Mental Health & Counseling

List here are referrals and resources for free and low-cost mental health and counseling services in and around New York City.

When you or someone you know is in crisis, you can go to the nearest hospital emergency room for immediate help.

**LIST OF RESOURCES**

**National Suicide Prevention Lifeline** (800-273-TALK)
If you or someone you know are in crisis, you can call the National Suicide Prevention Lifeline

**NYC WELL:** 1-888-NYC-WELL
At any hour of any day, in almost any language, from phone, tablet or computer, NYC Well is your connection to get the help you need. They can provide: Suicide prevention and crisis counseling

**LifeNet** – 1-800-LIFENET
1-800-LIFENET is a free, confidential, multi-lingual, mental health and substance abuse information, referral, and crisis prevention hotline available to anyone at any time. Your call will be answered by a trained behavioral health professional.
Lifeline: 1-800-273-8255 (24/7)

**The Samaritans** (NYC-based) 24/7 Hotline: (212)-673-3000
Samaritans completely confidential 24-hour crisis response hotline, staffed by professionally trained volunteers who have responded to over 1 million calls, provides immediately accessible ongoing emotional support to those who are in distress or suicidal. Calls are anonymous

**NYC Youthline:** (800) 246-4646
The NYC Youthline is staffed by trained “listeners” between the ages of 16-24, gives callers information in several languages on nearby youth programs and provides crisis intervention services. 152 different languages.

**Blanton Peale Institute and Counseling Center**
Blanton Peale Institute and Counseling Center provides affordable holistic mental health care in Midtown Manhattan. It amplifies this impact by training mental health professionals, leaders, and other caring people with the tools of psychology, mental health and spirituality.
7 West 30th Street, 9th Floor | New York, NY 10001 | 1-212-725-7850 | info@blantonpeale.org
National Alliance on Mental Health, New York City (NAMI-NYC)
The following resources:
Accepts Medicaid, Medicare, private insurance.
Offers free and/or sliding scale of fees for low income patients

Columbia Inpatient Psychiatry Program: 212.305.2599
Monday – Friday 9 a.m. – 5 p.m.
Individualized care that incorporates the patient’s goals in treatment planning and involves the patient as a participant on the treatment team. 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.

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.

Institute for Contemporary Psychotherapy – 212.333.3444
Full range of psychotherapeutic services, including individual and group psychotherapy, and psychoanalysis in addition to more specialized treatment services at low to moderate cost. Accepts some insurances. Fees set on a sliding scale, for uninsured persons based on income.

Training Institute for Mental Health – 212.627.8181
Services include: Individual Psychotherapy, LGBTQ Affirmative Psychotherapy, Couples Therapy and Family Therapy. Accepts some insurances. Fees set on a sliding scale, for uninsured persons based on income.

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.

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.

SERVICES FOR THE LGBTQ+ COMMUNITY
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. Co-payments are often relatively low for clients with out of network benefits.

New York City Gay & Lesbian Anti-Violence Project – Hotline: 212.714.1141
Our community-based direct service and outreach programming provides on-site counseling and advocacy in all five boroughs of New York City so that we can better reach survivors where they live and work. See below for more information on where you can find us in your borough.

Training Institute for Mental Health – 212.627.8181
Services include: Individual Psychotherapy, LGBTQ Affirmative Psychotherapy, Couples Therapy and Family Therapy. Accepts some insurances. Fees set
on a sliding scale, for uninsured persons based on income.

**SERVICES FOR THE HOMELESS**

**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.

**Uptown Goddard: The Other Place (TOP)**: 212-799-7171
264 West 87th Street
New York, NY 10024
The Other Place (TOP) is a psychosocial clubhouse for homeless and formerly homeless adults living with serious mental illness and co-occurring disorders. TOP offers individual and group services to help members develop social, vocational and life skills.

**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

**Mental Health Association (MHA) of New York City LifeNet** – 800-543-3638
50 Broadway, New York, NY 10004
All services offered exclusively to individuals with mental illness

**New York City Gay & Lesbian Anti-Violence Project** – Hotline: 212.714.1141
116 Nassau St, 3rd Floor
New York, NY 10038

**Olivieri Center** – 212-947-3211
257 West 30th Street, New York, NY 10001
Services offered to men and women ages 18 and older

**National Alliance for the Mentally Ill—NYC Metro Area Chapter** – 212-684-3264
505 8th Avenue, Suite 1103
New York, NY 10018
Support groups for individuals 18 and older, and family members of individuals with mental health issues, or caregivers of individuals with mental health issues.

**Quality Services for the Autistic Community** – 212-244-5560
253 West 35th Street, 14th Floor
New York, NY 10001
All programs offered exclusively to individuals with Autism and their families.

**Bellevue/NYU Program for Survivors of Torture** – 212-562-8713
462 First Avenue, CD732
New York, NY 10016
The Program for Survivors of Torture rebuilds the lives of people who have been tortured, persecuted, or displaced by war. Since its inception in 1995, PSOT has provided comprehensive medical and mental health care, as well as social and legal services to more than 4,000 survivors and their family members from more than 100 countries.

**The Bridge** – 212-663-3000
248 West 108th Street
New York, NY 10025
All services are offered exclusively to individuals with mental health conditions.

