

MENTAL HEALTH

LIFENET – 800-LIFENET (English), 800-AYUDESE (Spanish), or 877-990-8585 (Asian Languages)

City-run 24 hour emergency mental health hotline: substance abuse detox, family problems, domestic violence, anxiety, women's mental health, intervention, sexual abuse, rape, etc... Offers referrals. Can also intervene in a crisis situation by going to the person's home if the call was placed by a 3rd party.

American Addiction Centers – 888-744-0789

Their mission is to educate visitors through research-based, expert written content. They are dedicated to providing comprehensive information about addiction, treatment options and the path to full recovery.

Rehab Center – 800.570.3670 or 888-979-9592

For addiction recovery. When you call their number, you will be connected to an addiction counselor, who will help find the right treatment and facility for your needs (this is free). Facilities range from free, public facilities to private centers.

SAMHSA Treatment Facility Locator – 800-662-4357

This online resource is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

Community, Counseling, & Mediation – 718-802-0666

CCM operates five outpatient mental health and substance abuse clinics, staffed by 150 licensed clinicians, including psychiatrists, psychologists, and licensed clinical social workers. Their clinical services include individual, group and family counseling, psychological, psychiatric and psychosocial assessments and diagnosis, psychopharmacology, and HIV/AIDS services.

They currently own and operate more than 3, comprehensive supportive housing facilities that provide mental health services and psychiatric evaluations, alongside therapeutic, preventive, and wellness on-site services.

National Eating Disorders Association – Helpline: 800-931-2237

Monday-Thursday from 9:00 am – 9:00 pm

Friday from 9:00 am – 5:00 pm (EST)

Information and treatment referrals for eating disorders, provides insurance advice, recovery and loss support, and guidance.

The New York State Health Program – 718-960-0215, or 718-960-0300 (Spanish)

2021 Grand Concourse, 8th Floor, Bronx, NY 10453.

Bronx residents ONLY. Clinical services for adults and children (psychiatric meds etc.), ongoing counseling services, family violence intervention, immigrant services (Latino), continuing day treatment for Substance Abuse.

2021 Grand Concourse, 6th Floor
Bronx, NY 10453

260 E. 188th Street, 4th Floor Bronx,
NY 10458

Monday–Friday, 8:30am–5:00pm
718-960-3083

Maimonides Community & Mental Health Clinic – 718-283-7978

920 48th Street, Brooklyn, NY 11214.

Offers services for diverse populations, including orthodox Jews and immigrants.

The 5th Avenue Center for Counseling & Psychotherapy – 212-989-2990

5 East 17th St, New York, NY 10003

Accept Medicaid and Medicare.

**Support Group for Adult Female Survivors of Childhood Sexual Abuse – 212-423-2140
Friends in Deed**

Counseling services, grief counseling, and HIV prevention programs for teens in NYC.

Contact by emailing: admin@friendsindeed.org

Uptown Goddard – 212-595-3066

Helps the chronically homeless and mentally ill.

Henry Street Settlement – 212-233-5032

Psychosocial assessments, psychiatric evaluations, psychotropic medications, outpatient and group outreach for low-income populations. Must receive an evaluation in order to receive treatment and medication.

Adult Protective Services – 212-630-1853

For mentally or physically impaired adults who need care & assistance for daily functioning. City program.

Palladia-Women in Crisis Case Management – 212-979-8800

Services for women with children, homeless, mental health, or formerly incarcerated.

Columbia Inpatient Psychiatry Program – 212.305.2599

Monday – Friday 9 a.m. – 5 p.m.

The Program features individualized care that incorporates the patient's goals in treatment planning and involves the patient as a participant on the treatment team. Treatments usually include:

- Medication
- Individual and group psychotherapy to discuss life issues and gain mastery over symptoms such as depression and anxiety
- Cognitive therapy
- Individual and group therapy for substance abuse

They accept most insurance plans, which cover hospital and basic professional fees. Certain optional services and amenities may be available for additional fees. Financial counselors are available to discuss these charges in detail prior to admission.

FREE OR LOW-COST SERVICES

Ackerman Institute for the Family – 212-879-4900 ext 122

936 Broadway, New York, NY 10010

The Treatment Center helps families with problems including, but not limited to, school difficulties, child and adolescent problems, marital issues, divorce, bereavement, learning disabilities, conflictual family relationships, child abuse and incest, and chronic medical illness including AIDS. Families from all boroughs of New York City and from the larger tri-state area are welcome. *Fees are on a sliding scale based on family income.*

Care for the Homeless – 212-366-4459

30 East 33rd Street, 5th Floor

Provides medical, substance abuse, and mental health services (psychiatric services and mental health counseling) for homeless New Yorkers.

