FEB 2022 UPDATE: This database will be deleted on June 1, 2022. It was originally created to offer immediate support during the beginning of the pandemic. Since then, there have been numerous databases that have been created specializing in BIPOC and South Asian/Asian American mental health, and since we do not have bandwidth at BGT to continuously update this document, we are closing the doors on this document. We will continue to provide resources and support through the Instagram page and are planning other ways to offer accessible care to the community. Stay tuned!	Other Therapists Directories: * OpenPath Collective * Psychology Today * South Asian Therapists * Find My Wellbeing * Ayana Therapy * Latinx Therapy * Therapy for Black Girls * Inclusive Therapists * Asians for Mental Health Collective * National Queer & Trans Therapists of Color Network							
READ THIS: This is a list of therapists who responded to the @browngirltherapy callout for any mental health care professionals of color who are currently accepting new clients for teletherapy right now as people struggle with the pandemic. Brown Girl Therapy does not have any affiliation directly with any therapist mentioned here nor have we verified the licensure of any therapist listed. Finally, none of the therapists listed are endorsed in any way by Brown Girl Therapy and all professional conduct and liability falls within the clinician's ethical and legal obligations of their respective licensing body.	Please also keep in mind this resource is for immediate use and the rates, insurance, locations, and availability may vary	Please tell the therapist you found them through this directory as they may be more inclined to offer discounted services or take you on!	**HOW TO USE**: Search for state/country you are in.	(some therapists are mentioned more than once because they are licensed in numerous states)	Edited: May 26, 2021 Created: April 5, 2020			
Clients must reside in:	**Therapist's Name**	**Website**	**Rate**	**Insurance?**	**Sliding Scale Offered?**	**How to set up a consultation/appointment**	**Identity/Language Notes**	
Arkansas	DeAvila Bennett, LCSW, LSSW	www.Askdeavilasade.com	$65-70	N/A	N/A	deavilasade@askdeavilasade.com	English speaker; African-American woman	
Arizona	Shannon Dodani, PsyD	https://southasiantherapists.org/therapist/shannon-dodani/	Fees range, private pay		N/A	shannon@shannondodanipsyd.sprucecare.com	South Asian daughter of immigrants; individuals, adolescents, and couples	
California	Shannon Dodani, PsyD	https://southasiantherapists.org/therapist/shannon-dodani/	Fees range, private pay		N/A	shannon@shannondodanipsyd.sprucecare.com	South Asian daughter of immigrants; individuals, adolescents, and couples	
California	Gitu Bhatia, Psy.D	http://www.gitubhatia.com/	$225 hourly for Ir	No	Yes, depending on availability and need.	http://www.gitubhatia.com/	South Asian American Female. English, Hindi and Sindhi.	
California	Leah Noble-Bartlett, LCSW	www.Orchardcitycounseling.com	140$	N/A	Inquire about sliding scale	www.Orchardcitycounseling.com	I only speak English/ I identify as biracial (Indian/Caucasian)	
California	Hapreet Mala, Ph.D	https://www.shantioc.org/about-us/staff/	N/A	N/A	Inqiure about reduced fees	counseling@shantioc.org.	South Asian, 1.5 generation immigrant myself,	
California	Tanya Gill, LMFT	http://www.tanyagilltherapy.com/	$150-$175	N/A	Based on availability and need	tanyagilltherapy@gmail.com	I identify as Indian and Sikh, and I speak English and Punjabi	
California	Priya Parikh, Psy.D	https://www.ochealthpsych.com/priya-parikh	$150	Medicaire	Inquire about sliiding scale	Priyaparikhpsyd@gmail.com	I am Gujarati; speaks english	
California	Melissa Matugas, LCSW	http://www.talkitouttherapy.com/	$100	N/A	sliding scale fee for those at or below the poverty level and students	talkitout.withmelissa@gmail.com	I speak English fluently and some very basic Tagalog. I identify as a Filipina-American.	