**The William Alanson White Institute** – 212-873-0725
20 West 74th Street
New York, NY 10023

**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.

**CASES Manhattan ACT** – 212-553-6708
2090 Adam Clayton Powell Jr. Boulevard New York, NY 10027
All services offered exclusively to individuals with persistent mental illness who are residents of Upper Manhattan.

**Columbia Psychiatry NYSPI** – 646-774-5000
1051 Riverside Drive New York, NY 10032

**Ackerman Institute for the Family**
Couples and family therapy on sliding scale basis
149 East 78th Street
(212) 879-4900 ext 122

**Care for the Homeless**
http://www.careforthethehomeless.org/
Medical, substance abuse, and mental health services for homeless New Yorkers
30 East 33rd Street, 5th Floor
(212) 366-4459

**Center for Modern Psychoanalytic Studies**
https://www.cmps.edu/Therapy
Low-cost psychotherapy. CMPS is committed to providing treatment for all, regardless of financial status. Fees are determined on a sliding scale based on ability to pay.
16 West 10th Street between 5th and 6th Avenues
(212) 228-6036

**Columbia Presbyterian Psychiatric Clinic**
http://columbiapsychiatry.org/clinicalservices/
Sliding scale fees may be available for medication management and psychotherapy.
Multiple locations: Washington Heights, Columbus Circle, Westchester
Call the Referral Line for information: (212)305-2599

**Dean Hope Center for Educational and Psychological Services**
http://www.tc.columbia.edu/ceps/
Low fee psychotherapy and psychoeducational assessment
Teachers College, Columbia University

525 West 120th Street, 6th Floor
(212) 678-3262

**The Gestalt Center**
http://www.gestaltnyc.org
Reduced fee referral service
220 Fifth Avenue, Suite 802
(212) 387-9429

**The Institute for Urban Family Health**
Free medical and mental health clinics for the uninsured
Walton Family Health Center 1894 Walton Avenue
Bronx, NY 10453
Sidney Hillman Health Center 16 East 16th St., 3rd Floor New York, NY 10003
Bronx: (718) 583-3060
Manhattan: (212) 206-5200

**Institute for Contemporary Psychotherapy**
http://www.icpnyc.org/treatment-services.html
Psychotherapy, psychoanalysis, and specialty treatment programs including eating disorders, trauma, family/couples, and LGBTQ affirmative therapy.
1841 Broadway (at 60th Street), 4th Floor, New York, NY 10023
(212) 333-3444

**Institute for Human Identity**
http://www.ihi-therapycenter.org/clinical-services/
Mental health services for LGBTQ community, reduced fee psychotherapy, including very low fees for entertainment professionals
322 Eighth Avenue, Suite 802
(212) 243-2830

**Lenox Hill Outpatient Center for Mental Health**
Low-cost psychiatric services
210 East 64th Street between 2nd & 3rd Avenues
(212) 434-3365

**NYC Well**
http://nycwell.cityofnewyork.us/en/
Mental Health Hotline, 24 hours, free crisis
intervention and referrals by phone, text, or chat
(888) NYC-WELL or text WELL to 65173

**Make the Connection**
http://maketheconnection.net
Military Veterans mental health information and resource locator

**Metropolitan Center For Mental Health**
http://www.metropolitancenter.com/
Psychotherapy and medication management on a low cost basis
Multiple locations:
1090 St. Nicholas Avenue
(212) 543-0777
160 West 86th Street
(212) 362-8755
336 Central Park West
(212) 864-3666

**MilestonesNYC**
http://www.milestonesnyc.org/
Free psychotherapy and psychiatric services for eligible uninsured New Yorkers

**The Sarah A. Meehan Center**
http://www.timh.org/services.html
Psychotherapy on a sliding scale basis, special low fees for students and unemployed.
115 West 27th Street
(212) 627-8181

**William Alanson White Institute**
Low cost psychotherapy and psychoanalysis
20 West 74th Street
(212) 873-0725

**National Institute for the Psychotherapies**
250 W. 57th St., Ste 501
New York, NY 10107
Located near Columbus Circle, this facility “take[s] the worries out of affording therapy.” Though they

**Institute of Contemporary Psychotherapy**
1841 Broadway, 4th fl.
New York, NY 10023
Also located by Columbus Circle, boasting patients of a diverse ethnic, economic, and employment backgrounds. It also features a wing focused on gender and sexuality, making it a queer friendly institution. Fees are determined on a sliding scale during an intake interview, with large student discounts also as low as $35/session.

**City College Psychological Center**
provides individual and group therapy and psychological testing for ages 3+
160 Covenant Ave., North Academic Center 8th Floor,
City College, Manhattan, 10031
212-650-6602

**Columbia University Teachers College, Dean Hope Center for Educational and Psychological Service** – provides individual therapy for ages 5-80
525 West 120th St., Thorndike Hall 6th Floor,
Manhattan NY 10027, 212-678-3262

**Family Health Center of Harlem** – provides individual therapy for ages 5+
1824 Madison Ave, NY NY 10035, 212-423-4200

**Hamilton-Madison House** – provides individual therapy and support services for ages 5+. H-M House operates 20+ sites.
253 South St., 2nd Floor, NY NY 10002, 212-720-4540

**Henry Street Settlement** – provides individual and family therapy for ages 18+
40 Montgomery St., NY NY 10002, 212-233-5032

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