

External Mental Health Resources

In-Person Mental Health Resources

BRONX

The Door

Counseling services for members (free membership)

- Bronx Youth Center
2999 3rd Avenue, Bronx, NY 10455
Phone: (646) 230-1037
Email: info@door.org

Jewish Board of Child and Family Services

- [Bronx Connected Care](#)
2488 Grand Concourse, 2nd Floor, Bronx, NY 10458
Phone: (844) 663-2255
- Harry Blumenfeld Counseling Center
750 Astor Avenue, Bronx, NY 10467
Phone: (718) 882-5000

North Central Bronx

- Adult Outpatient Services
3424 Kossuth Avenue, 4th Floor, 4B-01, Bronx, NY 10467
Phone: (718) 519-3440

NYPCC (NY Psychotherapy and Counseling Center)

- Bronx Child and Family Mental Health Center
579 Courtlandt Avenue, Bronx, NY 10451
Phone: (718) 908-8000
Mon - Fri: 9am - 8pm; Sat - Sun: 8am - 6pm

PCMH (Postgraduate Center for Mental Health)

- Bronx Recovery Support Center (BRSC)
1775 Grand Concourse, 8th Floor, Bronx, NY 10453
Phone: (212) 665-1860
Email: brscreferral@pgcmh.org

Union Community Health Center & Urgent Care

General Phone #: (718) 220-2020

External Mental Health Resources

- 260 East 188th Street, Bronx, NY 10458
Phone: (718) 960-3165
Mon - Fri: 9:00 AM – 4:30 PM
- 2021 Grand Concourse, Bronx, NY 10453
Mon - Fri: 9:00 AM – 4:30 PM
- 2016 Bronxdale Avenue, Bronx, NY 10462
Mon & Fri: 8am-4pm; Tue - Thu: 11am-7pm

Vida Guidance Center

- 4419 Third Ave, Bronx, NY 10457
Phone: (718) 364-7700 for business hours; (718) 589-2440 for after-hours care
Mon – Thu: 9 am – 8 pm; Fri: 9 am – 5 pm; Sat: 9 am – 2 pm
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BROOKLYN

Bridge Back To Life

Behavioral health services with a focus on substance and alcohol treatment

- Downtown Brooklyn Center
175 Remsen St., 10th Floor
Brooklyn, NY 11201
Phone: (718) 852-5552
- Southern Brooklyn Center
3044 Coney Island Ave., 3rd Floor
Brooklyn, NY 11235
Phone: (718) 265-4200

Brooklyn Center for Psychotherapy and New Directions

- 300 Flatbush Avenue, Brooklyn, NY 11217
Phone: (718) 622-2000 for Psychotherapy; (718) 398-0800 for New Directions
Mon – Fri: 9am – 9pm; Sat: 9am – 5pm

Kings County Hospital

451 Clarkson Ave, Brooklyn, NY, 11203

- Adult Behavioral Health Outpatient Program
Location: R-Building, 2nd Floor
Phone: (718) 245-2700 or (718) 245-2704
Mon – Fri: 8:30am – 4pm
- Child Behavioral Health Outpatient Program
Location: R-Building, 7th Floor

External Mental Health Resources

Phone: (718) 245-8934 or (718) 245-7026
Mon – Fri: 8:30am – 4pm

[NYPCC \(NY Psychotherapy and Counseling Center\)](#)

- Bushwick Child and Family Mental Health Center
102 Pilling Street, Brooklyn, NY 11207
Phone: (718) 908-8000
Mon - Fri: 9am - 8pm; Sat - Sun: 8am – 6pm
- East New York Child and Family Mental Health Center
2857 Linden Boulevard, Brooklyn, NY 11208
Phone: (718) 908-8000
Mon - Fri: 9am - 8pm; Sat - Sun: 8am – 6pm

[Institute for Community Living](#)

- Rockaway Parkway Center (RPC)
1310 Rockaway Parkway, Brooklyn, NY 11236
Phone: (718) 272-3300
- Highland Park Center (HPC)
2581 Atlantic Avenue, Brooklyn, NY 11233
Phone: (718) 495-6700

