MENTAL HEALTH REFERRALS

In case of emergency go to nearest hospital or utilize emergency services

PSYCHOTHERAPY CLINICS:

National Institute for the Psychotherapies (212) 582-1556
330 West 58th Street, Suite 200 (Between 8th and 9th Ave.)
Fee: $25 to $100 per session, initial consultation: $50
Adult and child therapy and evaluations

The McShane Center for Psychological Services (212) 346-1730
(affiliated with Pace University Clinical/School PsyD Program)
156 William St., Fifth Floor, New York, NY 10038
(Near 4, 5, 6 trains: Brooklyn Bridge Stop)
Mon-Fri, 9am-8pm. Sliding Scale. Typical $5-$20/session, up to $70.

The William Alanson White Institute (212) 873-0725
(psychoanalysis & Psychotherapy; sliding scale fees)
20 W. 74th St.
www.wawhite.org

Upper Manhattan Mental Health Center (212) 694-9200
1727 Amsterdam Avenue, Between 145th and 146th Streets
New York, NY 10031
Fees: Sliding scale $10 - $60
Catchment Area: 125th to 182nd Street (Between Edgecomb and Riverside)
Adult and child psychotherapy, walk-in psychiatric evaluations

City College Psychology Center (212) 650-6602
Amsterdam Avenue & 137th Street
Adult and child therapy.
Catchment area is 125th to 145th Street, outside referrals accepted

New York University Psychology Clinic (212) 998-7932
715 Broadway, 2nd Floor
New York, NY 10003
Fee: Sliding Scale $5-$40 per session; Intake (including testing) $20
Adult, child and couples therapy

Let me know if I need to correct or would like me to add something

Mount Sinai Adolescent Health Center (212) 423-3000
312 East 94th Street (between 1st and 2nd Ave.)
Fee: $9.00 without Medicaid or insurance. In some cases free.
Individual, family, group therapy, and other support services

The Village Institute (212) 473-9912
(psychotherapy; sliding scale fees)
62 East 1st Street, Suite LN
New York, NY 10003
http://www.villageinstitute.com/clinical_2.html

Henry Street Consultation Center (212) 233-5032
40 Montgomery Street
New York, NY 10002
Fees: Sliding scale $15 - $65. Adult and family therapy

The Postdoctoral Psychotherapy Center (516) 877-4840
Adelphi University
Metropolitan area, Nassau & Suffolk Counties
Fees: sliding scale. Adult and child therapy

Institute for Contemporary Psychotherapies (ICP) (212) 333-3444
1841 Broadway, 4th floor (Corner of 60th and Broadway)
Or visit: www.icpnyc.org
Fee: $50 Intake, $20 to $120 per session, sliding scale
Adult therapy

Institute of Human Identity (Run by and for LGBTQ) (212) 243-2830
322 Eighth Avenue, Suite 802, New York, NY 10001

Postgraduate Center for Mental Health (212) 576-4195
138 East 26th Street (Between Lexington and 3rd Ave.)
Fees: sliding scale. Adult and child therapy

Gay and Lesbian Affirmative Therapy Services - (ICP) (212) 333-3444
Adult therapy

CATS – Children & Adolescent Treatment Services (212) 333-3444
Requires parent and child intake - $40 each

Let me know if I need to correct or would like me to add something

Metropolitan Center for Mental Health (212) 864-7000
160 West 86th Street (Between Columbus and Amsterdam Ave.)
Fee: $23 - $60 per session, Intake: $35, Psychiatric-Eval: $45
Adult and child therapy

NY Psychotherapy Group (212) 673-0884
29 5th Avenue
New York, NY 10003 (Offices Throughout NYC)
Fees: sliding scale. Adult and child therapy

Blanton-Peale Institute & Counseling Center (212)725-7850
3 West 29th Street, Suite 11C, New York, NY
Fees: sliding scale. Adult, couple and family therapy

Karen Horney Clinic (212) 838-4333
329 East 62nd Street, New York, NY 10021
Fees: sliding scale. Adult and child therapy

