



LEHMAN COLLEGE  
DIVISION OF  
Student Affairs

Counseling  
Center



Schedule & Virtual Office

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

## ∞ Mental Health Community Resources ∞

### To Talk to Someone Right Away

In an emergency / for suicide prevention: call **911**

To talk to a trained counselor about anything, for free, 24/7: call or text **988**

ExpressCare (NYC Health + Hospitals) – online urgent care (includes mental health): [www.expresscare.nyc](http://www.expresscare.nyc)

CUNY Crisis Line: text **“CUNY”** to **741741**

*See p.7 for other hotlines*

### To Find a Provider Who Takes Your Insurance

- ❖ Call your insurance’s customer service number and ask for a care manager
- ❖ [www.psychologytoday.com](http://www.psychologytoday.com) – Find a Therapist – filter by insurance plan
- ❖ [www.therapy.com](http://www.therapy.com) – filter by insurance, type of therapy, condition
  - ❖ [www.mindful.care](http://www.mindful.care)
  - ❖ [www.sohomd.com](http://www.sohomd.com)

### Self-Guided Therapy / Resources

#### Free Self-Help Workbooks on Various Topics

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)

#### Mindfulness Institute for Emerging Adults

Free guided meditations

[www.mindfulnessinstituteforemergingadults.com](http://www.mindfulnessinstituteforemergingadults.com)

#### Jed Foundation - mental health info & resources

[www.jedfoundation.org/mental-health-resource-center](http://www.jedfoundation.org/mental-health-resource-center)

#### Togetherall - anonymous online peer support

[www.togetherall.com](http://www.togetherall.com) (free with CUNY email)

#### The 10-Minute Mind – mindfulness meditations

(free with CUNY email) <https://monique-rhodes.mykajabi.com/offers/MQ6AUDnk/checkout>

## Affordable Therapy Providers

Please contact 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 p.7*

### **Bronx**

#### Bronx Child & Family Mental Health Center

[www.nypcc.org](http://www.nypcc.org)

718-908-8000

Individual, psychiatry\*

#### Institute for Family Health

Multiple locations

[www.institute.org](http://www.institute.org)

212-633-0800

Individual, couples, family, psychiatry\*

#### Jacobi Medical Center

718-918-3462

Individual, groups, psychiatry

#### The Jewish Board

Multiple locations

[www.jewishboard.org](http://www.jewishboard.org)

844-663-2255

Individual, couples, family, psychiatry, groups\*

#### Lincoln Medical & Mental Health Center

718-579-5893

Individual, psychiatry\*

#### Meghan Jackson Miller Psychological Services

[www.mjmps.nyc](http://www.mjmps.nyc)

718-822-6567

Individual, couples, family, children\*

#### Montefiore Behavioral Health Center

718-904-4434

Individual\*

#### Montefiore Wakefield Campus

718-304-7050

Individual, group, psychiatry\*

#### North Central Bronx Hospital

718-519-3440

Individual, groups, psychiatry\*

#### Rise Up Together

[www.rutmhc.com](http://www.rutmhc.com)

718-926-9975

Individual, couples, family\*

#### Rose Hill Psychological Services

[www.rosehillpsychological.com](http://www.rosehillpsychological.com)

212-221-4567

Individual, couples, group, children\*

## **Manhattan**

### **Blanton – Peale Institute and Counseling Center**

212-725-7850

Individual, family, couples, psychiatry\*

### **The Gender & Sexuality Therapy Center**

646-797-4340

Individual, partners, sex therapy\*

### **The Fifth Avenue Counseling Center**

212-989-2990

Individual, couples, sex therapy, psychiatry\*

### **Institute for Contemporary Psychotherapy (ICP)**

212-333-3444

Individual, family, couples, Zoom groups\*

### **Institute for Family Health**

Multiple locations

[www.institute.org](http://www.institute.org)

212-633-0800

Individual, couples, family, psychiatry\*

### **The Jewish Board**

Multiple locations

[www.jewishboard.org](http://www.jewishboard.org)

844-663-2255

Individuals, couples, family, psychiatry, groups\*

### **Karen Horney Clinic**

212-838-4333

Individual, psychiatry\*

### **Manhattan Mental Health Counseling**

[www.manhattanmentalhealthcounseling.com](http://www.manhattanmentalhealthcounseling.com)

