

Mental Health Centers

Name	Address	Phone	Insurance and Fees/Additional Information
*Blanton-Peale Institute	7 W. 30th Street, 9th Floor New York, NY 10010	212.725.7850	Medicaid, managed care plans, Aetna, BC/BS, Cigna, United, Oxford, Emblem, Multiplan, TriCare, Optum ; for uninsured \$75/intake, \$90/psych evaluation, \$55/psychotherapy, \$35/med management Initial intake appointment is w/therapist, at the end of session they will schedule psych eval w/psychiatrist if medication is needed (Other languages Thai, Spanish, Korean)
*Brooklyn Center for Psychotherapy	300 Flatbush Avenue Brooklyn, NY 11217	718.622.2000	Medicaid, managed care plans, Aetna, BC/BS, GHI, HIP, Value Options, 1199 , Sliding scale available; individual therapy and medication management, also offers substance abuse program
CBT/DBT Associates	501 Madison Avenue, Suite 303 New York, NY 10022	212.546.9200	No insurance accepted; Comprehensive DBT program offers individual therapy, group therapy, and phone coaching
*CCM/McMurray Clinic	115 W. 31st Street, 5th Floor New York, NY 10010	718.802.0666 (main intake line)	Medicaid and all managed care plans ; for uninsured, \$35/session for therapy and medication management; request Manhattan location when calling to schedule intake; Manhattan clinic # 212-564-6006
Institute for Contemporary Psychotherapy	1841 Broadway (60th St.) New York, NY 10023	212.333.3344	Emblem, HIP, Oscar, Healthfirst ; Sliding scale, average \$60/session General mental health, eating disorders, LGBTQ, trauma
*Postgraduate Center for Mental Health	71 W. 23rd Street New York, NY 10010	212.576.4195	Healthfirst, Medicaid, Medicare GHI/HIP ValueOptions ; individual, family, and group psychotherapy as well as medication management; also offers DBT program (can go M-F, 9am-11am for initial intake interview)
Psychoanalytic Psychotherapy Study Center	80 Fifth Avenue, Suite 903A New York, NY 10011	212.633.9162	All therapists accept Aetna , other insurance varies by therapist; sliding scale available; primarily psychodynamic, no psychiatrist on site
*Ryan NENA Center	279 E. 3rd Street New York, NY 10009	212.477.8519	Medicaid and managed care plans, Aetna, BC/BS, Cigna, Magnacare, 1199, ADAP ; Medical and mental health services; benefits enrollment offered as a free service for those that may be eligible for Medicaid; also offers STD/HIV testing (Other languages Spanish, Chinese)
The Center for Modern Psychoanalytic Studies	16 W. 10th Street New York, NY 10011	212.228.6036	No insurance accepted; \$40/intake, \$10-50/session afterwards (Other languages Spanish, Russian, Chinese, Farsi)
*The Fifth Avenue Counseling Center	50 W. 23rd Street New York, NY 10010	212.989.2990	Medicaid and managed care, Aetna, BC/BS, United, Oxford, GHI, HIP Sliding scale \$60+/session; individual therapy as well as medication management as needed; phone screening is done first; for SVA students ask for Wendy Skillern LCSW (she will do phone intake)
*Therapy Center of New York	200 W. 33rd New York, NY 10016	212.725.0192	All providers accept United Healthcare, other insurance varies by provider including Aetna, BC/BS, Cigna, Oxford, Empire Plan ; group practice with therapists and psychiatrists, call for intake and they will verify insurance coverage
Training Institute for Mental Health	115 W. 27th Street, 4th Floor New York, NY 10001	212.627.8181	ValueOptions ; \$30/intake, then sliding scale fee afterwards
Washington Square Institute	41 E. 11th Street New York, NY 10003	212.477.2600	Aetna, Emblem, GHI, CHCS, MVP, ValueOptions ; Sliding scale starts at \$60/session; (Other languages Spanish, German)

* denotes psychiatrist on staff, medication management services available

Therapists (Manhattan) continued...