Bellevue Hospital—Spanish Speaking (212) 562-3698
27th Street and 1st Ave., C & D Building, Room 241, New York, NY
Adult, family, and couple therapy

Puerto Rican Family Institute (212) 924-6320
145 West 15th Street, New York, NY
Bilingual services. Adult and child therapy

Northside Center for Child Development (212) 860-1616
1301 Fifth Avenue (Betwn. 110th & Madison), New York, NY 10029
Contact Person: Patricia Bryant
Fees: sliding scale. Children only

CRISIS RESPITE CENTERS (Alternative to Hospitalization)

https://www.nyc.gov/site/doh/health/health-topics/crisis-emergency-services-respite-centers.page

COMMUNITY ACCESS, INC. - Crisis Respite Center (Manhattan)
315 2nd Avenue
New York, NY 10003
Phone: 646-257-5665 x 8401

Let me know if I need to correct or would like me to add something

RIVERDALE MENTAL HEALTH ASSOCIATION - Crisis Respite Center (Bronx)
640-642 West 232nd Street
Bronx, NY 10463
Phone: 718-884-2992

SERVICES FOR THE UNDERSERVED - Crisis Respite Center (Brooklyn)
2118 Union Street
Brooklyn, NY 11212
Phone: 347-505-0870

TRANSITIONAL SERVICES FOR NEW YORK - Crisis Respite Center (Queens)
80-45 Winchester Blvd.
Queens Village, NY 11427
Phone: 718-464-0375

PSYCHOLOGICAL EVALUATIONS:

National Institute for the Psychotherapies (212) 582-1566
330 West 58th Street, Suite 200 (Between 8th & 9th Ave.), New York, NY
Fee: $25 to $100 per session, initial consultation: $50
Adult and child therapy and evaluations

Columbia Presbyterian – Child Psychiatry (212) 305-3093
710 168th Street, New York, NY
Fees: sliding scale. Children only

Center for Psychological Services- St. John's University (718) 990-1900
8000 Utopia Parkway, Jamaica, NY 10471
Fees: sliding scale. Adult and child evaluations

Metropolitan Center for Mental Health (212) 864-7000
160 West 86th Street (Between Columbus and Amsterdam Ave.)
Fee: $23 - $60 per session, Intake: $35, Psychiatric-Eval: $45
Adult and child therapy

NY Psychotherapy Group (212) 673-0884
29 5th Avenue, New York, NY 10003
(Offices throughout NYC)
Fees: sliding scale. Adult and child evaluations

Let me know if I need to correct or would like me to add something

PSYCHIATRIC REFERRALS:

N.Y.S Psychiatric Institute Residents' Clinic (212) 305-6001
(Columbia University Medical Center)
1051 Riverside Drive, 1st floor
All Fees: sliding scale

MICA Clinic: Mentally III Chemical Abuse (212) 305-5977
Adult Psychiatric appointments only, 12th Floor
Spanish speaking counselors
General Adult Psychiatric Clinic: 6th Floor (212) 305-6440
Adolescent Program (212) 305-2584
Child Psychiatry: (212) 305-3093

Upper Manhattan Mental Health Center (212) 694-9200
1727 Amsterdam Avenue, Between 145th and 146th Streets, New York, NY 10031
Fees: Sliding scale $10 - $60
Catchment Area: 125th to 182nd Street (Between Edgecomb and Riverside)
Adult and child psychotherapy, walk-in psychiatric evaluations

Metropolitan Center for Mental Health (212) 864-7000
160 West 86th Street (Between Columbus and Amsterdam Ave.), New York, NY
Fee: $23 - $60 per session, Intake: $35, Psychiatric-Eval: $45
Adult and child therapy

Psycho-educational Services
Ayuda Support Center for Youth with Special Conditions (212) 781-5500
3940 Broadway, 2nd floor, New York, NY 10032
Adults and children

Downstate Mental Hygiene Associates (718) 287-4806
370 Lenox Road, Brooklyn, NY 11226.
Adults only