Center for Modern Psychoanalytic Studies – 212-228-6036

16 West 10th Street between 5th and 6th Avenues

The Consultation and Referral Service is the clinical division of the Center for Modern Psychoanalytic Studies. They offer affordable short- and long-term therapy for a wide range of life challenges including relationships, job stress, anxiety, depression, addictions, serious illness, and life transitions. They are an inclusive clinical setting where people of all life circumstances are welcome.

To make an appointment, call the number above. The intake fee is \$40, but fees are flexible and agreed upon between the client and therapist.

The Gestalt Center – 212-387-9429

37 East 28th St Suite 408, New York, NY 10016

All therapy and counseling inquiries are welcome and will be responded to promptly. After the intake session at our Flatiron district offices in Manhattan, the client is matched as soon as possible with an appropriate therapist. The client and therapist then arrange for a consultation at the therapist's private office. Once the contact is made between the therapist and client, all fees are paid directly to the therapist and the Center is no longer involved, unless there is a problem or another referral request.

Fees are on a sliding scale basis. There is a one-time \$35 intake fee paid to the Center. Out of work? No insurance? On a limited income? Therapy is still available to you. We even have special student rates.

Institute for Contemporary Psychotherapy – 212-333-3444

The Institute is composed of a group of 150 professionally trained, licensed psychotherapists who offer a full range of psychotherapeutic services, including individual and group psychotherapy, and psychoanalysis in addition to more specialized treatment services. ICP is dedicated to providing high quality therapy at low to moderate cost, offering post-graduate training for therapists, and educating the public about mental health issues.

The Institute accepts the following in-network insurance: HIP and HIP Medicaid. If you have out-of-network insurance, you will most likely be reimbursed for a portion of your expenses. If you are not covered by insurance, we will establish a fee on a sliding scale based on your income.

Institute for Human Identity – 212-243-2830

322 Eighth Avenue, Suite 802

Specifically for the LGBTQ community, they provide counseling for coming out, exploration of sexual orientation and sexuality, gender identity issues, sexual difficulties, alternative relationships, LGBTQ family building and parenting, depression, anxiety, stress, trauma reaction, PTSD, phobias, panic reactions, compulsive behavior, substance abuse, eating disorders, grief/bereavement, phase of life issues, reaching career goals, self-actualization barriers, relationship/family and parenting issues, etc.

To accommodate clients from all walks of life, IHI offers a sliding scale based on your annual income, along with various discounted programs.

Additionally, we can now take and process your Out of Network Benefits. We can verify the details for you and complete the paperwork on your behalf. Co-payments are often relatively low for clients with out of network benefits.

Metropolitan Center for Mental Health

160 West 86th Street – 212-362-8755

336 Central Park West – 212-864-3666

1090 St. Nicholas Avenue – 212-543-0777

Provides individual psychotherapy, play therapy, parent counseling, couples communication, family counseling, group psychotherapy, psychological testing, and medication therapy.

- The Clinic accepts Medicaid and several Managed Care Plans (Commercial plans, Medicaid plans and Medicare Advantage).
- 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.

Training Institute for Mental Health – 212-627-8181

Services Offered:

- Individual Psychotherapy
- LGBTQ Affirmative Psychotherapy
- Couples Therapy
- Family Therapy

Intake Fee is \$30

Family and Couple fee is \$50

Sliding scale (according to individual's income and expenses).

We are in-network for Aetna. If you have health insurance that covers out-of-network mental health costs, you may use that insurance.

We do not accept Medicare or Medicaid.

William Alanson White Institute – 212-873-7070

20 West 74th St, New York, NY 10023

General Services. The Clinical Services offers treatment to two broad groups of people: adults who seek psychotherapy or psychoanalysis and children, adolescents and their families. In addition, the White Institute offers referrals for special services to those groups as described in the linked pages. Fees are on a sliding scale.

The Institute for Family Health

Visit their website and find a location (Manhattan, Bronx, Mid-Hudson Valley) and a clinic that offers counseling services.

The Institute's mission is to provide affordable health care for all who need it. We accept most private insurance, as well as Medicare and Medicaid. If you do not have insurance, we will ask you to give us information about your household income. We will use that information to determine the charge for your services. Our sliding-fee scale is available upon request.

The Puerto Rican Family Institute Inc.

Brooklyn – 718-96-4430

Bronx – 718-299-3045

Manhattan – 212-229-6905

For Latino children, adolescents, and adults. Provides bilingual services. Takes insurance or sliding scale fees.

