



LEHMAN COLLEGE
DIVISION OF

Student Affairs

Counseling
Center

CUNY



Schedule & Virtual Office

Old Gym 114 * 718-960-8761 * COUNSELING.CENTER@LEHMAN.CUNY.EDU

➤ Mental Health Community Resources ➤

Hotlines

For suicide prevention: call or text **988** (English or Spanish)
or to talk to a trained counselor about anything: call or text **988**

CUNY Crisis Line: text **"CUNY"** to **741741**

Montefiore relaxation hotline (recorded relaxation exercises): **718-920-2256**

For help with domestic violence: **800-799-SAFE** (800-799-7233)

For anti-LGBTQIA+ violence: **212-714-1141**

For help with substance abuse: **1-800-662-HELP** (800-662-4357)

To get a referral for housing / mental health / drug treatment: **211**

LGBTQIA+ peer support hotline: **888-843-4564**

To Find a Provider Who Takes Your Insurance

- ❖ Call your insurance's customer service number and ask for a care manager
 - ❖ psychologytoday.com – Find a Therapist
 - ❖ mindful.care
 - ❖ sohomd.com

Self-Guided Therapy / Resources

Free Self-Help Workbooks on Various Topics

cci.health.wa.gov.au/Resources/Looking-After-Yourself

Mindfulness Institute for Emerging Adults

Free guided meditations

Mindfulnessinstituteforemergingadults.com

Jed Foundation - mental health info & resources

jedfoundation.org/mental-health-resource-center

Togetherall - anonymous online peer support
togetherall.com (free with CUNY email)

The 10-Minute Mind – mindfulness meditations
(free with CUNY email) monique-rhodes.mykajabi.com/offers/MQ6AUDnk/checkout

Affordable Therapy Clinics

Please call the individual sites for updated information
and to see if they accept your insurance plan.
Most sites also offer telehealth (phone or video sessions) – see *

Clinics that provide psychiatry / medication may also require you to see a therapist there.
For medication only, see Psychiatry section on page 6.

Bronx

Bronx Child & Family Mental Health Center
(NYPCC)
718-908-8000
Individual, psychiatry*

David and Lori Moore Family Riverdale Counseling Center (JBFCs)
844-663-2255
Individual, couples, family, psychiatry*

Grand Concourse Counseling Center (JBFCs)
844-663-2255
Individual, couples, family*

Harry Blumenfeld Counseling Center (JBFCs)
844-663-2255
Individual, couples, family, psychiatry*

Institute for Family Health at Westchester Square
(IFH)
718-239-1610
Individual, couples, family, psychiatry*

Jacobi Medical Center
718-918-3462
Individual, groups, psychiatry

Lincoln Medical & Mental Health Center
718-579-5893
Individual, psychiatry*

Montefiore Behavioral Health Center
718-904-4434
Individual*

Montefiore Wakefield Campus
718-304-7050
Individual, group, psychiatry*

Mt. Hope Family Practice (IFH)
718-583-9000
Individual, couples, family, psychiatry*

North Central Bronx Hospital
718-519-3440
Individual, groups, psychiatry*

Stevenson Family Health Center (IFH)
718-822-9140
Individual, couples, family, psychiatry*

Walton Family Health Center (IFH)
718-583-2508
Individual, couples, family, psychiatry*

Urban Horizons Family Health Center (IFH)
718-589-8775
Individual, couples, family, psychiatry*

Manhattan

Blanton – Peale Institute and Counseling Center

212-725-7850

Individual, family, couples, psychiatry*

CCM McMurray Clinic

718-802-0666

Individual, family, couples, groups, psychiatry*

Dr. Eugene D. Glynn Manhattan North Counseling Center (JBFC)

844-663-2255

Individual, family, couples, groups*

The Gender & Sexuality Therapy Center

646-797-4340

Individual, partners, sex therapy*

Greenberg Manhattan West Counseling Center

(JBFC) Ages 14-26

844-663-2255

Individual, family, groups, psychiatry*

Family Health Center of Harlem (IFH)

212-423-4200

Individual, couples, family, psychiatry*

The Fifth Avenue Counseling Center

212-989-2990

Individual, psychiatry*

Institute for Contemporary Psychotherapy (ICP)

212-333-3444

Individual, family, couples, Zoom groups*

Institute for Family Health at 17th Street (IFH)

212-206-5200

Individual, couples, family, psychiatry*

Institute for Psychoanalytic Training & Research (IPTAR)

212-410-0821

Individual*

Karen Horney Clinic

212-838-4333

Individual, psychiatry*

National Institute for Psychotherapies (NIP)

212-582-1566 x7724

Individual, EMDR*

Ryan Health NENA

212-477-8519

Individual, psychiatry

Therapy Center of New York

212-725-0192

Individual, psychiatry*

Brooklyn

Bushwick Child & Family Mental Health Center

(NYPCC)

718-908-8000

Individual, psychiatry*

Bay Ridge Counseling Center (JBFC)