Center for Psychological Services
At St. John's University (718) 990-1900
8000 Utopia Parkway, Jamaica, NY 11439
Fees: $220 - $800, sliding scale. Adults and children
Center for Psycho-educational Services
The Learning Center (718) 796-8700
4049 Henry Hudson Parkway, Bronx, NY 10471

Let me know if I need to correct or would like me to add something

Children only

School Consultation Center & Early Childhood Center
Fordham University (212) 636-6483
113 West 60th Street, Room 1018, Bronx, NY

VOCATIONAL COUNSELING:

N.Y. State of Labor Department (212) 621-0790
Manhattan Youth Service
247 West 54th Street, New York, NY 10019
Job Development Placement, ages 16-24

Brooklyn Bureau of Community Services (718) 310-5600
285 Schermerhorn Street, Brooklyn, NY 11217
Vocational training, job placement & training. Ages 16+

Citizens Advice Bureau (718) 365-0910
or visit: www.cabny.com
2054 Morris Avenue, Bronx, NY 10453
Job training, test preps, child care, senior citizen services.
Only South Bronx residents

Contemporary Guidance Service (212) 577-5512
156 William Street, 7th floor, New York, NY 10038
Job placement and training, no fee. Ages 17+

Outreach Developmental Corp. (718) 847-9233
Or visit: www.outreach-project.org
Adolescent, adult substance abuse treatment

FOCUSED SERVICES:

Suicide Hotlines:
Samaritans (24 hours) (212) 673-3000
Helpline (9am – 10 pm) (212) 532-2400

Let me know if I need to correct or would like me to add something

Mental Health Helpline (8am – 11pm) (212) 222-7666

Warmline (support when not in crisis)
Empowerment Exchange Peer Support Line (518) 268-1663
NYC Well (888) 692-9355, press 2 then 1 Text: text "WELL" to 65173
Call Blackline 800-604-5841

Intimate Partner Violence & Abuse Hotlines:
Safe Horizon 1-800-621-HOPE (4673) :24/7 Domestic violence hotline
Safe Horizon 212-227-3000 :Rape and sexual assault hotline

NY State Central Register of Child Abuse and Maltreatment
1-800-342-3720
Child abuse reports

The New York State Domestic Violence Hotline
1-800-942-6906
http://www.opdv.ny.gov/help/dvhotlines.html
information on domestic violence resources in community

My Sister's Place
1-800-298-7233
http://mspny.org/
Counseling, legal advice, emergencies and shelter

Rape Abuse and Incest National Network -- RAINN
24/7 hotline: 800-656-4673
http://www.rainn.org
Provides information on counseling and other services available to victims of sexual assault

Pillars of Peace
Helpline: 347 394 5414
https://www.pillarsofpeace.org/

Asyiah Women's Shelter
https://asiyahwomenscenter.org/
https://asiyahwomenscenter.org/contact-us/

Sakhi For South Asian Survivors
https://sakhi.org/
Monday, Thursday, Friday, Saturday: 10am–10pm; Tuesday, Wednesday: 24 Hours

Let me know if I need to correct or would like me to add something

Call: 1 (212) 868-6741
Text: 1 (305) 204-1809
(text only – calls cannot be received on this line)

Grief

Center for Loss & Renewal
http://www.lossandrenewal.com/our-services/
168 West 86th Street
New York, NY 10024
Phone: 212-874-4711
email: info@lossandrenewal.com

Grief Groups Directory
https://www.griefshare.org/s?coordinates=%2840.725704%2C+-73.997996%29&search=New+York+City%2C+New+York+10012%2C+United+States&commit=Find+a+Group

Center for Prolonged Grief
Columbia University; School of Social Work
1255 Amsterdam Avenue
New York, NY 10027
info@complicatedgrief.columbia.edu
https://prolongedgrief.columbia.edu/

A Caring Hand
305 7th Avenue, 16th Floor
212-229-2273
http://www.acaringhand.org/
info@acaringhand.org

Center for Bereavement
118 East 93 Street, Suite 1C
212-289-8570
http://www.centerforbereavement.com/
email: ms@centerforbereavement.com

