

# CALLLEN-LORDE

## Behavioral Health Referrals – New York City

### **Virtual Appointments Only**

#### **Affirming Psychotherapy**

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

P: 347-620-5433

E: scott@affirmingpsych.com

*Location:* Virtual Only

*Services Available:*

- Individual Psychotherapy
- Group Therapy

*Insurances Accepted:* Out-of-Network

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

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

*Notes:* Specialize in services for LGBTQ+ individuals, couples, families & groups; and PLWHA. Currently running a group for people living with HIV called "Living Successfully with HIV & AIDS," a free, weekly, virtual group on Tuesdays from 5-7pm (as of 5/23/23).

#### **Alexandra Stidham, LCSW**

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

P: 443-424-7688

E: alexandrastidham@gmail.com

*Location:* Virtual Only

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Schedule online.

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

#### **Allay Therapy**

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

P: 917-408-3617

E: info@allaytherapy.com

*Location:* Virtual Only

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

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

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

### **Anne Rousselot, LCSW**

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

P: 646-582-8203

E: anne.rousselot@gmail.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **Attune & Embody Psychotherapy**

<https://attune-embody.com>

12 Main St, #1082

Brewster, NY 11215

P: 347-370-9175

E: info@attune-embody.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

- Cigna
- Out-of-Network

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

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

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

### **BCS Group**

<https://bcznygroup.com/>

7706 13th Avenue, Suite #2

Brooklyn NY 11228

P: 718-313-4357

E: appointments@bcznygroup.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

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

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

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

### **BIPOC Restorative Therapy**

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

P: 347-281-7841

E: connect@bipocrestorativetherapylcsw.com

*Location:* Virtual Only

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* New clients can schedule a free 15-minute consultation at [www.calendly.com/bipoc/15min](http://www.calendly.com/bipoc/15min)

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

### **Brown Group Wellness**

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

E: dwayne@dwaynerbrown.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

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

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

*Policies for New Patients:* Contact office directly.

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

### **Centering Wholeness Counseling**

<https://centeringwholeness.com/>

P: 740-803-3821

E: counseling@centeringwholeness.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

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

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

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

### **Clinicians of the Diaspora**

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

E: cliniciansofthediaspora@gmail.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

- Cigna
- Optum
- United Healthcare

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

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

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

### **Fresh Path NY Mental Health Counseling**

<https://freshpathny.com/>

P: 914-510-2597

E: info@freshpathny.com

*Location:* Virtual Only

*Services Available:*

- Psychotherapy
- EMDR

*Insurances Accepted:* Out-of-Network

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

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

*Notes:* “Specialized in LGBTQ+, POC, and Open/Poly communities.”

### **Jan C Niemira, LCSW**

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

P: 646-373-4845

E: jan@janniemira.com

*Location:* Virtual Only

*Services Available:*

- Psychotherapy
- Psychoanalysis
- EMDR

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

**Kate Filmore, LCSW**

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

P: 773-732-6938

E: katefilmorecsw@gmail.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted: (Through Headway)*

- Oscar
- United Healthcare
- Oxford
- Cigna
- Aetna

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

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

*Notes:* Former Callen-Lorde provider.

**Kind Mind Psychology (Dr. Monica Johnson)**

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

P: 646-918-1181

E: hello@kindmindpsych.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

- Aetna
- Cigna
- Northwell
- United Healthcare Student Resources
- Out-of-Network

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

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

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

**Leanne Bazzetta, LCSW**

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

P: 917-383-1586

E: leannebazzettalcsw@gmail.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples/Relationship Therapy

*Insurances Accepted:* Out-of-Network

*Self-Pay/Sliding Scale:* Contact provider for sliding scale availability. Full rate individual session \$200,

relationship/couples session varies based on length of session.

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **Marcus Leaks, LCSW**

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

P: 929-277-8165

E: mleakstherapy@gmail.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

*Self-Pay/Sliding Scale:* See website for fees. Contact provider for sliding scale availability.

