefiore Diamond Care
- MultiPlan
- MVP
- Northwell Direct
- NYC Medicare Advantage Plus
- Oscar
- Oxford
- Partners Health Plan
- RiverSpring
- Senior Whole Health
- Somos (Specialty Services only for Emblemhealth Medicaid Plans (Essentials 1-4; Medicaid; CHP; FHP) and Empire HealthPlus Medicaid only)
- Tricare Prime and VA Choice
- Triwest
- United Healthcare (All Commercial plans and Dual Medicare/Medicaid only)
- Village Max
- VNS
- WellCare
- Self-Pay/Sliding Scale: “If you do not have insurance, our Patient Services Department can help determine your eligibility for free or low-cost insurance, as well as government assistance.”

Languages: Spanish, Russian

Policies for New Patients: Contact facility directly.

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 National Benefits
- Aetna
- Affinity by Molina
- AmidaCare
- Carelon
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire Blue Cross Blue Shield
- Empire BlueCross BlueShield HealthPlus
- Fidelis (We do not accept 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
- 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 National Benefits
• Aetna
• Affinity by Molina
• AmidaCare
• Carelon
• Cigna
• Elder Plan
• Emblem Health (HIP)
• Emblem Health (GHI)
• Empire Blue Cross Blue
  Shield
• Empire BlueCross
  BlueShield HealthPlus
• Fidelis (We do not accept
  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
• 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 National Benefits
• Aetna
• Affinity by Molina
• AmidaCare
• Carelon
• Cigna
• Elder Plan
• Emblem Health (HIP)
• Emblem Health (GHI)
• Empire Blue Cross Blue
  Shield
• Empire BlueCross
  BlueShield HealthPlus
• Fidelis (We do not accept
  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
• 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.
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 National Benefits
- Aetna
- Affinity by Molina
- AmidaCare
- Carelon
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire Blue Cross Blue Shield
- Empire BlueCross BlueShield HealthPlus
- Fidelis (We do not accept 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
- 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

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 National Benefits
- Aetna
- Affinity by Molina
- AmidaCare
- Carelon
- Cigna
- Elder Plan
- Emblem Health (HIP)
- Emblem Health (GHI)
- Empire Blue Cross Blue Shield
- Empire BlueCross BlueShield HealthPlus
- Fidelis (We do not accept 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
• VNS Choice
• United Healthcare Community Plan
• VNS Select Health Plan
• VillageCareMax
• 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://ccmny.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

*Insurances Accepted:*
- Medicaid
- Medicare
- Private Insurance
- ACA Plans

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

*Policies for New Patients:* Contact office directly

**Comprehensive Therapeutic Services**
https://cts-nyc.org/

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

P: 212-658-0977
E: info@cts-nyc.com

*Location:* Virtual & In-Person

*Services Available:*
- Individual Therapy
- Couples Therapy
- Family Therapy
- Psychoeducational Groups
- Teletherapy
- Psychiatric Evaluations
- Medication Management

*Insurances Accepted:*
- Cigna
- BCBS
- Emblem
- GHI
- 1199
- Beacon
- Medicare
- Metroplus (QHP)

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

*Policies for New Patients:* Contact facility to schedule intake.
**Downtown Psychiatric Group**
https://www.downtownpsychiatricgroup.com/
- 225 Broadway, #2018, New York, NY 10007, P: 212-693-4010
- 7 Corbin Place, Unit C1, Brooklyn, NY 11235, P: 718-331-3800
E: office@downtownpsychiatricgroup.com
*Location*: Virtual & In-Person

*Services Available*:
- Psychiatry
- Therapy
- Neuropsychological ADHD Testing

*Insurances Accepted*:
- Aetna
- BCBS
- Cigna
- Magellan
- HIP
- Fidelis (Therapy Only)
- Healthfirst
- 1199
- Oxford
- Multiplan
- Magnacare (Therapy Only)
- United Healthcare

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

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

**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
- LIC: 21-10 Borden Ave, Long Island City, NY 11101, P: (718) 784 5696
E: info@healthcarechoicesny.org
*Location*: Virtual & In-Person

*Services Available*:
- Psychiatry/Medication Management (all)
- Smoking Cessation (Bensonhurst & East NY)
- Counseling (Bensonhurst & East NY)
- Buprenorphine Treatment (Bensonhurst & East NY)
- Naloxone Training & Distribution (Bensonhurst & East NY)
- Substance Use Counseling (Bensonhurst)

*Insurances Accepted*:
- Medicaid
- Medicare
- Most Insurance Plans

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

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

**Institute for Community Living (ICL)**
https://iclinc.org/
- Headquarters: 125 Broad St, New York, NY 10004, P: 844-425-4673
- Rockaway Parkway Center: 1310 Rockaway Parkway, Brooklyn, NY 11236, P: (718) 272-3300
- Highland Park Center at East NY Health Hub: 2581 Atlantic Avenue, Brooklyn, NY 11233, P: (718) 495-6700
- Guidance Center of Brooklyn Heights: 25 Chapel Street, Brooklyn, NY 11201, P: (718) 875-7510
E: iclhope@iclinc.org
*Location*: Virtual & 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.