Bereavement Center of Westchester
Various locations in Westchester
914-787-6158 ext.1305
http://www.thebereavementcenter.org/index.htm
Info@thebereavementcenter.org

Let me know if I need to correct or would like me to add something

LGBTQ

GLBT NATIONAL HOTLINE
1-888-THE-GLNH (843-4564)
Peer counseling, information, and local resources

Gay and Lesbian Alliance Against Defamation (GLAAD)
www.glaad.org
LGBT acceptance; social media equality

Movement Advancement Project (MAP)
www.lgbtmap.org
rigorous research, insight, and analysis that helps speed equality for LGBT people

Gay, Lesbian and Straight Education Network (GLSEN)
www.glsen.org
national education organization focused on ensuring safe schools for all students

The Trevor Project
Trevor Lifeline: 1-866-4-U-TREVOR (866-488-7386)
www.thetrevorproject.org
24/7 hotline; suicide prevention for LGBTQ youth

Reproductive Support

Guttmacher Institute

Abortion Finder

Pro Choice

Planned Parenthood

Plan C Pills

www.abortionfunds.org

www.sistersong.net/reproductive-justice

www.exhaleprovoice.org

www.all-options.org

Let me know if I need to correct or would like me to add something

www.faithaloud.org

www.abortionswelcome.org

www.abortiondefensenetwork.org

www.ifwhenhow.org

NY Government Health Website

Pregnancy, Prenatal, Postpartum

Holliday Tyson's Prenatal Classes on Youtube.
Holliday Tyson trained as a midwife in Britain from 1979-1982. She is currently pursuing a Ph.D. at Thames Valley University in England. Holliday practiced midwifery in Africa, India and in rural and urban Ontario, Canada. She was a founding faculty member of the Ontario Midwifery Education Program. Holliday has also been President and Registrar of the College of Midwives.
– Part 1: Prenatal, Part 2:Labor and Birth, Part 3: Postnatal.

Pampers
Offers a free 10-part series about pregnancy, labor, and post-partum.
https://www.pampers.com/en-us/pregnancy/birthing-classes

NYC Breastfeeding Warmline
Provides free virtual breastfeeding support and answers to questions about feeding your baby.
https://www.healthsolutions.org/community-work/family-support/community-offerings/

Lactation Education Resource
Offers a variety of detailed free handouts for parents that discuss breastfeeding, lactation, and the specific challenges that may come along the way. You can start with the basic guidelines and build from there.
https://www.lactationtraining.com/resources/handouts-parents/handouts-lactation

Postpartum Support International

Let me know if I need to correct or would like me to add something

Hosts free live phone sessions every wednesday for mothers. Through these phone sessions, you can connect with other mothers and a PSI expert about resources, symptoms, options, and general information.
https://postpartum.net/get-help/chat-with-an-expert/

The Motherhood Center of NY
Offers virtual support groups. These do require the purchase of a ticket.
https://themotherhoodcenter.com/support-groups/

Just Birth Space
Offers free and virtual doula support. They also have several support groups and a free childbirth education class on the first Saturday of the month.
https://www.justbirthspace.org/

Postpartum Resource Center of New York publishes and updates this list on a weekly basis with peer support groups and resources.
https://postpartumny.org/groups/

Postpartum Support International offers a variety of free online support groups. Carefully read the description of each to find the one that best represents you.
https://postpartum.net/get-help/psi-online-support-meetings/

Alcohol & Other Drugs

Alcoholics Anonymous (AA)
WWW.NYINTERGROUP.ORG/MEETINGS/
The only requirement for membership is a desire to stop drinking. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Narcotics Anonymous (NA)
HTTPS://NEWYORKNA.ORG/MEETINGS/
NA is a nonprofit society of people who are recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership, the desire to stop using.

SMART Recovery
WWW.SMARTRECOVERY.ORG/

Let me know if I need to correct or would like me to add something

SMART Recovery is the leading self-empowering addiction recovery support group.