[Jewish Board of Child and Family Services](#)

- [Brooklyn Connected Care](#)
2020 Coney Island Ave, Brooklyn, NY 11223
Phone: (718) 676-4280

[Catholic Charities of Brooklyn & Queens](#)

- Brooklyn Community Outreach Center
191 Joralemon Street
Brooklyn, NY 11201
(718) 722-6001

MANHATTAN

[The Ali Forney Center](#)

- 307 W 38th St, 2nd Floor, New York, NY 10018
Phone: (212) 222-3427 ext. 300

[The Center \(The Lesbian, Gay, Bisexual & Transgender Community Center\)](#)

- 208 West 13 Street, New York, NY 10011

External Mental Health Resources

Phone: (212) 620-7310

The Door

Counseling services for members (free membership)

- Manhattan Youth Center
555 Broome Street, New York, NY 10013
Phone: (212) 941-9090
Text line (for membership & programming questions): (929) 357-0768

Hetrick-Martin Institute for LGBTQIA+ Youth

- 2 Astor Place, New York, NY 10003
Phone: (212) 674-2400

Institute for Contemporary Psychotherapy

- 33 W 60th Street, 4th Floor, New York, NY 10023
Phone: 212.333.3444

Jewish Board of Child and Family Services

- [Manhattan Connected Care](#)
5030 Broadway, Suite 201, New York, NY 10034
Phone: (212) 632-4749

Metropolitan Center for Mental Health

Mon - Fri 9 am - 10pm; Sat: 9am - 7pm

- 160 West 86th Street, New York, NY 10024
Phone: (212) 362-8755
- 336 Central Park West, New York, NY 10025
Phone: (212) 864-3666
- 1090 St. Nicholas Avenue, New York, New York 10032
Phone: (212) 543-0777

National Institute for the Psychotherapies (No Medicaid, Sliding Scale)

- 71 West 23rd Street, Suite #1400, New York, NY 10010
Phone: (212) 582-1566

PCMH (Postgraduate Center for Mental Health)

- PCMH Support Center for Individuals and Families
213 West 35th Street, 4th Floor, New York, NY 10001
Phone: (212) 576-4104 *during business hours*, (718) 675-4610 *off-hours crisis line*
Mon - Thu: 8am - 8pm; Fri: 9am - 5pm (*Walk-in/crisis hours*: Tue 12-2pm & Thu 1-3pm)
Email: sciferral@pgcmh.org

External Mental Health Resources

PFLAG NYC

- 154 Christopher St, 2A, New York, NY 10014
Phone: (646) 240-4288

Psychotherapy Center for Gender and Sexuality (PCGS)

- 33 W 60th Street
4th Floor
New York, NY 1002
Phone: (212) 333-3444

Violence Intervention Program

- Triborough Station, PO Box 1161
New York, NY 10035
24 hr hotline: (800) 664-5880
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QUEENS

Elmhurst Hospital Center

- 79-01 Broadway, Elmhurst, NY 11373
Phone: (718) 334-4000
Mon - Thu: 8am - 8pm; Fri: 8am - 5pm; Sat: 8am - 12pm

Flushing Hospital Medical Center

- 4500 Parsons Blvd.
Flushing, NY 11355
Phone: (718) 670-5000

Jamaica Hospital Mental Health Clinic

- 90-09 Van Wyck Expressway
Jamaica, New York 11435
(718) 206-5575
Mon - Fri: 9am - 7pm; Sat: 9am - 5pm

Jewish Board of Child and Family Services

- The Laurie Sprayregen Counseling Center
97-77 Queens Blvd., Penthouse, Rego Park, NY 11374
Phone: (718) 896-9090

External Mental Health Resources

Long Island Consultation Center

- 9729 64th Road, #1FL
Rego Park, NY 11374
Phone: (718) 896-3400
Email: ljcc@lccnyc.org

Mental Health Providers of Western Queens Inc.