California	Nida Mirza, Psy.D.	https://psychologytoday.com/us/therapists/nida-mirza-san-francisco-	N/A	N/A	Inquire about reduced fee slots	drmirza@theclinicca.org	I identify as female, South Asian American, and American Muslim; speaks English (she/her)	
California	Amaris Avellan, M.A. Clinical Psychol	https://totalspectrumcounseling.com/amaris.html	N/A	No	Inquire	https://tscamarisavellan.setmore.com/	Black American; Neurodivergent; English	
California	Sabrina Naqvi, AMFT	http://www.sabrinanaqvitherapy.com/	$125-$150	Out of network	Inquire	Please feel free to contact me via email at sabrinanaqvitherapy@gmail.com or via telephone at 310-	Fluency in English, Hindi and Urdu	
Connecticut	Tracie Pinnock, LMFT	http://tphtherapy.com/	$200 per session for	Anthem Blue Cross Blue	Inquire about a sliding scale	tracie@tphtherapy.com	I speak English. I am an African-American woman.	
Connecticut	Maryann W. Mathai, LPCC, LMHC, LPC, NCC	http://www.therapywithmaryann.com/	$95 per 50 min session. $125 for intake.	N/A	N/A	therapywithmaryann@gmail.com	She/Her, South Indian (Kerala), understand Malayalam and speak	
District of Columbia	Esther Boykin, LMFT (and associates)	http://www.grouptherapyassociates.com/	standard rates are $195/session	Carefirst and most BlueCross/Blue Shield insurance plans	We also offer prepaid packages which can reduce our rates down to $125/ session. We also have	http://www.grouptherapyassociates.com/book-appointment	Indian (she/her) ; Latina (she/her) ; Chinese (he/him); Black (she/her); Black (she/her); Black (she/her); Black (she/her)	
District of Columbia	Diana Mahoney MSW, LCSW	https://www.nexteratherapy.com/	$175/ session	N/A	Inquire about sliding scale	contact@nexteratherapy.com	identify as biracial, my mom is Indian, born in Trinidad and my dad is caucasian.	**Pennsylvania**
Florida	Shainna Ali, Ph.D	http://www.shainnaali.com/	$100		Inquire, currently filled,	contact@integratedcounselingsolutions.com	English speaker, I am Guyanese American (Indian	
Florida	Anastasia Motilall, LMHC	https://www.facebook.com/renewedperspecti	$100	Cigna	$65-$75	anastasialmhc@gmail.com	I speak English and identify as an American born Indo-	
Florida	Sanjay Shah, JD, PhD	http://atlpsy.com/	$175-250	N/A	Yes, and reduced fee offered to those impacted	drshah@atlpsy.com	English speaker, Son of Indian immigrants (Gujarati)	
Georgia	Sanjay Shah, JD, PhD	http://atlpsy.com/	$175-250	N/A	Yes, and reduced fee offered to those impacted	drshah@atlpsy.com	English speaker, Son of Indian immigrants (Gujarati)	
Georgia	Smruti Desai, LPC	http://www.desaicc.com/	N/A	BCBS, Humana	Yes	https://www.desaicc.com/contact	I'm American born to Indian (Gujarati) parents. I speak	
Georgia	Rita Patel, LCSW	http://www.patelgarciacounseling.	$150	Humana, Medicare	Inquire about reduced fees	http://www.patelgarciacounseling.	I speak English, very basic Hindi and basic Gujarati	
Georgia	Bhavana Goel, LAPC	http://www.pineriverpsychotherap	$175	N/A	Discounts available for	bgoelapc@gmail.com / https://www.psychologytoday.	I speak Hindi/urdu/english. I am raised in India and	
Georgia	Hanifa Akpe, LCPC	https://thriveworks.com/atlanta-counseling/atlanta-counselors/	$99	Anthem, BCBS, Beacon Health Options, Cigna, ComPsych.	N/A	support@thriveworks.com	I speak English and identify as an African-American cis woman	
Georgia	Samantha Heuwagen, LMFT	SamanthaHeuwagen.com	N/A	N/A	Email about sliding scale	info@samanthaheuwagen.com	English and Spanish speaking	
Illinois	Neha Darji, MS, LPC	Werisetherapyandwellness.com	$140-$160 per session	United Healthcare, Optum, Oxford	Inquire about sliding scale	http://werisetherapyandwellness.com/contact/	She/Her/Hers; South Asian Indian daughter of immigrants. Speaks Gujarati,	
Illinois	Dominique Apollon, M.Ed, LPC, NCC	https://wellgroundedchicago	N/A	BCBS PPO, Aetna and	N/A	https://nvisionyou.com/dominique-apollon	I identify as Black.	
