Mental Health/Psychological Resources

The following community mental health resources were assembled for the purpose of assisting students with seeking out mental health/psychological treatment, evaluation, and testing. Please note that CCNY and the AAC/SDS do not endorse the services of these agencies and programs but provide this information for reference purposes and the convenience of students.

Provider: The Psychological Center at City College
Location: North Academic Center, Room 8/101
Contact Information: 212-650-6602
Website: http://www.gc.cuny.edu/Page-Elements/Academics-Research-Centers-Initiatives/Doctoral-Programs/Psychology/Training-Areas/Clinical-Psychology--@-City-College/The-Psychological-Center
Fees: Sliding Scale. Intake: $25 intake, $40 max in subsequent sessions
Insurance: N/A
Language(s): English, French
Services: Evaluations, individual/group therapy, testing, psychiatric treatment
Wheelchair Accessible: Yes

Provider: Dean Hope Center for Educational and Psychological Services
Location: Columbia Teacher’s College, Thorndike Hall 6th Floor, 525 West 120th St, New York, NY 10027
Contact Information: 212-678-3262
Website: http://www.tc.columbia.edu/ceps/index.asp
Fees: Sliding scale fee; see website for list. Free for veterans and their family members.
Insurance: No insurance accepted.
Language: English
Services: New patients generally accepted at the beginning of each semester. Individual adult psychotherapy; vocational counseling; psychological assessment; couples counseling; family therapy; group therapy
Wheelchair Accessible: Yes

Provider: Emma L. Bowen Community Service Center
Location: 1727 Amsterdam Avenue, New York, NY 10031
Contact Information: 212-694-9200; info@bowencsc.org
Website: http://www.bowencsc.org/
Fees: Sliding scale: $10-$125. “No one is turned away regardless of ability to pay”
Insurance: Medicaid, Medicare, and Managed Care coverage
Language: English, Spanish
Services: intake/crisis/emergency; individual/group/family therapy; medication management
Wheelchair Accessible: Yes

Provider: Family Health Center of Harlem
Location: 1824 Madison Ave (at 119th St), New York, NY 10035
Contact Information: 212-423-4500
Website: http://www.institute.org/health-care/locations/manhattan/
Fees: Sliding scale starts at $5
Insurance: Medicaid, Medicare, most insurances accepted. “No one is turned away.”
Language: English, Spanish, interpreter phone service available
Services: Problem solving therapy, cognitive therapy, psychiatry and medication
Wheelchair Accessible: Yes

Provider: Karen Horney Clinic
Location: 329 East 62nd Street, New York, NY 10065
Contact Information: 212-838-4333
Website: karenhorneyclinic.org
Fees: Intake $50; sliding scale thereafter: $50-$150
Insurance: Medicaid, Medicare; see website for list of insurances accepted
Language: English
Services: Counseling, supportive psychotherapy, psychoanalytic therapy or psychoanalysis

Wheelchair Accessible: No

Provider: Metropolitan Center for Mental Health
Location: 1090 St. Nicholas Avenue (between St. Nicholas and Amsterdam Avenues), New York, NY 10032
Contact Information: 212-543-0777
Website: http://www.metropolitancenter.com/
Fees: Intake $35, $45 for psychiatric evaluation; sliding scale thereafter: $23-$60
Insurance: Medicaid, Medicare, and several Managed Care Plans
Language: English, Spanish
Services: individual/group psychotherapy, family counseling, psychological testing, medication therapy, Hispanic Family Service, FAIR (Substance Abuse) program

Wheelchair Accessible: Yes

Provider: Montefiore Behavioral Health Center
Location: 2527 Glebe Avenue, Bronx, NY 10461
Contact Information: 718-904-4476
Website: http://www.montefiore.org/mbhc
Fees: Sliding scale starts at $35
Insurance: Medicaid; accept a number of insurance plans
Language: English, Spanish, interpreter phone service available
Services: Screening and diagnostic evaluation; individual/group psychotherapy; pharmacological therapy; crisis intervention; integrated substance abuse treatment, caregiver support center

Wheelchair Accessible: Yes

Provider: Western Queens Consultation Center
Location: Sunnyside (44-04 Queens Boulevard, 2nd Fl, Sunnyside, NY 11104) and Jackson Heights (61-20 Woodside Avenue, Woodside, NY 11371)
Contact Information: 718-706-1663 (Sunnyside); 718-672-1705 (Jackson Heights)
Website: http://mhpwq.org/western-queens-consultation-center/
Fees: Intake $40; sliding scale thereafter: $40-$80
Insurance: Medicaid, Medicare, and most major insurance carriers are accepted
Language: Sunnyside: English, Spanish, Tagalog, Greek; Jackson Heights: English, Spanish
Services: Psychiatric evaluation/consultation; psychotherapy; group and family therapy; medication management, educational groups