- Sunnyside Office
44-04 Queens Boulevard, 2nd Fl., Sunnyside, NY 11104
Tel: (718) 706-1663
- Woodside Office
61-20 Woodside Avenue, Lower Level, Woodside, NY 11377
Tel: (718) 672-1705

St. Johns University Center for Psychological Services

- Seton Complex, St. John's University
152-11 Union Turnpike
Flushing, NY 11367
Phone: (718) 990-1900
Email: psychcenter@stjohns.edu
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STATEN ISLAND

Bridge Back To Life

- Staten Island Center
1688 Victory Boulevard
Staten Island, NY 10314
Phone: (718) 447-5700

Jewish Board of Child and Family Services

- Staten Island Connected Care
1765 South Avenue
Staten Island, NY 10314
Phone: (718) 982-6982
- Staten Island Family Services
358 St. Marks Place, 3rd Floor
Staten Island, NY 10301
Phone: (718) 727-3303

External Mental Health Resources

[Richmond University Medical Center](#)

- [The Center for Integrative Behavioral Medicine](#)
1130 South Avenue
Staten Island, NY 10314
Phone: (718) 818-6132
Mon & Wed: 8:30am-7:00pm; Tue, Thu, & Fri: 8:30am-5:00pm
- [Staten Island Mental Health Society](#)
355 Bard Ave
Staten Island, NY 10310
Phone: (718) 818-6690

[Silver Lake Behavioral Health](#)

- 201 Forest Avenue
Staten Island, NY 10301
Phone: (718) 815-3155

[Staten Island University Hospital](#)

- 475 Seaview Avenue
Staten Island, NY 10305
Phone: (718) 226-9000

[YMCA Counseling Service](#)

- South Shore Center
3911 Richmond Avenue
Staten Island, NY 10312
Phone: (718) 948-3232
Mon - Thu: 8:30am - 9pm; Fri: 8:30am - 5pm; Sat: 9am - 2pm
- North Shore Center
285 Vanderbilt Avenue
Staten Island, NY 10304
Phone: (718) 981-4382
Mon, Wed, Fri: 8:30am - 5pm; Tue & Thu: 8:30am - 8:30pm

External Mental Health Resources

Online Mental Health Resources

The Boris Lawrence Henson Foundation

The **Boris Lawrence Henson Foundation** aims to increase access to mental health services, raise mental health awareness, and highlight the impact of mental health conditions in Black communities. The foundation also offers a [directory](#) of culturally competent therapists and culturally sensitive Black-centered wellness resources.

Follow The Boris Lawrence Henson Foundation on Instagram [@blhensonfoundation](#).

Abolition Centered Care Provider Database

Abolition Centered Care Provider Database is a resource database sharing a collection of abolition-centered, non-carceral care providers; that being therapists, social workers, peer supporters, and others who aim to provide care without the risk of law enforcement involvement or forced hospitalization.

Black Men Heal

Black Men Heal provides mental health treatment, psycho-education, and support services to men of color. By providing free access to mental health services, Black Men Heal encourages Black men to share experiences of stigma, racial bias, and mental health with other Black men to help create safe spaces. In addition to individual therapy sessions, there are weekly Zoom hangouts to discuss various mental health topics.

Follow Black Men Heal on Instagram [@blackmenheal](#).

Black Zen

Black Zen is a movement and virtual resource dedicated to removing any and all social and financial barriers that restrict black and brown communities from discovering the benefits of meditation, and to make all communities feel included and seen in the wellness space. It is a social enterprise designed to make meditation accessible, relatable and effective across a dynamic range of individuals. Through meditation, Black Zen aims to re-frame mindsets and blow up limiting beliefs by demystifying the practice, debunking common misconceptions and showing that every day people can use meditation to bring positive changes in their life.

They have 1) a FREE weekly wellness podcast, 2) a curated home, office, or community-based guided meditation for \$1.00, and 3) a beginner's guide to meditation workbook for \$12.00 — aimed at guiding you step-by-step through meditation specifically tailored to support your daily experiences.

Follow Black Zen on Instagram for more resources and wellness articles [@blackzen.co](#).

External Mental Health Resources

Don't Call the Police

Don't Call the Police is an online directory of emergency and crisis services that avoid interaction with law enforcement, consisting of organizations that exist with housing, LGBTQ+, domestic violence and sexual assault, substance abuse, and more. While most of the listing programs are not affiliated with the NYPD, some are noted as ones that may contact the police if they believe immediate harm might come to the caller or there are signs of child or elder abuse.