**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
• Family & Couples Therapy
• Medication Management

**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.

**Mindful Care**
https://mindful.care/
Flatiron District: 287 Park Ave S 5th Floor, New York, NY 10010
Fort Greene: 41 Flatbush Ave, 2nd Floor, Brooklyn, NY 11217
Long Island City: 31-00 47th Ave, Suite 3100, Long Island City, NY 11101
West Hempstead: 510 Hempstead Tpke, Suite 203, West Hempstead, NY 11552

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.

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

Location: Virtual & In-Person

Service Available:
- Psychiatry
- Individual Therapy
- Family Therapy
- Group Therapy

Insurances Accepted:
- Medicaid
- Medicare
- Most Major Insurances


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

Policies for New Patients: Contact office to schedule.

Manhattan

Angeliki Pesiridou, MD
https://www.doctorangeliki.com/
125 E 23rd St
New York, NY 10010

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.

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 National Benefits
• Aetna
• Affinity by Molina
• AmidaCare
• Carelon
• Cigna
• Elder Plan
• Emblem Health (HIP)
• Emblem Health (GHI)
• Empire Blue Cross Blue Shield
• Empire BlueCross BlueShield HealthPlus
• Fidelis (We do not accept 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
• 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 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.”

Collaborative People
https://collaborative-people.com/
302 5th Ave, Fl 8
New York, NY 10001
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
• 5 Columbus Cir, 6th Floor, New York, NY 10019, P: 212-305-6004
• 3 Columbus Cir, 14th Floor, New York, NY 10019, P: 212-305-7800
• CUIMC Uptown – Neurological Institute of New York, 710 W 168th St, 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
• CUCARD (Anxiety Clinic)

Insurances Accepted:
• Aetna
• Columbia University Employee Plan
• 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
• Psychiatric Evaluations

Insurances Accepted:
• Cigna
• BCBS
• Emblem
• GHI
• 1199
• Beacon
• Medicare
• Metroplus (QHP)

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

Policies for New Patients: Contact facility to schedule intake.

Daniel Garza, MD
https://www.danielgarzamd.com/
330 W 58th St, Suite 206
New York, NY 10019
P: 646-641-5564
E: info@danielgarzamd.com

**Services Available:**
- Medication Management
- Individual Psychotherapy

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

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

**Languages:** Spanish

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

**Notes:** Former Callen-Lorde provider.

**Downtown Psychiatric Group**
https://www.downtownpsychiatricgroup.com/

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

E: office@downtownpsychiatricgroup.com

**Location:** Virtual & In-Person

**Services Available:**
- Psychiatry
- Therapy
- Neuropsychological ADHD Testing

**Insurances Accepted:**
- Aetna
- BCBS
- Cigna
- Magellan
- HIP
- Fidelis (Therapy Only)
- Healthfirst
- 1199
- Oxford
- Multiplan
- Magnacare (Therapy Only)
- United Healthcare

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

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

**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.

**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 National Benefits
Aetna
Affinity by Molina
AmidaCare
Carelon
Cigna
Elder Plan
Emblem Health (HIP)
Emblem Health (GHI)
Empire Blue Cross Blue Shield
Empire BlueCross BlueShield HealthPlus
Fidelis (We do not accept 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
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.

Gay Men’s Health Crisis (GMHC)
https://www.gmhc.org/
307 W 38th St
New York, NY 10018
P: 212-367-1200
E: intake@gmhc.org
Location: Virtual & In-Person
Services Available:
  • Individual Therapy
  • Medication Management
  • Group Therapy
  • Substance Use Therapy
  • Substance Use Group Therapy
Insurances Accepted:
  • Metroplus
  • Empire BCBS
  • Medicaid
  • Medicare Part B
  • Healthfirst

Self-Pay/Sliding Scale: Contact facility for sliding scale fees.
Policies for New Patients: Contact facility directly.

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
  • Work/School Accommodations
  • Psychiatric Evaluations/Assessments
  • Letters for Gender Affirming Procedures
  • Support Groups
Insurances Accepted: Commercial plans for Aetna, BCBS, Cigna, Oxford, Oscar, and United Healthcare - availability to use insurance varies by provider and eligibility of specific plans must be confirmed by the office.
Self-Pay/Sliding Scale: Fees vary by provider, range from $50+

Greenwich Village Psychiatry (Dr. Paul Poulakos)
https://www.drpaulpoulakos.com/
26 W. 9th St., Suite 4E, Room 1
New York, New York 10011
P: 850-692-9355
E: info@drpaulpoulakos.com
Location: Virtual & In-Person

Services Available:
- Psychiatric Evaluation
- Psychopharmacology/Medication Management
- Prevention & Wellness
- Telepsychiatry
- Home & Work Office Visits
- Reproductive Psychiatry
- Psychosis & Wellness
- MAP
- substance use intervention (beginning March 2022)
- PROS