Wheelchair Accessible: Yes, both sites

Provider: William F. Ryan Community Health Center
Location: 110 West 97th Street (between Columbus and Amsterdam Avenues), New York, NY 10025
Contact Information: 212-749-1820
Website: www.ryancenter.org
Fees: Sliding scale starts at $32
Insurance: Accepts Medicaid and many forms of private insurance
Language: English, Spanish, other languages
Services: Group/individual, relationship, grief therapy; domestic violence counseling and safety planning; crisis intervention; psychiatric evaluation, psychopharmacology; case management

Wheelchair Accessible: Yes

PROS Program (Personalized Recovery Oriented Services)

Provider: The Bridge
Location: 248 West 108th St, New York, NY 10025
Contact Information: 212-663-3000 x1372; PROSIntake@thebridgeny.org
Website: http://thebridgeny.org/programs/mental-health-services/158-personalized-recovery-oriented-services-programs-pros-
Fees: Covered by Medicaid; staff described cost as “prohibitive” if no Medicaid
Insurance: Medicaid only
Language: English
Services: Comprehensive program of mental health treatment, life skills, vocational training/placement, social/recreational activities, and support services for people with serious mental illness
Wheelchair Accessible: Yes

Substance Abuse

Provider: STARS (Substance Treatment and Research Service) of Columbia University
Location: 3 Columbus Circle (on Broadway between 57th and 58th Street), Suite 1403, 14th Floor, New York, NY 10019
Contact Information: 212-923-3031
Website: www.stars.columbia.edu
Fees: Free
Insurance: N/A
Services: chemical addiction treatment with individual therapy, medication, psychiatric assessments

Provider: New Directions
Location: 500 Atlantic Avenue, Brooklyn, NY 11217
Contact Information: 718-398-0800; walk-ins are welcome
Website: http://www.newdirectionsbrooklyn.com/chemical-dependency/location.php
Fees: Intake $55. Sliding scale: $50/individual session, $45/group session
Insurance: Medicaid, Medicare, most major insurance plans are accepted
Language: English, Spanish
Services: Outpatient services for chemical abuse, alcoholism, and chemical dependency
Wheelchair Accessible: Yes

Provider: Bleuler Chemical Dependency Recovery Services
Location: 104-70 Queens Boulevard, Suite 307, Forest Hills, NY 11375
Contact Information: 347-394-0723
Website: https://treatment.psychologytoday.com/rms/name/Bleuler+Chemical+Dependency+Recovery+Services_Forest+Hills_New+York_147566
Fees: Intake $40. Sliding scale starts at $30
Insurance: Medicaid, other major insurance plans
Language: English
Services: Intensive and non-intensive outpatient chemical dependence services; dual diagnosis conditions
Wheelchair Accessible: Yes

Eating Disorders Treatment

Provider: The Columbia Center for Eating Disorders
Location: 1051 Riverside Dr, New York, NY 10032
Contact Information: 646-774-8066. Email: edru@nyspi.columbia.edu
Website: http://columbiapsychiatry.org/eatingdisorders
Fees: Services provided at no cost in exchange for participation in research
Insurance: N/A
Language: English, Spanish
Services: Inpatient and outpatient eating disorders treatment and co-occurring disorders
Wheelchair Accessible: Yes

Provider: Institute for Contemporary Psychotherapy (ICP)
Location: 1841 Broadway, Floor 4, New York, NY 10023
Contact Information: 212-333-3444. Email: csab@icpny.org
Website: http://icpny.org/
Fees: Sliding scale: $35 student fee
Insurance: Do not accept Medicaid. HIP, Oscar, and Healthfirst insurances accepted
Language: English, Spanish, French
Services: Treatment for eating disorders
Wheelchair Accessible: Yes

Creative Arts Therapy

Provider: The Bridge
Location: 248 West 108th St, New York, NY 10025
Contact Information: 212-663-3000 x1372
Website: http://thebridgeny.org/programs/creative-arts-therapy
Insurance: Many major insurance plans accepted; see website for list
Services: art therapy, poetry program
Wheelchair Accessible: Yes