



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 ∞

### 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**

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

### 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](https://cci.health.wa.gov.au/Resources/Looking-After-Yourself)

#### Mindfulness Institute for Emerging Adults

Free guided meditations

[mindfulnessinstituteforemergingadults.com](https://mindfulnessinstituteforemergingadults.com)

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

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

Togetherall - anonymous online peer support  
[togetherall.com](https://togetherall.com) (free with CUNY email)

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

## Affordable Therapy Clinics

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 page 6.

### **Bronx**

#### Bronx Child & Family Mental Health Center

nypcc.org  
718-908-8000  
Individual, psychiatry\*

#### Institute for Family Health

Multiple locations  
institute.org  
212-633-0800  
Individual, couples, family, psychiatry\*

#### Jacobi Medical Center

718-918-3462  
Individual, groups, psychiatry

#### The Jewish Board

Multiple locations  
jewishboard.org  
844-663-2255  
Individuals, couples, family, psychiatry, groups\*

#### 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\*

#### North Central Bronx Hospital

718-519-3440  
Individual, groups, psychiatry\*

#### Rise Up Together

rutmhc.com  
718-926-9975  
Individual, couples, family\*

## **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

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

212-633-0800

Individual, couples, family, psychiatry\*

### **Institute for Psychoanalytic Training & Research (IPTAR)**

212-410-0821

Individual\*

### **The Jewish Board**

Multiple locations

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

844-663-2255

Individuals, couples, family, psychiatry, groups\*

### **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**

### **Brooklyn Center for Psychotherapy**

718-622-2000

Individual\*

### **Institute for Family Health**

Multiple locations

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

212-633-0800

Individual, couples, family, psychiatry\*

### **The Jewish Board**

Multiple locations

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

844-663-2255

Individuals, couples, family, psychiatry, groups\*

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

Multiple locations

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

718-908-8000

Individual, psychiatry\*

## Queens, Westchester, Long Island, 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

inspiredhealingservicesllc.com

203-493-4198

### Institute for Family Health

Multiple locations

institute.org

212-633-0800

Individual, couples, family, psychiatry\*

### The Jewish Board

Multiple locations

jewishboard.org

844-663-2255

Individuals, couples, family, psychiatry, groups\*

### New York Psychotherapy and Counseling Center

Multiple locations

nypcc.org

718-908-8000

Individual, psychiatry\*

### Rise Up Together

Multiple locations in Westchester

rutmhc.com

718-926-9975

Individual, couples, family\*

### Westchester Psychotherapy PC

westchesterlcsw.com

914-806-7376

Individual, family, groups\*

### 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\*

gmhc.org

### IHI Therapy

212-243-2830

Individual, couples, groups\*

Free online drop-in hours

ihitherapy.org

### The Liberated Us

332-263-3968

Individual, groups\*

liberationbasedtherapy.com

### Manhattan Alternative

Providers who are kink, poly, LGBTQIA+-affirmative

manhattanalternative.com

## Substance Use Treatment

### Addiction Center

870-515-8609

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

mindful.care

Individual, psychiatry

Online or in person\*

### Substance Abuse and Mental Health Services

Administration (SAMHSA)

800-662-4357

findtreatment.gov

## Other Specialized Therapy Resources

openpathcollective.org – low fee therapy

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

therapyforlatinx.com

anisehealth.co – therapy and behavioral coaching specializing in AAPI clients

chchearing.org –therapy and support groups for people with hearing loss, therapy funding for college students

charliehealth.com - intensive therapy programs including focus on neurodivergence, eating disorders

## Therapy / Support Groups

Center for Hearing and Communication\* – for people with hearing loss  
College, LGBT, professional, stress, meditation

Charlie Health\* – Intensive outpatient programs with 10 hours total of therapy / week  
Community-specific groups available  
charliehealth.com

Comprehensive Counseling\* – DBT, various  
comprehensivecounselinglcsw.com/group-therapy

The Liberated Us\* - holistic, social-justice oriented  
Liberationbasedtherapy.com

Mindful.care\* – current events support, various

NAMI\* – mood, community-specific, various  
Naminycmetro.org/support-groups

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  
alliedhealthcareny.com  
Online\*

Faig Hameedi, MD  
917-568-5583  
Bronx\*

Henna Warman, NP  
hwarmannp@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

## 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](http://comprehendthemind.com)

Accepts insurance

Manhattan, Queens

Cognitive Assessment Group

Works with out-of-network benefits

Manhattan\*

212-784-6098

## Other Types of Community Support

Family Justice Center

Domestic violence walk-in center- all 5 boroughs

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

Call 311

CareCollab

Care management for Medicaid recipients

Ages 21+

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

646-450-1075

Blueprint Supported Education

Educational support if you struggle with mental health

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

646-503-5600

## Immigration Support

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 services

Multiple locations

[maketheroadny.org](http://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)