

Counseling Services Resource Guide

Overview:

Recognizing the critical issues around increasing access to mental health services we have compiled a directory to help identify potential counseling resources. The directory below lists the contact information of individual therapists and organizations that strive to provide counseling with a fee scale that makes it more accessible. We will continuously update this directory as more options become available. If you know of any other individuals or organizations that should be included, please contact a member of EC (ec@forefrontnyc.com), or LT (ffbkl@forefrontnyc.com). Feel free to reach out to anyone in FFBK leadership if you have any questions or need assistance.

FFBK Community Resources Directory (Mental Health Services)

<i>Name</i>	<i>Description of Services</i>	<i>Location</i>	<i>Cost</i>
Bhava Therapy	• Support groups • Workshops • Individual Psychotherapy	Bronx Manhattan 646-389-5801	Approx. \$60 per session
Open Path Psychotherapy Collective	• Nonprofit Therapist Matching Service	Virtual (National)	Sliding Scale \$40-70 per session
Low Cost Therapy NYC	• Website which features many services including the following in NYC: • Therapist Matching Service • Community Health Clinics • Private Group Practices • Psychiatric Services • Hotlines • Mental Health & Therapy Funds	NYC	Typically a \$50 maximum per session, other low cost options
Eric M. Hovis, LMHC, NCC <i>Affirming Pronouns: He/Him/His</i> New Insights Mental Health Counseling Services	• Mental Health & Therapy for Adults, Couples, Children 6+ • Designed for adults in New York City, navigating through the complexities of interpersonal and religious trauma, attachment wounds, and the challenges of dating and relationships • Schedule a 15-minute phone consultation through website or email	100% virtual healing space T: (347) 620-6471 eric@newinsightsmhcs.com	Some slots for sliding scale clients

The Christian Closet	• Virtual Therapy • Virtual Life Coaching • Virtual Support Group • Public Speaking	Virtual	Starts at \$165/hour; offers sliding scale spots, which is a reduced fee, when available.
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