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **SohoMD**

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

P: 888-220-6392

E: office@sohomd.com

*Location:* Virtual Only

*Services Available:*

- Telepsychiatry
- Teletherapy
- Telerecovery

*Insurances Accepted:*

- Aetna
- United Healthcare
- Humana
- Cigna
- Oxford

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

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

### **Talkiatry**

<https://talkiatry.com/>

109 W 27th St, Suite 5S

New York, NY 10001

P: 917-634-5311

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

- Aetna
- Medicare
- Cigna
- ComPsych
- United Healthcare (Commercial & Medicare)
- Humana (Commercial & Medicare)
- Empire BCBS
- 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](mailto: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.

### **Bronx**

#### **Bhava Therapy Group**

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

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

P: 646-389-5801

E: [info@bhavatherapygroup.com](mailto:info@bhavatherapygroup.com)

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Family Therapy
- Couples Therapy (Out-of-network only)
- Group Therapy

*Insurances Accepted:*

- Healthfirst
- Cigna
- Aetna

*Self-Pay/Sliding Scale:* Self-pay fee Individual Session \$160, Couples/Family Session \$190; Group rates vary

*Policies for New Patients:* Contact office directly.

#### **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](mailto:info@cts-nyc.com)

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

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

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

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

**Fordham Community Mental Health Clinic**

[https://www.fordham.edu/homepage/6841/fordham\\_community\\_mental\\_health\\_clinic/](https://www.fordham.edu/homepage/6841/fordham_community_mental_health_clinic/)

557 East Fordham Road, 4th Floor

Bronx, NY 10458

P: 718-817-0590

E: fordhamclinic@fordham.edu

*Location:* Virtual & In-Person

*Services Available:*

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

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

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

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

**Institute for Family Health at Westchester Square**

<https://institute.org/>

1420 Ferris Pl

Bronx, NY 10461

P: 718-239-1610

*Location:* In-Person & Virtual

*Services Available:*

- Counseling
- Psychiatry & Medication Management

*Insurances Accepted:*

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



- MetroPlus
- Multiplan
- NYS Empire Plan
- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

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

*Policies for New Patients:* Contact office directly.

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

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

*Policies for New Patients:* Contact office directly.

### **Stevenson Family Health Center**

<https://institute.org/>

731 White Plains Rd

Bronx, NY 10473

P: 718-822-9140

*Location:* In-Person & Virtual

*Services Available:*

- Counseling
- Psychiatry & Medication Management

*Insurances Accepted:*

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

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

*Policies for New Patients:* Contact office directly.

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

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

- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

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

*Policies for New Patients:* Contact office directly.

## **Brooklyn**

### **The Art of Healing NY**

<https://artofhealingny.com/>

34 Plaza St E

P105 Vanderbilt Plaza

Brooklyn, NY 11238

P: 347-450-4228

E: info@artofhealingny.hush.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- Aetna
- Out-of-Network

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

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

*Notes:* All therapists within the practice are QTBIPOC.

### **Brooklyn Integrative Psychological Services**

<https://bkintegrative.com/>

117 Dobbin Street

Brooklyn, NY 11222

P: (646)881-0305

E: coordinator@bkintegrative.com

*Location:* Virtual & In-Person

*Services Available:*

- Psychotherapy
- Relationship/Couples Therapy
- Virtual Life Coaching

*Insurances Accepted:*

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

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

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

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

## Cadman Family Health Center

<https://institute.org/>

300 Cadman Plaza West, 17th Floor (inside One Pierrepont Plaza)

Brooklyn, NY 11201

P: P: 844-434-2778, or 718-822-1818

*Location:* In-Person & Virtual

*Services Available:*

- Counseling
- Psychiatry & Medication Management

*Insurances Accepted:*

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

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

*Policies for New Patients:* Contact office directly.