Name	Address	Phone	Insurance and Fees/Additional Information
Nancy Alexander, LCSW	210 W.70th Street, Suite 001 New York, NY 10023	347.201.1924	BC/BS ; sliding scale \$50-100/session; Depression, anxiety, relationship issues, bad habits; social media effects on relationships, family issues
Ellen Arfin, LCSW	26 W. 9th Street, Suite 5B New York, NY 10011	212.989.7080	BC/BS, SVA United Healthcare, ValueOptions, Oscar ; Art students, anxiety, depression, life transitions, Psychology instructor at SVA
Mark Beauregard, RDT, LCAT	80 E. 11th Street, Suite 301C New York, NY 10003	917.204.2836	No insurance accepted; student fee \$55/session; Gender/sexuality, depression, anxiety; markbeauregard.com
Lisa Bengner, LCSW	138 W. 25th Street New York, NY 10001	347.831.4148	Medicare ; sliding scale \$85+/session; Artists, depression, anxiety, eating disorders, relationship issues, separation from family, trained in DBT
Richard Bock, PhD	2 W. 32nd Street, Suite 501 New York, NY 10001	212.253.2670	No insurance accepted, sliding scale; Art students, career guidance, art therapies, depression, cognitive issues
Kevin Braga, LCSW	19 W. 34th Street, PH floor New York, NY 10001	646.480.6670	Cigna, SVA United Healthcare ; sliding scale \$75+/session; Alcohol/drug misuse, sexuality issues, relationship issues; kevinbragalcsw.com
Aviva Braun, LCSW	80 E. 11th Street, Room 439 New York, NY 10003	917.699.6831	Aetna, Cigna, Multiplan ; Sliding scale \$60-100/session; eating disorders in females, trauma, relationship issues, body image, depression, anxiety
Kirk Brewster, LCSW	184 Lexington Avenue, Suite 3D New York, NY 10016	212.252.3680	No insurance accepted, sliding scale available; Depression, anxiety, psychoanalysis, artists and couples
Richard Brouillette, LCSW	225 W. 15th Street, Suite C New York, NY 10011	917.826.2545	BC/BS , sliding scale; Mood disorders, LGBTQ issues, cultural issues, trauma
Ryan Camire, LCSW, CASAC	Offices close to SVA New York, NY 10010	917.698.4956	BC/BS, Cigna, MHN/TriCare ; Mood disorders, substance abuse, identity concerns, personality disorders
Joyce Caraccioli, LCSW	19 W. 34th Street, PH floor New York, NY 10001	917.572.5083	Aetna, Cigna, ValueOptions ; student fee \$50/session; Artists, anxiety, depression, relationship issues, alcohol misuse, psychoanalysis, speaks Maltese
Rebecca Carman, LCSW	138 W. 25th Street, 6th floor, #26, New York, NY 10001	917.751.8803	No insurance accepted; sliding scale available, student fee \$90-100/session Creativity, artists, anxiety, depression, self-esteem, relationship issues
Andrea Clark, LCSW	99 University Place, 4th floor, Suite 13, New York, NY 10003	646.241.6013	Aetna, BC/BS ; sliding scale; Anxiety, depression, trauma, eating disorders LGBTQ issues, personality disorders
Mary Dove, LCSW	138 W. 25th Street, Suite 801 New York, NY 10001	917.921.4488	BC/BS, SVA United Healthcare (no copay); Student fee \$80/session; College students, anxiety, depression, OCD, relationship issues, ASD dovecounselingnyc.com
Rachel Dress, LCSW	26 W. 9th Street, Suite 6B New York, NY 10011	646.207.0233	SVA United Healthcare ; sliding scale; Artists, college students, anxiety, depression, identity issues, psychoanalysis, previous Therapist at SVA, Current psychology instructor at SVA
Alison Dye, MS, LCSW	49 W. 24th Street, Room 909 New York, NY 10001	845.594.5174	SVA United Healthcare copay \$32; Student fee \$85/session Anxiety, depression, trauma/abuse, addictions (not gambling or sex)
Leslie Ann Epstein, LCSW	113 University Place, 9th Floor New York, NY 10003	917.482.2272	Aetna, BC/BS, Cigna
Blair Glaser, LCAT, RDT	225 W. 35th Street, Suite 701 New York, NY 10001	917.763.6539	No insurance accepted, sliding scale available; Mood disorders, creative arts therapies, relationship issues; also practices in Woodstock, NY blairglaser.com
Elise Green, LCSW	308 5th Avenue, 5th Floor New York, NY 10001	646.761.7747	No insurance accepted; will help w/out of network claims, sliding scale; Depression, anxiety, artists, self-esteem/body image

Therapists (Manhattan) continued...