Women for Sobriety
HTTP://WOMENFORSOBRIETY.ORG/
The first self-help recovery program based on the unique emotional needs of women.

Addiction Institute at MT Sinai West
https://www.mountsinai.org/locations/addiction-institute
The institute provides substance use treatments, detoxification and medical withdrawal services, education and counseling services.

Recovery Connection
RECOVERYCONNECTION.COM
This 24-hour hotline and website helps people find addiction treatment centers, addiction resources, and drug rehabilitation facilities.

Partnership to End Addiction
Text JOIN to 5573
Text messaging system to support people in their journey of changing health behaviors.
Text DRY30 to 55753
Texting the number will send free texts that can help support as you take a break from alcohol for 30 days.

EATING DISORDER
Center for the Study of Anorexia and Bulimia (CICIP)
1841 Broadway New York, NY 10023
212-333-3444
http://icpnyc.org/csab/

Columbia University Medical Center
Eating Disorder Research Unit
1051 Riverside Drive, NY, NY 10032
646-774-8066
www.columbiaeatingdisorders.org
edru@nyspi.columbia.edu

Eating Recovery Center
(866) 686-0614
Virtual intensive outpatient care

Let me know if I need to correct or would like me to add something

https://www.eatingrecoverycenter.com/ppc-vc-ed-ny?st-t=&vt-n=g&vt-k=eating%20disorder&gclid=CjwKCAjwoP6LBhBlEiwAvCcthEH2EimuHGlPVg5j90tBSKpS57oRILv1el43wR0IH2UPyLlg6SaK2RoCD60QAvD_BwE

National Eating Disorders Association (NEDA)
www.nationaleatingdisorders.org
Information and referral helpline: 1-800-931-2237
info@nationaleatingdisorders.org

Nourishing NY
https://www.nourishingny.com/about-us
16 Madison Square West, 12th Floor
New York, NY, 10010, United States
Phone: 516-806-2109
Email: inquiries@nourishingny.com
Fax: 516-407-5377

The Eating Disorders Center of New York-Presbyterian Hospital (Inpatient Services)
The Outlook at Westchester
888-694-5700
http://columbiapsychiatry.org/eatingdisorders/inpatient-program

RESOURCES FOR FRIENDS AND FAMILY MEMBERS

AL-ANON
HTTPS://AL-ANON.ORG/
Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

NAR-ANON
WWW.NAR-ANON.ORG/
Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you.

Additional Resources

NYC Health
https://www.nyc.gov/site/doh/health/health-topics/mental-health.page

Food Bank
http://www.foodbanknyc.org/go/news/food-program-locator

Let me know if I need to correct or would like me to add something

212-566-7855
To help New Yorkers in need locate food pantries, soup kitchens and other related programs (i.e., low-income daycare centers, shelters, rehabilitation centers and youth programs).

ACCESS NYC
https://a858-ihss.nyc.gov/ihss1/en_US/IHSS_homePage.do
Free online service that identifies and screens for more than 30 city, state and federal human service benefit programs. It is a resource for people to find out about programs relating to employment, financial assistance, food, health care, health insurance and housing. A person can use the service anonymously or they can create an account

Online Directories

Psychology Today
https://www.psychologytoday.com/
search for therapists and psychiatrists by zipcode, insurance, etc.

ZocDoc
https://www.zocdoc.com/
search for therapists and psychiatrists by zipcode, insurance, etc.

Talkiatry
https://www.talkiatry.com/

South Asian Therapists
https://southasiantherapists.org/

NAMI: NYC; Support Group
https://naminycmetro.org/support-groups/

Health in Her HUE
https://healthinherhue.com/directory/providers

Asian Mental Health Collective
https://www.asianmhc.org/therapists-us/

SEARAC
SEARAC is a national civil rights organization that builds power with diverse communities from Cambodia, Laos, and Vietnam to create a socially just and equitable society. As representatives of the largest refugee community ever resettled in the United States, SEARAC stands together with other refugee communities, communities of color, and social justice movements in pursuit of social equity.
https://searac.org/

Let me know if I need to correct or would like me to add something