## Community Counseling & Mediation

<https://ccmny.org/>

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

*Location:* 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
- 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 adult psychotherapy \$100; Follow up for adult Medication management \$75;

Comprehensive ADHD neuropsychological testing (if testing not covered by insurance) \$150

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

### **Full Spectrum Creative Arts Therapy**

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

P: 917-476-0539

E: info@fullspectrumcat.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- Cigna
- Out-of-Network

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

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

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

### **Good Therapy NYC**

<https://goodtherapynyc.com/>

231 Norman Ave

Brooklyn, NY 11222

P: 646-789-5491

E: professorernie@gmail.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted (for Individual Therapy Only):*

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

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

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

### **Greene Clinic**

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

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

- 574 Atlantic Ave, 2nd Floor, Brooklyn, NY 11217

P: 646-470-1853

E: info@greeneclinic.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

*Self-Pay/Sliding Scale:* Fees for therapy range <\$50 (spots in this fee range are generally for working with student therapists), \$60-100, \$100-150, \$150-250. For neuropsychological evaluation full cost \$4000-\$5500, sliding scale \$500-\$4000 (sliding scale evals conducted by psychologist trainees under close supervision of

license psychologist)

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

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

### **Groundwork Therapy Psychological Services**

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

1000 Dean Street, Suite 226

Brooklyn, NY 11238

E: [info@groundworktherapybrooklyn.com](mailto:info@groundworktherapybrooklyn.com)

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples Therapy
- Group Therapy

*Insurances Accepted:* Out-of-Network

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

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

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

### **HealthCare Choices NY Community Health Center**

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

- Bensonhurst: 6209 16th Ave, Brooklyn, NY 11204, P: (718) 234 0073
- East New York: 179 Jamaica Ave, Brooklyn, NY 11207, P: (929) 267 5354

E: [info@healthcarechoicesny.org](mailto:info@healthcarechoicesny.org)

*Location:* Virtual & In-Person

*Services Available:*

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

*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: In-Person

*Services Available:*

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

Insurances Accepted:

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

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

*Policies for New Patients:* Contact facility directly.

### **Liberation-Based Therapy**

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

590 Flatbush Ave, 14S

Brooklyn, NY, 11225

P: 917-722-2392

E: info@liberationbasedtherapy.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples/Family Therapy
- Group Therapy
- EMDR

*Insurances Accepted:*

- BCBS (Empire EPO/National PPO network;  
commercial plans only)
- United Healthcare/Optum/Oscar  
(commercial plans only)
- Aetna (commercial plans only)

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

*Policies for New Patients:* Call office directly to schedule.

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

### **Maimonides LGBTQAI+ Mental Health Services**

<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

*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];

- Family & Couples Therapy

- 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)

- Medication Management

- 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

P: 516-559-4041

*Location:* Virtual & In-Person

*Services Available:*

- Urgent Psychiatry
- Group Therapy
- Individual Therapy
- Long Island City: 31-00 47th Ave, Suite 3100, Long Island City, NY 11101
- West Hempstead: 510 Hempstead Tpke, Suite 203, West Hempstead, NY 11552
- Medication Management (*NO CONTROLLED SUBSTANCES PRESCRIBED*)
- Recovery Counseling

- Psychiatric Evaluations

Insurances Accepted:

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

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

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

### **Rottenberg Psychotherapy Mental Health Counseling**

<https://rottenbergtherapy.com/>

34 Plaza Street E, P108

Brooklyn, NY 11238

P: 203-518-4177

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact office directly.

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

### **Sanctuary**

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

57 West 57th St., Suite 1101

New York, NY, 10019

P: 800-381-7340

E: info@sanctuaryhealingnyc.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- United Healthcare
- Anthem BCBS
- Healthfirst

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

*Policies for New Patients:* Contact facility directly.

### **Sara Walker-Peck, LCSW-R**

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

26 Court St, Suite 1009

Brooklyn, NY 11242

P: 917-512-5550

E: sarawalkerpecklcsw@gmail.com

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Languages:* Spanish

*Notes:* Former Callen-Lorde provider.

**Sunset Terrace Family Health Center – NYU Langone (ONLY ACCEPTING INTERNAL REFERRALS FROM NYU AS OF 11/07/22)**

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

514 49th Street

Brooklyn, NY 11220

P: 718-431-2600

*Location:* Virtual & In-Person

*Services Available:*

- Psychiatry
- Individual Therapy
- Family Therapy
- Group Therapy

*Insurances Accepted:*

- Medicaid
- Medicare
- Most Major Insurances

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

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

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

**Transcendent Self Psychotherapy**

<https://drkateriberasi.com/>

109 North 12th Street

Brooklyn, NY 11249

P: 914-979-1731

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy
- Group Therapy

*Insurances Accepted:* Out-of-Network

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

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

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

**Manhattan**

**Ackerman Institute for the Family**

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

936 Broadway, 2nd Floor

New York, NY 10010

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

E: info@ackerman.org

Location: Virtual & In-Person

Services Available:

- Couples Therapy
- Family Therapy
- Support Groups

Insurances Accepted:

- Beacon Health
- BCBS (Except plans whose Member IDs start with 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.”