The Loveland Foundation

The Loveland Foundation aims to make mental health services more accessible for Black women and non-binary individuals through the Therapy Fund, which provides financial assistance to Black women and girls across the United States. Its Instagram feed features a combination of self-care tips and posts highlighting mental health experts in the Black community.

Follow The Loveland Foundation on Instagram [@thelovelandfoundation](https://www.instagram.com/thelovelandfoundation).

Melanin and Mental Health

Melanin and Mental Health is a network that connects minority communities—specifically Latinx and Black people—to mental health services. The network provides a directory of culturally competent therapists. It features the Between Sessions Podcast, which includes candid conversations on mental health, racial trauma, and self-care advice from "two brown chicks changing the face of therapy on both sides of the couch." Their social media feed provides inspiration, resources, and self-care tips.

Follow Melanin and Mental Health on Instagram [@melaninandmentalhealth](https://www.instagram.com/melaninandmentalhealth).

The Therapy Den

The Therapy Den is an online search platform for finding both online and in-person therapists. All providers have profiles with information about their specialities, general expertise, location, insurance and pricing information, and more. The site places a high focus on inclusivity and a values-driven approach, with the front page highlighting LGBTQ+ friendly therapists as well as therapy/counseling for polyamorous/open relationship and sex, alongside depression, ADHD, and medication management.

Therapy for Black Girls

External Mental Health Resources

Therapy for Black Girls is an online community dedicated to encouraging mental wellness for Black women and Black girls. In addition to a referral tool to help users find mental health services, there is a free weekly podcast and a Patreon community, where for \$10-14/month, subscribers gain additional resources and perks such as live chats and a forum for group discussions and events.

Follow Therapy for Black Girls on Instagram [@therapyforblackgirls](https://www.instagram.com/@therapyforblackgirls).

The Therapy Group of NYC

The Therapy Group of NYC features a mental health system of health care professionals, psychologists, and therapists that provide support services. The Therapy Group of NYC helps POC struggling to cope with mental health conditions, mental health problems, and overwhelming emotions find culturally competent mental health professionals to ensure their mental health needs are met.

The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ youth, offering 24/7 crisis services, online peer support groups, advocacy for LGBTQ+ lives, and aiding in public education and research. The website's resource section features a frequently-updated blog, surveys, research papers, and mental wellness exercises.

Zencare

Zencare is an online search platform for finding both online and in-person therapists. All providers have profiles with brief introductory videos, as well as in-depth information about their specialities, general expertise, location, insurance and pricing information, and more. Providers who sign up as part of the directory are vetted through licensure checks and client testimonials, with the additional option of undergoing a "clinical standards" screening to further prove their commitment to culturally competent, evidence-based care.

External Mental Health Resources

Warmlines That Avoid Police

Warmlines, in contrast to hotlines, do not require someone to be in crisis to contact them. They exist to offer emotional support, guidance, and understanding, and are usually staffed by trained volunteers or peers who have experienced similar issues. Always remember to ask a warline or hotline about their policies.

Blackline

Call: (800) 604-5841

Peer-support line that centers BIPOC & LGBTQ+, Black Femme lens

Fireside Project

Call/Text: (623) 250-7393

Support during & after psychedelic experiences

11AM - 11PM PCT

LGBT National Help Center

Call: (888) 843-4562

Confidential support for LGBTQIA+ folks

StrongHearts Native Helpline

Call: (844) 762-8483

Centers Native Americans experiencing intimate partner sexual assault

THRIVE Lifeline

Text “THRIVE”: (313) 662-8209

A text line for underrepresented individuals (person of color, LGBTQ2S+, person living with disabilities, neurodivergent, and/or other marginalized identities)

Trans Lifeline

Call: (877) 565-8860

Trans warmline, English and Spanish

Wildflower Alliance Peer Support Line

Call: (888) 407-4515

Trained peer supporters

Mon - Thu: 7-9 PM EST

Fri - Sun: 7-10 PM EST