

CALLLEN-LORDE

Psychiatry Referrals – New York City

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
- 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 | • Empire BCBS | • Humana (Commercial & Medicare) |
| • Cigna | • Medicare | • Optum |
| • United Healthcare (Commercial & Medicare) | • ComPsych | • 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 | • Emblem | • Oscar |
| • Banner Aetna | • Healthfirst | • United Healthcare – Optum |
| • BCBS | • Humana | • Out-of-Network |
| • Capital District Physicians Health Plan | • GHI | |
| • Cigna | • 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.

Vince Samson, NP

<https://secure.helloalma.com/providers/jan-samson/>

Location: Virtual Only

Services Available: Medication Management

Insurances Accepted:

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

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

Policies for New Patients: Request consult through Alma.

Notes: Former Callen-Lorde provider

Bronx

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.

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 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.

Montefiore Medical Center

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

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

Location: Virtual & In-Person

Services Available:

- Individual Psychotherapy
- Group Psychotherapy
- Medication Management

Insurances Accepted:

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

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

Languages: Spanish, Russian

Policies for New Patients: Contact facility directly.

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
- United Healthcare
- United Healthcare
- 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
- 810 Classon Ave, Brooklyn, NY 11238, P: 718-230-5100
- 535 Clinton Ave, 2nd Floor, Brooklyn, NY 11238, P: 718-704-1986
- 115 W 31st St, 5th Floor, New York, NY 10001, P: 212-564-6006

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

Insurances Accepted:

- Medicaid
- Medicare
- Private Insurance
- ACA Plans

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

Policies for New Patients: Contact office directly

Comprehensive Therapeutic Services

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

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

P: 212-658-0977

E: info@cts-nyc.com

Location: Virtual & In-Person

Services Available:

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

Insurances Accepted:

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

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

Policies for New Patients: Contact facility to schedule intake.

Downtown Psychiatric Group

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

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

E: office@downtownpsychiatricgroup.com

Location: Virtual & In-Person

Services Available:

- Psychiatry
- Therapy
- Neuropsychological ADHD Testing

Insurances Accepted:

- Aetna
- BCBS
- Cigna
- 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

<https://maimo.org/treatments-care/mental-and-behavioral-health/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

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.

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.

Manhattan

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.

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 office directly.

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,

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

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

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

- 12th Floor, New York, NY 10032, P: 212-305-9758
- ColumbiaDoctors – Tarrytown, 155 White Plains Rd, Suite 200
- Tarrytown, NY 10591, P: 914-631-4618
- Columbia University Medical Center, 622 W

- Employee Mental Health
- LGBT Mental Health
- Gender Identity Program
- Women’s Program
- DBT
- Couples/Family Therapy

- New York Presbyterian Hospital’s Employee Plan

- 168th St Presbyterian Hospital, 15th Floor, New York, NY 10032
- Columbia Psychiatry Upper West Side, 10 W 72nd St, Suite 15, New York, NY 10023

- Mindfulness-Based Treatment
- Exploratory & Psychodynamic Therapy
- Comprehensive Evaluations

- NYU Consolidated (Day Program & Lieber Recovery Clinic Only)

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.

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

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

Policies for New Patients: Contact facility directly.

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: 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+

Policies for New Patients: Schedule a call with a Care Coordinator on website (<https://graymattersmd.com/book-a-call/>).

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

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
- Substance Use Intervention (beginning March 2022)
- PROS

Insurances Accepted:

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

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

- 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 | • Empire BlueCross | • Multiplan |
| • Aetna | • BlueShield HealthPlus | • NYS Empire Plan |
| • Affinity by Molina | • Fidelis (We do not accept | • Optimum (UBH) |
| • AmidaCare | • Fidelis Metal plans from | • Oxford Health |
| • Carelon | • NY State of Health | • Partners Health Plan |
| • Cigna | • Marketplace) | • United Healthcare |
| • Elder Plan | • HealthFirst | • United Healthcare |
| • Emblem Health (HIP) | • Kingston Trust | • Community Plan |
| • Emblem Health (GHI) | • Fund/National Health | • VillageCareMax |
| • Empire Blue Cross Blue | • Administrators | • VNS Choice |
| • Shield | • Magnacare | • VNS Select Health Plan |
| | • MetroPlus | • 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

<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 | • Substance Use and | • Psychotherapy |
| • EEG Neurofeedback | • Alcohol Disorder | • Psychiatry |
| | • Treatment | |

Insurances Accepted:

- | | |
|-------------|------------------|
| • Aetna | • Empire BCBS |
| • Trustmark | • 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.

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.

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
- 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.