### Amsterdam Family Health Center

<https://institute.org/>

609 Amsterdam Ave

New York, NY 10025

P: 212-865-4104

Location: In-Person & Virtual

Services Available:

- Counseling
- Psychiatry & Medication Management

Insurances Accepted:

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

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

Policies for New Patients: Contact office directly.

### Angeliki Pesiridou, MD

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

125 E 23rd St  
New York, NY 10010  
P: 929-307-1327  
E: doctorangeliki@doctorangeliki.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

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

*Languages:* Greek, Italian, Spanish

*Notes:* Former Callen-Lorde provider.

### **Anthony J Patterson, LMHC**

<https://anthonyjpatterson.com/>

19 W 34th St, Suite PH

New York, NY 10001

P: 917-806-9213

E: anthony@anthonyjpatterson.com

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy
- Group Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **Behavioral and Neuropsychological Consultants**

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

1430 Broadway, Suite 304

New York, NY 10018

P: 212-840-8410

*Location:* Virtual & In-Person

*Service Available:*

- Psychotherapy
- Cognitive Remediation (CRT)
- Neuropsychological Evaluation

*Insurances Accepted:*

- Medicare
- GHI
- Out-of-Network

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

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

## **Bhava Therapy Group**

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

- 3580 Netherland Avenue, Ground Floor  
(Entrance on 236th street), Bronx NY 10463

P: 646-389-5801

E: info@bhavatherapygroup.com

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy (Out-of-network only)
- Family Therapy
- Group Therapy

*Insurances Accepted:*

- Healthfirst
- Cigna
- Aetna

*Self-Pay/Sliding Scale:* Self-pay fee Individual Session \$160, Couples/Family Session \$190; Group rates vary

*Policies for New Patients:* Contact office directly.

## **Blue Harbor Psychotherapy**

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

112 W 34th St, 17th Fl

New York, NY 10120

P: 929-484-2106

*Location:* Virtual Only

*Service Available:* Individual Psychotherapy

*Insurances Accepted:*

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

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

*Policies for New Patients:* Call or email facility directly.

## **The Center for Optimal Living**

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

370 Lexington Ave #500

New York, NY 10017

P: 212-213-8905

E: info@cfol.org

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- NYU Wellfleet
- Out-of-Network

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

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

### **Chuck Munn, LCSW**

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

303 5th Ave, Suite 1705

New York, NY 10016

P: 347-310-0483

E: chuck@chuckmunn.com

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Current Callen-Lorde provider.

### **City Center Psychotherapy**

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

875 6th Ave, Suite 1603

New York, NY 10001

P: 914-432-2918

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

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

*Notes:* Founder is a former Callen-Lorde provider.

### **City Therapy**

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

113 University Place

New York, NY 10003

P: 917-960-9500

E: info@citytherapy.nyc

*Location:* Virtual Only

*Services Available:* Psychotherapy

*Insurances Accepted:*

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



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

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

*Notes:* Multiple providers who specialize in LGBTQ issues.

### **Clarity Therapy**

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

276 Fifth Avenue, Suite 605

New York, NY 10001

P: (917) 847-7556

E: [clientcare@claritytherapynyc.com](mailto:clientcare@claritytherapynyc.com)

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Psychological Evaluations
- Couples/Family Therapy

*Insurances Accepted:* Out-of-Network

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

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

*Policies for New Patients:* New patients can complete a therapist matching questionnaire

(<https://www.claritytherapynyc.com/match-with-a-therapist/>) and schedule a free phone consult

(<https://claritytherapynyc.clientsecure.me/request/clinician/>).

*Notes:* “Our therapists identify as BIPOC, immigrants, multilingual, and LGBTQIA+.”