Illinois	Ashwini Krishnakumar, LCPC	https://www.psychologytoday.com/us/therapists/ashwini-krishnakumar-	$65 to $175	BCBS PPO, Aetna, and Cigna	3 spots per week for clients that may need FREE services	ashwinik.therapist@gmail.com	speak English and Kannada	
Illinois	Ameera Khan, LPC	https://www.psychologytoday.com/us/therapists/ame	N/A	N/A	N/A	https://www.psychologytoday.com/us/therapists/ameera-khan-long-grove-il/723757	N/A	
Maryland	Kavita Pallod Sekhsaria, Psy.D.	Kpspsychotherapy.com	$180/hour	No	Yes, depending on availability and need	kavita@Kpspsychotherapy.com	South Asian daughter of immigrants, hindu american, provide services to	
Michigan	Mariam Saparamadu, LMSW	https://www.psychologytoday.com/us/therapists/mari	$120-$150	BCBS and Medic	Yes, Inquire	sakoonpsychotherapy@gmail.cor	South Asian, Languages: English, Urdu and Hindi	
Michigan	Preethi Nagi, LMSW	https://www.psychologytoday.com/us/therapists/pree	Self Pay $130-150	Blue Cross Blue Shield, Blue Care	N/A	pnagi@4thrivinglives.com	English	
Michigan	Sharmista Chintalapalli	https://www.raveaupsychology.com/sharmista	BCBS	Inquire about this	Inquire about this	svenk@umich.edu	She, Her, Hers, South Indian-American, Speak English and Telugu	
Mississippi	Cassandra Jones, M.Ed., LPC-S	http://dlscounseling.com/	N/A	igna/ Medicaid/ In network with ComPsych	Inquire about a sliding scale	https://www.dlscounseling.com/contact	African American, English speaker	
Mississippi	Jessica Reed LPC-MHSP, NCC, Ed.S	https://www.psychologytoday.com/profile/710148	N/A	bluecross blueshield, UnitedHealth	Inquire about a sliding scale	http://reedcounseling.com/	English/African American female she/her	
New Jersey	Talya Bauer, LPC, ACS	https://werisetherapyandwellness.com/	$130-$150/session	Out of network	Inquire about sliding scale	https://werisetherapyandwellness.com/contact/	She/her, First Gen Sri Lankan American	
New Jersey	Neha Darji, MS, LPC	Werisetherapyandwellness.com	$140-$160 per session	United Healthcare, Optum, Oxford	Inquire about sliding scale	http://werisetherapyandwellness.com/contact/	She/Her/Hers; South Asian Indian daughter of immigrants. Speaks Gujarati, Hindi, English	
New Jersey	Panthea Saidipour, LCSW	http://pantheacounselingnyc.com/	$175	N/A	N/A	panthea@pantheacounselingnyc.com	particular interest in working with queer and trans POC and people with multicultural	
New Jersey	Chandni Pathak, MSW, LCSW	Werisetherapyandwellness.com	$130-$150 per s	Out of network	Inquire about sliding scale	http://werisetherapyandwellness.com/contact/	South Asian Indian daughter of immigrants	
New York	Panthea Saidipour, LCSW	http://pantheacounselingnyc.com/	$175	N/A	N/A	panthea@pantheacounselingnyc.com	particular interest in working with queer and trans POC and people with multicultural	