Name	Address	Phone	Insurance and Fees/Additional Information
Gail Elkin-Scott, LCAT, ATR-BC	1133 Broadway, Room 607 New York, NY 10016	917.885.5723	No insurance accepted, sliding scale available, student fee \$60/session; Cultural issues, anxiety, trauma, www.arttherapyinfo.com
Michele Frank, LCSW	19 W. 34th Street, Suite 1200 New York, NY 10001	212.352.0988	United Healthcare , sliding scale; Depression, anxiety, substance abuse, trauma, sexuality, career path, creativity; michelefrank.com
Maia C. Jamadi, PhD	50 Lexington Avenue, Suite LL3 New York, NY 10010	718.501.2197	BC/BS, Medicare/Medicaid, SVA United Healthcare ; sliding scale lowest \$50/session, Depression, anxiety, cultural issues, neuropsych testing, personality assessments
Allison Jupiter, LCSW	141 E. 55th Street, Suite 110 New York, NY 10012	347.675.7062	Aetna , Student fee \$100/session, substance abuse, anxiety, CBT runs group for women w/eating disorders in their 20's, \$60/group
Sunna Jung, PhD	24 E. 12th Street, Suite 604 New York, NY 10003	212.744.1480	No insurance accepted; \$190-200/session; Trauma (certified in body regulation), anxiety, depression, cultural adjustment, emotion regulation, cognitive behavior, somatic experiences; conversational Korean, sunnajung.com
Melissa Klay, PhD, ATR, LCAT	103 Saint Mark's Place, Suite A New York, NY 10009	347.229.4479	No insurance accepted, sliding scale available; Young adults, psychosis, mood disorders, conduct disorder, art therapy
Kelli Knabe, LMSW	380 2nd Avenue, Suite 302 New York, NY 10010	212.726.1924	No insurance accepted, sliding scale available; LGBTQ, identity, gender identity, couples, late adolescence, adults, depression, anxiety
Kristin Long, LCAT, RDT	80 E. 11th Street, Suite 301C New York, NY 10011	212.982.1065	No insurance accepted, student fee \$50-60/session, will help w/out-of-network paperwork; Psychoanalysis, creative arts and trauma, relational trauma, somatic experience work, will incorporate creative work if interested American Sign Language
Lauren Mills, LCSW	210 W. 70th Street, Suite 001 New York, NY 10023	347.746.7379	BC/BS, Cigna, Magnacare , Student fee \$60/session; Anxiety, trauma, depression
Katherine Mitchell, PsyD	156 5th Avenue, Suite 820 New York, NY 10010	646.592.2688	Aetna , will work w/out-of-network benefits; Group fee \$50/session; General practice, ADHD, addictions, anxiety, trauma; groups focus on establishing stronger interpersonal skills; drkjmitchell.com
Christine O'toole, LCSW	26 W. 9th Street, Suite 9A New York, NY 10011	973.650.4219	SVA United Healthcare ; sliding scale; Art students, LGBTQ, anxiety, depression, eating disorders
Sharon Parker, LCSW	525 West End Avenue, Apt 3G New York, NY 10024	212.875.8508	UHP ; Student fee \$35-80/session; SVA graduate; Artists, depression, anxiety, adjustment issues, relationships, substance abuse, relationship issues, eating disorders, sexuality and identity
Sarah Perl, LCSW	291 Broadway, Suite 1401 New York, NY 10007	518.894.8512	No insurance accepted; Student fee \$80-150/session, will work with out-of-network benefits; Substance abuse, harm reduction, abandonment issues, relationship issues, life cycle transitions
Leide Porcu, PhD, LMHC, FIPA	303 5th Avenue, Apt 309 New York, NY 10011	212.929.7724	Aetna, SVA United Healthcare ; initial fee \$95; Coming out, LGBTQ, mindfulness/meditation, anxiety, depression, psychodynamic and CBT
Olga Pozanansky, PhD	24 E. 12th Street, Suite 4G New York, NY 10003	646.436.1407	No insurance accepted; sliding scale available; Mood disorders, anxiety, depression, social anxiety, international students
James Roscow, PhD	27 Washington Square North Suite 1D, New York, NY 10011	212.675.3077	No insurance accepted, sliding scale available; Teenagers, young adults
Carole Shepard, LCSW	51 E. 42nd Street New York, NY 10017	646.621.7010	No insurance accepted, sliding scale available; Trauma, PTSD, stress management, mood disorders, creative issues
Anne M. Slocum McEneaney, PhD	19 W. 34th Street, Suite 1200 New York, NY 10001	917.301.6206	No insurance accepted, sliding scale available; Eating disorders, anxiety, depression

Therapists (Manhattan) continued...