Insurances Accepted:
- Aetna
- Out-of-Network

Self-Pay/Sliding Scale: Unavailable

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

Henry Street Settlement
https://www.henrystreet.org/
40 Montgomery St
New York, NY 10002
P: 212-233-5032
E: gireland@henrystreet.org
Location: Virtual Only

Services Available:
- Individual Therapy
- Couples Therapy
- Family Therapy
- Medication Management
- Psychiatric Evaluations
- Psychosocial Assessments
- MAP
- BCBS Empire Plan [NYS Employees] [Value Options]
- Fidelis
- GHI [Emblem]
- Healthfirst
- HealthPlus (BCBS)
- HIP [Emblem]
- Magellan (HMO & PPO)

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.

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: Virtual & In-Person

Services Available:
- Housing
- Psychotherapy
- Psychiatry
### The Institute for Family Health at 17th Street

**Services Available:**
- 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.

**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 National Benefits  
- Aetna  
- Affinity by Molina  
- AmidaCare  
- Carelon  
- Cigna  
- Elder Plan  
- Emblem Health (HIP)  
- Emblem Health (GHI)  
- Empire Blue Cross Blue Shield  
- Empire Blue Cross Blue Shield HealthPlus  
- Fidelis (We do not accept 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  
- 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.

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

**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.

Mark Hall, NP
https://www.markhallnp.com/
1115 Broadway, Fl 11
New York, NY 10011
P: 646-500-8627
E: inicio@markhallnp.com
Location: Virtual & In-Person
Services Available:
- Psychiatric Evaluation
- Medication Management
- Psychotherapy
- Gender Affirming Surgery Letters
Insurances Accepted:
- Aetna
- Cigna
- United Healthcare
- Oscar
- Oxford
- Out-of-Network
Self-Pay/Sliding Scale: Contact provider for self-pay fees.
Policies for New Patients: Complete New Patient Appointment Request Form on website, email, or call.
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
- Long Island City: 31-00 47th Ave, Suite 3100, Long Island City, NY 11101
- West Hempstead: 510 Hempstead Tpke, Suite 203, West Hempstead, NY 11552
P: 516-559-4041
Location: Virtual & In-Person
Services Available:
- Urgent Psychiatry
- Group Therapy
- Individual Therapy
- Medication Management (NO CONTROLLED SUBSTANCES PRESCRIBED)
- Recovery Counseling
- Psychiatric Evaluations
Insurances Accepted:
- 1199
- Aetna
- Cigna
- Healthfirst
- Humana
- Medicare
- Metroplus
- Oxford
- United Healthcare
Self-Pay/Sliding Scale: No sliding scale available. Self-Pay fees Urgent Psychiatric Care $175 initial, $75 Follow ups; MicroTherapy $50/session; MindFit Therapy $35/session; Recovery Counseling $49/monthly
Policies for New Patients: Contact facility directly or schedule online.

Mount Sinai Center for Transgender Medicine and Surgery (CTMS)
https://www.mountsinai.org/locations/center-transgender-medicine-surgery
275 7th Ave, 12th floor
New York, NY 10001
P: 212-604-1730
E: CTMSinfo@mountsinai.org
Location: Virtual & In-Person
Services Available:
- Gender Affirming Surgery Evaluations (for Mt Sinai surgical patients only)
- Psychiatric Medication Management
- Medium- to Short-Term Psychotherapy
- Trauma-Focused Therapy
• Group Therapy

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

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

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

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

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**Queens**

**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
- LIC: 21-10 Borden Ave, Long Island City, NY 11101, P: (718) 784 5696

E: info@healthcarechoicesny.org

**Location:** Virtual & In-Person

**Services Available:**
- Psychiatry/Medication Management (all)
- Smoking Cessation (Bensonhurst & East NY)
- Counseling (Bensonhurst & East NY)
- Buprenorphine Treatment (Bensonhurst & East NY)
- Naloxone Training & Distribution (Bensonhurst & East NY)
- Substance Use Counseling (Bensonhurst)

**Insurances Accepted:**
- Medicaid
- Medicare
- Most Insurance Plans

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

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

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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
- Long Island City: 31-00 47th Ave, Suite 3100, Long Island City, NY 11101
- West Hempstead: 510 Hempstead Tpke, Suite 203, West Hempstead, NY 11552

P: 516-559-4041

**Location:** Virtual & In-Person

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

**Insurances Accepted:**
- 1199
- Aetna
- Cigna
- Healthfirst
- Humana
- Medicare
- Metroplus
- Oxford
- United Healthcare
Self-Pay/Sliding Scale: No sliding scale available. Self-Pay fees Urgent Psychiatric Care $175 initial, $75 Follow ups; MicroTherapy $50/session; MindFit Therapy $35/session; Recovery Counseling $49/monthly

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

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.