### **Collaborative People**

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

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

P: 929-306-6928

E: [info@collaborative-people.com](mailto:info@collaborative-people.com)

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- Fidelis
- Aetna
- Cigna

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

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

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

### **Columbia Psychiatry**

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

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

- ColumbiaDoctors: 155 White Plains Rd, Suite 200, Tarrytown, NY 10591, P: 914-631-4618
- Columbia University Medical Center: 622 W 168th St, Presbyterian Hospital, 15th Floor, New York, NY 10032
- Columbia Psychiatry Upper West Side: 10 W 72nd St, Suite 15, New York, NY 10023

P: 212-305-6001 (Intake Line)

Location: Virtual & In-Person

Services Available:

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

Insurances Accepted:

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

### 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 | • Psychoeducational Groups | • Psychiatric Evaluations |
| • Couples Therapy    | • Teletherapy              | • Medication Management   |
| • Family Therapy     |                            |                           |

Insurances Accepted:

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

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

Policies for New Patients: Contact facility to schedule intake.

## Create Outcomes Psychological Services

<https://createoutcomes.com/>

347 5th Avenue, Suite 1103

New York, NY 10016

P: 866-232-7328

E: info@createoutcomes.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- Aetna
- Humana
- Northwell Direct

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

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

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

## Downtown Psychiatric Group

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

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

E: office@downtownpsychiatricgroup.com

*Location:* Virtual & In-Person

*Services Available:*

- Psychiatry
- Therapy
- 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 adult psychotherapy \$100; Follow up for adult Medication management \$75; Comprehensive ADHD neuropsychological testing (if testing not covered by insurance) \$150

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

## Downtown Psychological Services

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

352 7th Avenue Suite 801

New York, NY 10001

P: 646-397-3178

E: info@downtownpsychological.com

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy

**Insurances Accepted:**

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

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

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

**ekTherapy**

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

231 Central Park West, 1J

New York, NY 10024

P: 917-573-3027

E: elizabeth@ektherapy.com

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

**Insurances Accepted:**

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

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

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

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

**Embodied Mind Mental Health Counseling**

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

244 5th Ave, Suite 2586

New York, NY 10001

P: 347-991-0292

E: admin@embodiedmindnyc.com

*Location:* Virtual Only

**Services Available:**

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

*Insurances Accepted:* Out-of-Network

*Self-Pay/Sliding Scale:* Fees range \$120-230. Reduced fee services with highly trained clinical interns at \$40-70 per session.

*Policies for New Patients:* Contact office directly.

**Eric Yarbrough, MD**

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

29 5th Ave, Suite 1A

New York, NY 10003

P: 646-419-8004

Location: Virtual & In-Person

Services Available:

- Medication Management
- Psychotherapy

Insurances Accepted: Out-of-Network

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

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

Notes: Former Callen-Lorde provider.

### Expansive Therapy

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

225 Broadway, Suite 840

New York, NY 10007

P: 212-655-9817

E: info@expansivetherapy.com

Location: Virtual & In-Person

Services Available:

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

Insurances Accepted: Out-of-Network

Self-Pay/Sliding Scale: Individual \$135-160, Couples \$185-210, Therapy with Advanced Clinical Intern \$60/sessions for 6 sessions then \$85 for each additional session

Policies for New Patients: Contact facility directly to schedule.

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

### Family Health Center of Harlem

<https://institute.org/>

1824 Madison Ave

New York, NY 10035

P: 212-423-4200

Location: In-Person & Virtual

Services Available:

- Counseling
- Psychiatry & Medication Management

Insurances Accepted:

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

- Optimum (UBH)
- Oxford Health
- Partners Health Plan
- United Healthcare
- United Healthcare Community Plan
- Value Options
- VillageCareMax
- VNS Choice
- VNS Select Health Plan
- Wellcare of NY

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

*Policies for New Patients:* Contact office directly.

### **GMHC**

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

307 W 38th St

New York, NY 10018

P: 212-367-1200

E: intake@gmhc.org

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

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

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

*Policies for New Patients:* Contact facility directly.

### **The Gender & Sexuality Therapy Center**

<https://gstherapycenter.com/>

850 7th Avenue

New York, NY 10019

P: 646-797-4340

E: reception@gstherapycenter.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:*

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

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

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

*Notes:* “The Gender & Sexuality Therapy Center is a...group of psychotherapists providing a range of services...

focusing on gender, sexuality, sex and relationships for individuals, couples, multi-partner relationships, and families.”