844-663-2255

Individual, couples, family*

Brooklyn Center for Psychotherapy

718-622-2000

Individual*

Brooklyn Counseling Center (JBFC)

844-663-2255

Individual, couples, family*

Cadman Family Health Center (IFH)

718-822-1818

Individual, couples, family, psychiatry*

Coney Island Counseling Center (JBFC)

844-663-2255

Individual, couples, family*

Crown Heights Counseling Center (JBFC)

718-773-2080

844-663-2255

Individual, couples, family*

East NY Child & Family Mental Health Center

(NYPCC)

718-908-8000

Individual, psychiatry*

Seymour Askin Counseling Center (JBFC)

844-663-2255

Individuals, couples, family*

Other Locations / Online

Alssaro Counseling Services

Westchester*

914-355-2440

Individual, couples, family

Comprehensive Counseling LCSW

Westchester, Queens, Nassau*

Individual, groups, couples, family

comprehensivecounselinglcsw.com

718-962-0198

Inspired Healing Services

Online*

Individual, couples, family, groups

203-493-4198

inspiredhealingservicesllc.com

Pride of Judea Community Services (JBFC)

Queens*

844-663-2255

Individual, couples, family

Rego Park Counseling Center (JBFC)

Queens*

844-663-2255

Individual, couples, family

Zucker Hillside (Northwell)

Queens*

718-470-8100

Individual, groups, psychiatry

LGBTQIA+ Affirmative Mental Health Services

The Gender & Sexuality Therapy Center

646-797-4340

Individual, partners, sex therapy*

gstherapycenter.com

GMHC

212-367-1000

Individual, groups, family, psychiatry

Manhattan*

gmhc.org

IHI Therapy

212-243-2830

Individual, couples, groups*

Free online drop-in hours

ihitherapy.org

Manhattan Alternative

Online directory of individual providers who are

kink, poly, trans, and LGBTQIA+-affirmative

manhattanalternative.com

Substance Use Treatment

The Jewish Board

Multiple locations in all 5 boroughs*

844-663-2255

Mindful Care

mindful.care

Individual, psychiatry

Online or in person*

New Directions

718-398-0800

Individual, groups, psychiatry

Brooklyn*

Project Rising – ages 14-24

718-409-9433

Individual, groups

Bronx*

Substance Abuse and Mental Health Services

Administration (SAMHSA)

800-662-4357

findtreatment.gov

Other Specialized Therapy Directories

openpathcollective.org – low fee therapy

mytherapynyc.com/pay-what-you-can – low fee therapy and trauma treatment

therapyforlatinx.com

Psychiatry Only

Psychiatrists, psychiatric nurse practitioners, and others who can prescribe medications and accept insurance
Your primary care doctor may also be open to prescribing psychiatric medication.

Allied Healthcare Physicians

718-944-1414
alliedhealthcareny.com
Online*

Faig Hameedi, MD

917-568-5583
Bronx*

Henna Warman, NP

hwarmanp@gmail.com
Online*

Lavender – psychiatric nurse practitioners

855-444-7258
joinlavender.com
Online*

Lifestance Health

lifestance.com
Search by location, insurance plan*

Mindful Care

mindful.care
Online or in person*

Centro Médico Dominicano

212-543-3500
Manhattan

Therapy / Support Groups

Comprehensive Counseling – DBT, various

Online or in person*
comprehensivecounselinglcsw.com/group-therapy

Mindful.care – current events support, various

Online*

NAMI – mood, community-specific, various

Online or in person*
Naminycmetro.org/support-groups

The Jewish Board

Multiple locations in all 5 boroughs*
844-663-2255

Psychological / Neurocognitive Testing

To test for ADHD, learning disabilities, etc.

Lifestance.com - Search by area, insurance

Comprehend the Mind – Dr. Sanam Hafeez

718-441-0166 / comprehendthemind.com

Accepts insurance

Manhattan, Queens

Cognitive Assessment Group

Works with out-of-network benefits

Manhattan*

212-784-6098

❧ Tips on Finding a Therapist ❧

- ❖ Look up the therapist online and see if they describe their approach, philosophy, experience, etc.
- ❖ Find out if the therapist offers a free consultation.
- ❖ Ask about payment and make sure they are affordable or accept your insurance plan.
- ❖ Meet the therapist and see how you feel with them
 - A therapist who is right for you should make you feel respected and understood.
 - If you meet with a therapist a few times and still feel uncomfortable, it may not be a good fit – consider switching to someone else.
- ❖ Feel free to ask the therapist about the way they work
 - Their style of therapy
 - Their experience with people of your group (race, gender, sexual orientation, culture, religion, etc.)
 - Any specific types of treatment you are looking for
 - Check in with your gut and see how you feel about their answers

For more help, or to make an appointment,
Call or email the Counseling Center at:

718-960-8761 ✨ counseling.center@lehman.cuny.edu