New York	Anisha Patel, MSc., PsyD.	https://www.dranishapatel.com/	$275–350	Out of network	inquire	dranishapatelnyc@gmail.com	English, conversational Gujarati, first generation Indian-American	
New York	Asha De Costa, LMHC	https://secure.helloalma.com/providers/asha-	$140 - $200	UnitedHealthcare, Oxford Health Plans	Inquire about sliding scale		bi-ethnic background (Japanese/Sri Lankan)	
New York	Sweta Venkataramanan, Psy.D.	http://www.realtalkpsych.com/	$250	Aetna	Currently offering $150 and can still	http://www.realtalkpsych.com/	I speak English and am proficient in Hindi	
New York	Maya Benattar, LCAT	http://www.mayabenattar.com/	$185/50 min	N/A	inquire about sliding scale	http://www.calendly.com/maya-benattar	Moroccan/Middle Eastern - speak some French and Hebrew	
New York	Jennifer Sterling, M.S, CNS, R-DMT, LCAT-lp	https://jennifersterling.com	N/A	AETNA, CIGNA, Oxford, and United Healthcare on an out of network basis.		jennifer@jennifersterling.com	I am a black woman and speak English.	
New York	Ethan McCooper, LCSW	www.EthanMcCooper.com	N/A	Cigna, United Healthcare, Oscar	Inquire about sliiding scale	emccooper@gmail.com	I am an African American man	
New York	Maryann W. Mathai, LPCC, LMHC, LPC, NCC	http://www.therapywithmaryann.com/	$95 per 50 min session. $125 for intake.	N/A	N/A	therapywithmaryann@gmail.com	She/Her, South Indian (Kerala), understand Malayalam and speak English	
New York	Shafeena Khan-Salim, LMHC	http://www.bmhcounseling.com/	$125.00 per session out of pocket.	Healthfirst, Fidelis, Aetna, Cigna, and Out of Network	Inquire	info@bmhcounseling.com	English	
New York	Shama Goklani, LCSW	https://www.shamagoklani.com/	$200	N/A	Inquire	ShamaLCSW@gmail.com or therapy@shamagoklani.com	I identify as a first generation South Asian female who is Sindhi. I speak English and go by she/her pronouns.	
North Carolina	Aylin Kaya, Ph.D.	https://www.psychologytoday.com/us/therapists/aylin-kaya-raleigh-nc/788036	$145	BCBS	please contact me for more info	aylinkayaphd@triangle-psychiatric-services-pa.com	I identify as Turkish-American woman (pronouns: she/her/hers), and a daughter of immigrants. I am fluent in Turkish (not therapy fluent), and conduct therapy in English.	
Ohio	Maryann W. Mathai, LPCC, LMHC, LPC, NCC	http://www.therapywithmaryann.com/	$95 per 50 min session. $125 for intake.	N/A	N/A	therapywithmaryann@gmail.com	She/Her, South Indian (Kerala), understand Malayalam and speak English	
Pennyslyvania	Sharmin Akhter, LCSW	http://www.wellnesswithin.space/	$130	N/A	please inquire about sliding scale fee	wellnesswithin2018@gmail.com	I identify as South Asian Female (she/her)	
Pennsylvania	Diana Mahoney MSW, LCSW	https://www.nexteratherapy.com/	$175/ session	N/A	Inquire about sliding scale	contact@nexteratherapy.com	identify as biracial, my mom is Indian, born in Trinidad and my dad is caucasian.	