### **Graymatters Medical Practice**

<https://graymattersmd.com/>

19 W 21st St, Suite 1003

New York, NY 10010

P: 917-740-5287

E: office@graymattersmd.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- Aetna (commercial plans)
- BCBS (commercial plans)
- Cigna (commercial plans)
- Oxford (commercial plans)
- Oscar (commercial plans)
- United Healthcare (commercial plans)

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

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

### **Griffin Hansbury, LCSW**

<https://griffinhansbury.com/>

20 W 20th St, 2nd Floor

New York, NY 10011

P: 646-675-7723

E: ghansbury@earthlink.net

*Location:* Virtual

*Services Available:*

- Individual Therapy
- Couples Therapy
- EMDR

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **Grounded NYC**

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

303 5th Ave

New York, NY 10016

P: 646-926-1497

E: munib@groundednyc.com

*Location:* Virtual

*Services Available:*

- Individual Therapy
- Couples Counseling

*Insurances Accepted:*

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

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

*Policies for New Patients:* Request appointment online.

*Notes:* Munib is a former Callen-Lorde provider.

**Harris and Long Psychotherapy**

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

202 W. 40th St. Suite 403

New York NY 10018

P: 917-382-0333

E: info@harrislong.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

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

**Heartspace Therapy**

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

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

New York, NY 10001

P: 917-410-1105

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

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

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

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

**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
- 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.

### Hudson Guild

<https://hudsonguild.org/>

441 W 26th St

New York, NY 10001

P: 212-760-9800

E: newsletter@hudsonguild.org

Location: Virtual & In-Person

Services Available:

- Therapy
- Psychiatric Evaluations (for patients receiving therapy)

Insurances Accepted:

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

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

Policies for New Patients: Contact facility directly to schedule.

### Institute for Community Living (ICL)

<https://iclinc.org/>

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

E: iclhope@iclinc.org

Location: 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.

### Institute for Contemporary Psychotherapy (ICP)

<https://icpnyc.org/>

33 West 60th Street, 4th Floor

New York, NY 10023

P: 212-333-3444

E: reception@icpnyc.org

Location: Virtual Only

Services Available:

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

Insurances Accepted:

- HealthFirst (including Medicaid)
- 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.

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

### The Institute for Family Health at 17th Street

<https://institute.org/>

230 West 17th Street

(between 7th & 8th Avenues)

New York, NY 10011

P: 212-206-5200

Location: In-Person & Virtual

Services Available:

- Counseling
- Psychiatry & Medication Management

Insurances Accepted:

- 1199
- Affinity
- Beacon
- Aetna
- AmidaCare
- CDPHP

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

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

*Policies for New Patients:* Contact office directly.

### **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."

### **Kyle McGarty, LMHC**

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

1239 Broadway, Suite 604

New York, NY 10001

P: 929-264-7313

E: kylemcgarty@gmail.com

*Location:* Virtual & In-Person

*Services Available:* Individual Therapy

*Insurances Accepted:*

- Aetna
- Cigna
- Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **Laura A Jacobs, LCSW-R**

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

110 Lafayette St  
New York, NY 10013  
P: 845-304-7915  
E: laura@lauraajacobs.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Family Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde board chair. Specializes in trans and nonbinary issues, LGBTQIA+ issues, kink/BDSM, nonmonogamy/polyamory, and sex work issues.

### **Let's Talk Psychological Wellness**

<https://talkingforwellness.com/>

153 W 27th Street, Suite 201

New York, NY 10001

P: 917-283-0738

E: office@talkingforwellness.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- Aetna
- Aetna Student Health (Columbia, Pace, Fordham, FIT)
- Out-of-Network