NYU Lutheran Family Health Centers Sunset Terrace – 718-431-2600

514 49th St, Brooklyn, NY 11020

Lutheran Family Health Center Sunset Terrace offers evidence based individualized treatment services for individuals managing mental health disorders, struggling with chemical dependency problems and/or coping with health issues associated with HIV/AIDS.

Sliding scale.

COUNSELING

Children's Safety Project at the Greenwich House – 212-242-4140, x 237

27 Barrow Street, 2nd Floor

New York, NY 10014

Provides individual counseling, parent guidance, play therapy, group counseling, advocacy, education, and psychotherapy for children, young adults, and non-offending adults who have witnessed or been affected by violent crimes and traumatic losses.

Fees for services are calculated on a sliding scale. We provide services to all families regardless of their ability to pay.

New York Asian Women's Center – 888-888-7702 (multiple languages)

While we work to ensure that services are available for Asian immigrant survivors of domestic violence and human trafficking, NYAWC provides services to all survivors of domestic violence and human trafficking, regardless of race, creed, color, national origin, sex, age, disability, marital status, sexual orientation or citizenship status. Counseling offered in several languages.

Turning Point – 718-886-9500

Provides free counseling to Muslim women and families focused particularly on domestic violence, poverty, immigration, and discrimination. Also offers support groups, matrimonial and immigration referrals and crisis intervention.

BRONX COUNTY CRISIS CENTERS

Kingsbridge Heights Community Center –Hotline: 718-884-0700 x 100

Counseling services are provided to youth.

Safe Horizon – 347-328-8110

Since 1988, Safe Horizon's Counseling Center, a New York State-licensed mental health clinic, has specialized in meeting the complex needs of individuals and their families who have been victims of crime and abuse.

Safe Horizon offers support groups for women coping with the trauma of domestic violence, for people who lost a family member to homicide, for incest survivors, for victims of child abuse and their non-offending parents, for rape and sexual assault victims, as well as others.

KINGS COUNTY CRISIS CENTERS (BROOKLYN)

Rape Crisis Program, Church Avenue Merchants Block Assoc.(CAMBA, Inc.) 718-285-5575

Rape Crisis Program:
885 Flatbush Avenue
Brooklyn, NY 11226

Mental Health Program:
19 Winthrop St,
Brooklyn, NY, 11225
P: 718-462-8645

CAMBA provides case management and counseling services to individuals struggling with one or more health issues including, but not limited to, HIV/AIDS, diabetes, heart disease, substance abuse, and mental illness.

Through these services CAMBA helps clients gain access to and maintain primary care, manage medications and treatment regimens, build strong support systems and find safe and affordable housing.

Violence Intervention and Treatment Program, Wyckoff Heights Medical Center

718-906-3857
374 Stockholm Street
Brooklyn, NY 11237

The Violence Intervention and Treatment Program has existed at Wyckoff Heights Medical Center for 11 years. The program provides crisis counseling, advocacy, and supportive assistance by trained volunteer advocates in the Emergency Department of Wyckoff Heights Medical Center.

NEW YORK COUNTY CRISIS CENTERS

St. Luke's Roosevelt Hospital: Crime Victims Treatment Center – 212-523-4728

411 W. 114th St. #2C
New York, NY 10025

CVTC's licensed clinicians are experts in the treatment of trauma resulting from interpersonal violence. They understand the ways that being hurt can impact a person's life and they know how to help.

CVTC also offers 15 unique and tailored support groups for survivors of violent crime. From our childhood sexual abuse processing groups to our weekly acupuncture clinic, we are constantly expanding our group therapy program to address the emerging needs of our clients. Many of our groups are offered in Spanish and Mandarin Chinese.

Hours: 9am-5pm

CVTC Columbus Circle
126 West 60th St
New York, NY 10023

CVTC Morningside
1090 Amsterdam Ave
Suite 8F
New York, NY 10025

Mt. Sinai Adolescent Health Center – Hotline: 212-423-3000

312 East 94th St.
New York, NY 10128

Mount Sinai Adolescent Health Center: Our unique, New York City-based program delivers comprehensive, integrated medical and mental health services and prevention education to young people aged 10 to 21.

New York City Gay & Lesbian Anti-Violence Project – Hotline: 212-714-1141

116 Nassau St, 3rd Floor
New York, NY 10038

QUEENS COUNTY CRISIS CENTERS

Dept. of Social Work Services, Queens Hospital Center – 718-883-3336

Pavilion Building Room 151
82-86 164th Street
Jamaica, NY 11432

NASSAU COUNTY CRISIS CENTERS

Suffolk County Crisis Centers: Victims Information Bureau of Suffolk – Hotline: 631-360-3606

Mail to: P. O.Box 346
Central Islip, New York 11722
Office: 631-360-3730

Office located in Islandia do not give exact location of the office.