212-960-8626

Individual, couples, group\*

### **National Institute for Psychotherapies (NIP)**

212-582-1566 x7724

Individual, EMDR\*

### **Rose Hill Psychological Services**

[www.rosehillpsychological.com](http://www.rosehillpsychological.com)

212-221-4567

Individual, couples, group, children\*

### **Ryan Health NENA**

212-477-8519

Individual, psychiatry

### **Therapy Center of New York**

212-725-0192

Individual, psychiatry\*

## **Brooklyn**

### **Brooklyn Center for Psychotherapy**

718-622-2000

Individual\*

### **Institute for Family Health**

Multiple locations

[www.institute.org](http://www.institute.org)

212-633-0800

Individual, couples, family, psychiatry\*

### **The Jewish Board**

Multiple locations

[www.jewishboard.org](http://www.jewishboard.org)

844-663-2255

Individuals, couples, family, psychiatry, groups\*

### **New York Psychotherapy and Counseling Center**

Multiple locations

[www.nypcc.org](http://www.nypcc.org)

718-908-8000

Individual, psychiatry\*

## Queens, Westchester, Long Island, Online

### Alssaro Counseling Services

Westchester\*

Individual, couples, family

914-355-2440

### Comprehensive Counseling LCSW

Westchester, Queens, Nassau\*

Individual, groups, couples, family

[www.comprehensivecounselinglcsw.com](http://www.comprehensivecounselinglcsw.com)

718-962-0198

### The Drop-In Nest

[www.thedropinnest.com](http://www.thedropinnest.com)

908-208-5132

Immediate intake Mon-Fri 8 AM-8 PM with  
same or next-day therapy appointment\*

### Inspired Healing Services

Online\*

Individual, couples, family, groups

[www.inspiredhealingservicesllc.com](http://www.inspiredhealingservicesllc.com)

203-493-4198

### Institute for Family Health

Multiple locations\*

Individual, couples, family, psychiatry

[www.institute.org](http://www.institute.org)

212-633-0800

### The Jewish Board

Multiple locations\*

Individuals, couples, family, psychiatry, groups

[www.jewishboard.org](http://www.jewishboard.org)

844-663-2255

### New York Psychotherapy and Counseling Center

Multiple locations\*

Individual, psychiatry

[www.nypcc.org](http://www.nypcc.org)

718-908-8000

### Rise Up Together

Multiple locations in Westchester\*

Individual, couples, family

[www.rutmhc.com](http://www.rutmhc.com)

718-926-9975

### TalkNY

Online\*

Individual, groups

[www.talknytherapy.com](http://www.talknytherapy.com)

646-389-0611

### Valera Health

Online\*

Individual, groups, psychiatry

[www.valerahealth.com](http://www.valerahealth.com)

### Westchester Psychotherapy PC

Individual, family, groups\*

[www.westchesterlcsw.com](http://www.westchesterlcsw.com)

914-806-7376

### 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\*

[www.gstherapycenter.com](http://www.gstherapycenter.com)

### GMHC

212-367-1000

Individual, groups, family, psychiatry\*

[www.gmhc.org](http://www.gmhc.org)

### IHI Therapy

212-243-2830

Individual, couples, groups\*

Free online drop-in hours

[www.ihitherapy.org](http://www.ihitherapy.org)

### The Liberated Us

332-263-3968

Individual, groups\*

[www.liberationbasedtherapy.com](http://www.liberationbasedtherapy.com)

### Manhattan Alternative

Providers who are kink, poly, LGBTQIA+-affirmative

[www.manhattanalternative.com](http://www.manhattanalternative.com)

## Other Specialized Therapy Resources

### Anise Health\*

Therapists who specialize in **AAPI cultures**

[www.anisehealth.co](http://www.anisehealth.co)

### Center for Hearing and Communication\*

Therapy and groups for people with **hearing loss**

Funding available for college students

[www.chchearing.org](http://www.chchearing.org)

### Charlie Health\*

Intensive therapy programs

Programs with focus on **neurodivergence**,  
**eating disorders**

[www.charliehealth.com](http://www.charliehealth.com)

### My Therapy NYC\*

**Pay what you can** option

for therapy and trauma treatment

[www.mytherapynyc.com/pay-what-you-can](http://www.mytherapynyc.com/pay-what-you-can)

### Open Path Collective\*

Low fee therapy, lifetime membership

[www.openpathcollective.org](http://www.openpathcollective.org)

### Therapy for Latinx\*

Therapists who specialize in **Latinx cultures**

[www.therapyforlatinx.com](http://www.therapyforlatinx.com)