Name	Address	Phone	Insurance and Fees/Additional Information
Rachel Sussman, LCSW	85 5th Avenue, Suite 923 New York, NY 10003	212.769.0533	No insurance accepted; Relationships, couples
Linda Turner, ATR-BC, LCAT	41 Union Square, Suite 616 New York, NY 10003	917.445.7587	No insurance accepted, sliding scale available; Relationships, identity, trauma, life transitions, life coaching, mood disorders, substance abuse, grief, anger management, depression, anxiety; arttherapy.com
Ashley Warner, LCSW	85 5th Avenue, Suite 934 New York, NY 10003	212.561.1729	Cigna, Oxford, United Healthcare, 1199 ; Student fee \$80; Creative blocks, trauma

Therapists (Brooklyn)

Name	Address	Phone	Insurance and Fees/Additional Information
Mark Beauregard, RDT, LCAT	190 N. 10th Street, Suite 301 Brooklyn, NY 11211	917.204.2846	No insurance accepted; student fee \$55/session; Gender/sexuality, depression, anxiety; markbeauregard.com
Toble Grama, LCSW	396 3rd Street, #4 Brooklyn, NY 11215	646.256.6363	No insurance accepted, sliding scale available; Trauma, EMDR
Katherine M. Hatch, LCSW	68 Jay Street, Suite 507 Brooklyn, NY 11210	917.538.3639	No insurance accepted, sliding scale available; Mood disorders, family conflict, domestic abuse, relationship issues, trauma
Margaret Patterson, PhD	103 State Street Brooklyn Heights, NY 11201	718.834.0076	No insurance accepted, sliding scale available; Relationship issues, trauma, anxiety, depression
Sarah Perl, LCSW	26 Court Street, Suite 504 Brooklyn, NY 11242	518.894.8512	No insurance accepted; Student fee \$80-150/session, will work with out-of-network benefits; Substance abuse, harm reduction, abandonment issues, relationship issues, life cycle transitions (new career, new to NYC, etc...)

Psychiatrists

Name	Address	Phone	Insurance and Fees/Additional Information
Shirin N. Ali, MD	9 West 10th Street New York, NY 10011	646.706.7011	Aetna ; Student fee \$150/60 minute session; Psychotherapy and med management
Cynthia Barnes, MD	352 7th Avenue New York, NY 10001	212.563.1112	Aetna, Cigna, BC/BS, Medicaid, Medicare, United, Oxford, HIP Multiplan, PHCS, MHN, Pacificare, Pomco, ValueOptions, 1199
Rona Bernadette, MD	425 W. 23rd Street, Suite 1B New York, NY 10011	646.592.0869	BC/BS, Oxford, United Healthcare ; mood disorders, anxiety schedule appointments at ronabernadette.com
Seth Fielding, MD	240 Central Park South New York, NY 10019	212.956.9670	Aetna, BC/BS, Medicare, United, Oxford, GHI, HIP, MHN ; Interpersonal therapy and med management
Michael Gray, MD	2 West 46th Street New York, NY 10036	212.684.5477	Aetna, BC/BS, Cigna, Medicare, United, Oxford, GHI, HIP Anxiety, mood disorders, ADHD, schizophrenia
Gauri Khurana, MD, MPH	101 5th Avenue, Suite 10A New York, NY 10003	917.345.9831	No insurance accepted, sliding scale available; Mood disorders, anxiety, ADHD
Danny Michaeli, MD	113 University Place, Suite 1010 New York, NY 10003	212.674.2447	No insurance accepted; fee \$200/session; LGBTQ, family therapy
Scott Palyo, MD	101 Fifth Avenue, Suite 10D New York, NY 10003	917.715.6397	No insurance accepted; Anxiety, depression, trauma, ADHD
Leonard Rubin, MD	200 West 57th Street New York, NY 10019	212.245.5748	Aetna, BC/BS, Cigna, Medicare, United, Oxford, GHI, Multiplan, PHCS, MHN, 1199, Health Republic, Oscar, Magnacare, Affinity
Jose L. Villaluz, MD	10 E. 82nd Street, Suite 1F New York, NY 10128	212.873.0585	Aetna, Cigna, Oxford, United Healthcare ; ADHD, anxiety, mood disorders, psychosis, adjustment disorders