Tennessee	Kalpana K. Gowda, PhD	N/A	$120	N/A	I have offered a free session to health care professionals in the area.	kalpchand65@yahoo.com	Indian-American	
Tennessee	DeAvila Bennett, LCSW, LSSW	www.Askdeavilasade.com	$65-70	N/A	N/A	deavilasade@askdeavilasade.com	English speaker; African-American woman	
Tennessee	Jessica Reed LPC-MHSP, NCC, Ed.S	https://www.psychologytoday.com/profile/710148	N/A	bluecross blueshield, UnitedHealth care, Cigna, Atena, UMR	Inquire about a sliding scale	http://reedcounseling.com/	English/African American female she/her	
Texas	DeAvila Bennett, LCSW, LSSW	www.Askdeavilasade.com	$65-70	N/A	N/A	deavilasade@askdeavilasade.com	English speaker; African-American woman	
Texas	Aliya Sheriff, PsyD	Ivyhealthnetwork.com	$225	BCBS, Aetna, Cigna, Magellan, United, Superior, Medicaid, and Amerigroup.	N/A	Ivyhealthnetwork.com	English and South Asian Female	
Texas	Lena Mekdad, LPC	https://www.psychologytoday.com/us/therapists/lena-mekdad-frisco-tx/398433	$90+	N/A	N/A	https://www.psychologytoday.com/us/therapists/lena-mekdad-frisco-tx/398433	I speak English and Arabic.	

District of Columbia	**Pennsylvania**	Diana Mahoney I	https://www.nexteratherapy.com/	$175/ session	N/A		Inquire about sliding scale	contact@nexteratherapy.com	identify as biracial, my mom is Indian, born in Trinidad and my dad is caucasian.	**Pennsylvania**	Diana Mahoney I	https://www.nexteratherapy.com/	$175/ session	N/A		Inquire about sliding scale	contact@nexteratherapy.com	identify as biracial, my mom is Indian, born in Trinidad and my dad is caucasian.

Texas	Angeline Miller, LPC Intern	http://www.angelinemiller.com/	$100 / HSA and FSA may be eligible / can provide monthly statement to send to insurance company for potential reimbursement	N/A	N/A	https://angelinemiller.com/book-a-consultation	English + Mixed Race - Filipina and Caucasian American
Texas	Kruti Patel, Ph.D.	https://deepeddypsychotherapy.com/about/our-therapists/kruti-patel-phd/	N/A	BCBS, Seton and Whole Foods	I offer a sliding scale fee	kruti@deepeddypsychotherapy.com	I speak English: I identify as Indian - Gujarati
Texas	Jenny Wang, PhD	https://www.jennywangphd.com/	N/A	N/A	Some reduced fee slots especially for medical/healthcare personnel and staff.	https://www.jennywangphd.com/contact	Taiwanese American, she/her
Texas	Maliha Khan, MA, LPC-I,	http://www.menningerclinic.org/staff/maliha-khan	$135/45 minute session	NA	N/A	mkhan1@menninger.edu	Fluent in English, Urdu & Hindi
Virginia and DC	Diana Mahoney MSW, LCSW	https://www.nexteratherapy.com/	$175/ session	N/A	Inquire about sliding scale	contact@nexteratherapy.com	identify as biracial, my mom is Indian, born in Trinidad and my dad is caucasian.
Virginia	Esther Boykin, LMFT (and associates)	http://www.grouptherapyassociates.com/	standard rates are $195/session	Carefirst and most BlueCross/Blue Shield insurance plans	We also offer prepaid packages which can reduce our rates down to $125/ session depending on the package purchased. We also have one student intern (who is excellent) and sessions with her cost $25-75/session.	http://www.grouptherapyassociates.com/book-appointment	Indian (she/her) ; Latina (she/her) ; Chinese (he/him); Black (she/her); Black (she/her); Black (she/her); Black (she/her); Black (she/her)
Washington State	Ashley Gangadean, MA, LMHCA	http://www.mosaiccounselingcollective.com/	$100	N/A	$75	shley@mosaiccounselingcollective.com	I identify as half White, half East Indian and a part of the LGBTQ+ community.