## Substance Use Treatment

### Addiction Center

870-515-8609

[www.addictioncenter.com](http://www.addictioncenter.com)

Treatment, reading materials\*

### New Directions

718-398-0800

Individual, groups, psychiatry

Brooklyn\*

### The Jewish Board

Multiple locations in all 5 boroughs\*

844-663-2255

### Project Rising – ages 14-24

718-409-9433

Individual, groups

Bronx\*

### Mindful Care

[www.mindful.care](http://www.mindful.care)

Individual, psychiatry

Online or in person\*

### Substance Abuse and Mental Health Services

Administration (SAMHSA)

800-662-4357

[www.findtreatment.gov](http://www.findtreatment.gov)

## Therapy / Support Groups

### Center for Hearing and Communication\* – for

people with hearing loss

College, LGBT, professional, stress, meditation

### Mindful.care\* – current events support, various

[www.mindful.care](http://www.mindful.care)

### Charlie Health\* – Intensive outpatient programs

with 10 hours total of therapy / week

Community-specific groups available

[www.charliehealth.com](http://www.charliehealth.com)

### NAMI\* – mood, community-specific, various

[www.naminycmetro.org/support-groups](http://www.naminycmetro.org/support-groups)

### Comprehensive Counseling\* – DBT, various

[www.comprehensivecounselinglcsw.com/group-therapy](http://www.comprehensivecounselinglcsw.com/group-therapy)

### TalkNY\* – various themes, DBT

[www.talknytherapy.com](http://www.talknytherapy.com)

646-389-0611

### The Liberated Us\* - holistic, social-justice oriented

[www.liberationbasedtherapy.com](http://www.liberationbasedtherapy.com)

### The Jewish Board\*

Multiple locations in all 5 boroughs

844-663-2255

## 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

[www.alliedhealthcareny.com](http://www.alliedhealthcareny.com)

Online\*

### Centro Médico Dominicano

212-543-3500

Manhattan

### Faiq Hameedi, MD

917-568-5583

Bronx\*

### Henna Warman, NP

hwarmannp@gmail.com

Online\*

### Lavender – psychiatric nurse practitioners

855-444-7258

[www.joinlavender.com](http://www.joinlavender.com)

Online\*

### Lifestance Health

[www.lifestance.com](http://www.lifestance.com)

Search by location, insurance plan\*

### Mindful Care

[www.mindful.care](http://www.mindful.care)

Online or in person\*

### Psychology Today

[www.psychologytoday.com](http://www.psychologytoday.com)

Click “Find a Therapist” and choose “Psychiatrists”

Various providers\*

### Valera Health

[www.valerahealth.com](http://www.valerahealth.com)

Online\*

## Hotlines

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

**Immigration legal support** hotline: 800-354-0365

## Psychological / Neurocognitive Testing

To test for ADHD, learning disabilities, etc.

Lifestance.com - Search by area, insurance

[www.lifestance.com](http://www.lifestance.com)

Comprehend the Mind

718-441-0166 / [www.comprehendthemind.com](http://www.comprehendthemind.com)

Accepts insurance

Manhattan, Queens

Cognitive Assessment Group

Works with out-of-network benefits

Manhattan\*

212-784-6098

Northstar Psychology Group

In-network with Aetna

[www.northstar-psychology.com](http://www.northstar-psychology.com)

415-271-1775 (call or text)

## Community & Immigration Support

Family Justice Center

**Domestic violence walk-in center**- all 5 boroughs

[www.nyc.gov/site/ocdv/programs/family-justice-centers.page](http://www.nyc.gov/site/ocdv/programs/family-justice-centers.page)

Call 311

Blueprint Supported Education

**Educational support** if you struggle with mental health

[www.blueprintsed.org](http://www.blueprintsed.org)

646-503-5600

CareCollab

**Care management** for Medicaid recipients

Ages 21+

[www.carecollabs.com](http://www.carecollabs.com)

646-450-1075

CUNY Citizenship Now

Call: 646-664-9400

Text: 929-334-3784

Email: [citizenshipnowinfo@cuny.edu](mailto:citizenshipnowinfo@cuny.edu)

Mayor's Office of Immigrant Affairs

**Legal support hotline:** 800-354-0365

Make the Road NY— **Legal immigration services**

Multiple locations

[www.maketheroadny.org](http://www.maketheroadny.org)

## ❧ 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](mailto:counseling.center@lehman.cuny.edu)