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

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

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

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

641 Lexington Ave, 25th Floor

New York, NY 10022

P: 212-746-5890

E: jat2036@med.cornell.edu

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

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

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

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

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

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

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

110 Lafayette Street, Suite 501

New York, NY 10013

P: 917-675-3446

E: therapy@dulcineapitagora.com

*Location:* Virtual Only

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

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

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

### **Matthew Pieknik, LMSW, MA**

<https://matthewpieknik.com/>

5 W 19th St

New York, NY 10011

P: 917-891-0144

E: matthewpieknik@gmail.com

*Location:* Virtual & In-Person

*Services Available:*

- Psychotherapy
- Psychoanalysis

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **MCM Collaborative Psychotherapy**

<https://mcmcollab.com/>

16 Madison Sq W, Floor 12

New York, NY 10010

P: 332-333-5090

E: intake@mcmcollab.com

*Location:* Virtual Only

*Services Available:*

- Individual Therapy
- Couples/Relationship Therapy

- Group Therapy

*Insurances Accepted:*

- Aetna
- Out-of-Network

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

*Policies for New Patients:* Folks should email [info@mcmcollab.com](mailto:info@mcmcollab.com), and someone will schedule a free phone consult for services.

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

**Melanie Martinez, LMHC**

19 W 34th St, Suite PH

New York, NY 10001

P: 646-828-9159

E: [melaniemartinez101@yahoo.com](mailto:melaniemartinez101@yahoo.com)

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

**Metropolitan Center for Mental Health**

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

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

P: 212-543-0004 (BH Intake)

*Location:* Virtual & In-Person

*Services Available:*

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Individual Psychotherapy</li> <li>• Play Therapy</li> <li>• Parent Counseling</li> </ul> | <ul style="list-style-type: none"> <li>• Couples Communication</li> <li>• Family Counseling</li> <li>• Group Psychotherapy</li> <li>• Psychological Testing</li> </ul> | <ul style="list-style-type: none"> <li>• Medication Management (only available to ongoing therapy patients)</li> </ul> |
|---|--|--|

*Insurances Accepted:*

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

*Self-Pay/Sliding Scale:* The Clinic offers an out-of-pocket fee, based on a sliding scale, for uninsured persons. There is a flat fee of \$35 for the initial Intake evaluation and a \$45 flat fee for a psychiatric evaluation (if one is needed). Individual fees thereafter are set on a sliding scale, based on proof of income (i.e. W2, Pay stub,

affidavit of financial situation). Family size/dependents are considered in the sliding scale fee and fees are set in accord with federal poverty guidelines. Those individuals who fall below poverty level may be eligible for discounted fees.

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

### **Michele Sarracco, LCSW-R**

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

210 E 21st St, #2E

New York, NY 10010

P: 212-353-9264

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

*Insurances Accepted:*

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

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

*Policies for New Patients:* Schedule online.

*Notes:* Former Callen-Lorde provider.

### **Mindful Care**

<https://mindful.care/>

- Flatiron District: 287 Park Ave S 5th Floor, New York, NY 10010
- Fort Greene: 41 Flatbush Ave, 2nd Floor, Brooklyn, NY 11217
- 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
- Healthfirst
- Metroplus
- Aetna
- Humana
- Oxford
- Cigna
- Medicare
- United Healthcare

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

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

### **myTherapyNYC**

<https://mytherapynyc.com/>

928 Broadway, Suite 806

New York, NY 10010

P: 646-449-0491

E: [info@mytherapynyc.com](mailto:info@mytherapynyc.com)

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

- BCBS
- Out-of-Network

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

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

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

### **Natasha Goykhberg, LMHC**

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

275 14th St, Suite 3

Brooklyn, NY 11215

P: 646-650-2465

E: natashaglmhc@gmail.com

*Location:* Virtual & In-Person

*Services Available:* Individual Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Current Callen-Lorde staff member.

### **The New York Counseling and Clinical Social Work Service**

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

160 West End Avenue, Suite 1N

New York, NY 10023

P: 212-362-1086

E: nyccsw@nyccsw.org

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:*

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

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

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

### **NYC Affirmative Psychotherapy**

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

19 W. 34th St.

New York, NY 10001

P: 347-625-5020



E: [contact@nycaffirmative.com](mailto:contact@nycaffirmative.com)

*Location:* Virtual Only

*Services Available:*

- Individual Psychotherapy
- Couples Psychotherapy
- Group Psychotherapy

*Insurances Accepted:*

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

*Self-Pay/Sliding Scale:* Sliding scale fees are \$70, \$90, \$125, or full fee \$175.