Washington State	Smruti Desai, LPC	http://www.desaicc.com/	N/A	BCBS, Humana	Yes	https://www.desaicc.com/contact	I'm American born to Indian (Gujarati) parents. I speak Gujarati.
United Kingdom	Gobinderjit Kaur, Clinical Psychologist	N/A	N/A	N/A	offering short-term and can be free; email for more info	info@sikhyourmind.com	I can speak Punjabi and English.
United Kingdom	Tina Mistry, Psychologist	www.therapysense.co.uk	N/A	N/A	Yes, inquire about reduced rates	hello@therapysense.co.uk	I speak Gujarati and am of Hindu faith.
United Kingdon	Michelle Dadachanji, Life Coach & Psychotherapist/Counsellor	http://www.michelledadachanji.com/	I charge 50 £/hour (a session is an hour)	No limitations on where the client lives as my insurance covers international clients and I work purely online!!	offers a sliding scale for those who are unemployed or students - this is discussed in the free initial session	michelle.dadachanji@gmail.com	English and basic gujarati
Ontaria, Canada	Areeba Adnan, Supervised Psychologist	https://brooksidetherapy.com/psychologist-neuropsychologist-burlington-st-catharines-owen-sound/about-us/our-staff/#1528329468672-53ac4023-b396	$225	Inquire	N/A	https://brooksidetherapy.com/psychologist-neuropsychologist-burlington-st-catharines-owen-sound/about-us/our-staff/#1528329468672-53ac4023-b396	English, Sindi, Urdu
Ontario, Canada	Sherrie Mohamed, M.Ed, MSW, RSW	http://www.therapywithsherrie.com/	$125 CAD	N/A	Inquire about sliding scale	https://mindwelltherapycollective.janeapp.com/	I am a cis-gender female, Indo-Caribbean from Guyana, born in Canada. Raised in a Hindu/Muslim household by immigrant parents. Speaks English.
Canada-wide (based in Toronto)	Sarah Ahmed, B.SC, M.S.W, R.S.W	https://www.well-nest.ca/sarah-ahmed	$160	Direct billing available for those insured by Green Shield	sliding scale available, specifically lower rate for	sarah@well-nest.ca	Urdu, Hindi, English. Identity: South Asian female Muslim
B.C. Canada	Gurleen Dhial Sangha, BA, MEd, RC	https://www.rbpinterior.com/	100/hour	N/A	Inquire about sliding scale	gsangha@rbpinterior.com	English and Punjabi
BC, Canada and International for Coaching	Jas Hundal, RSW, BSW, MSW	www.jashundal.com	$120-$150 CDN	Yes	Based on income	Jhundalcounselling@gmail.com	South Asian (Sikh) daughter of immigrants. She/Her. Individuals, couples, adolescents. Fluent in
India	Aishwarya Jain, Clinical Psychologist	https://www.facebook.com/glisten.therapy/		N/A	N/A	glisten.healthcare@gmail.com	English, Hindi, Gujrati
India	Sahiti Gavarikar,	@The_Restory_Project	My fees are 800+ Rs for working professionals, and discounted for students.	N/A	Inquire about sliding scale	therestoryproject@protonmail.com	I speak English, Hindi, and Marathi.
India	Aastha Chaudhry		My fee is 1500 INR	N/A	since the covid pandemic struck, I'm flexible with any fee that's affordable for the client within the range of 300-1000, depending on their current financial burden.	psychicwellbeing.aastha@gmail.com	I'm fluent in English and Hindi and understand Punjabi well. I've been raised in India and identify deeply with our cultural context and have been training to deliver psychotherapy that's rooted in the Indian context.
India (Vadodara, Gujarat) - - In addition to in-person sessions here in Vadodara, I do provide telephonic and web therapy to clients in the US, Europe and Asia - as well as throughout India	Ami Patel		Out of pocket fees	N/A	Inquire about sliding scale	amipatel.therapist@gmail.com	I speak English and Gujarati fluently, and Hindi conversationally