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

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

### **Paul Hays, LCSW-R**

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

P: 917-554-5699

*Location:* Virtual

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Current Callen-Lorde provider.

### **Psychoanalytic Psychotherapy Study Center (PPSC)**

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

80 Fifth Ave.

New York, NY 10011

P: 212-633-9164

E: [ppsc@ppsc.org](mailto:ppsc@ppsc.org)

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

*Insurances Accepted:*

- Aetna
- Out-of-Network

*Self-Pay/Sliding Scale:* Sliding scale fee ranges, \$60 and up.

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

### **Robert Kupferman, LCSW**

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

210 W 80th St

New York, NY 10024

P: 917-517-2447

E: [info@rkhypnotherapy.com](mailto:info@rkhypnotherapy.com)

*Location:* Virtual

*Services Available:* Hypnotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

**Robin Rosendale, MA, LMHC**

<https://robinrosendale.com/>

26 W 9th St, Suite 3B

New York, NY 10011

P: 646-588-1387

E: rrosendale@gmail.com

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

**Ryan Brown, LCSW-R**

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

455 W 23rd St, Suite 1BB

New York, NY 10011

P: 646-926-6900

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:* Out-of-Network

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

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

**The Soho Center for Mental Health Counseling**

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

159 Bleecker Street, 2C

New York, NY 10012

P: 917-592-2345

E: info@TheSohoCenter.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

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

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

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

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

### **Union Square Psychotherapy**

<https://usqtherapy.org/>

44 E 12th St.

New York, NY 10003

P: 347-948-8878

E: info@usqtherapy.org

*Location:* Virtual & In-Person

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

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

### **Vanessa Lopez, LCSW**

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

49 W 24th St, Suite 512

New York, NY 10010

P: 917-553-2171

*Location:* Virtual Only

*Services Available:* Psychotherapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

*Notes:* Former Callen-Lorde provider.

### **Victoria Formosa, LCSW**

[www.victoriaformosa.com](http://www.victoriaformosa.com)

29 5th Ave, Suite 1A

New York, NY 10003

E: victoriaformosalcsw@gmail.com

*Location:* Virtual and in person

*Services Available:*

- Individual Psychotherapy
- Couples Psychotherapy

*Insurances Accepted:* Out-of-Network

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

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

*Notes:* Former Callen Lorde provider

### **Wardeh C Hattab, LCSW**

<https://hattabtherapy.com/>

116 W 23rd St  
New York, NY 10011  
P: 917-985-9727  
E: Whattablcsw@whattablcsw.hush.com

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy

*Insurances Accepted:* Out-of-Network

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

*Policies for New Patients:* Contact provider directly.

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

## Queens

### **Awaken Wellness**

<https://awakenwellnessnyc.com/>

59-13 Grove St  
Ridgewood, NY 11285

P: 646-456-0819

E: ctazzalmhc@gmail.com

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Family Therapy
- Couples/Marriage Therapy

*Insurances Accepted:*

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

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

*Languages:* Spanish

*Policies for New Patients:* Contact office directly.

### **Comprehensive Consultation Psychological Services**

<https://comprehendthemind.com/>

114-20 Queens Blvd, Suite CS2  
Forest Hills, NY 11375

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

E: info@comprehendthemind.com

*Location:* Virtual & In-Person

*Services Available:*

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

*Insurances Accepted:*

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

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

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

### **Mindful Care**

<https://mindful.care/>

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

### **Minds Together**

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

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

*Location:* Virtual & In-Person

*Services Available:*

- Individual Therapy
- Couples Therapy
- Support Groups

*Insurances Accepted:*

- Emblem/GHI Medicaid,
- Healthfirst Medicaid
- Metroplus Medicaid
- United Healthcare
- UHC Community Plan
- Oxford
- Optum
- Oscar
- Aetna
- Cigna
- Empire BCBS (Except plans that begin with JLJ)
- Amidacare
- Fidelis

- 1199
- Affinity/Molina
- Magnacare
- Out-of-Network

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

*Languages (Other than English):* Spanish

*Policies for New Patients:* Contact office directly.

## **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.