



Mental Health Providers: Community based providers who want to work with SVA students

Not intended to be regarded as a recommendation or endorsement of providers by SH&CS. Updated August 2019

THERAPISTS (Manhattan)

Note: Therapists with an Asterisk (*) next to their name accept the SVA Cigna health insurance, updated 08/19

*Laurice Adams, MA, LCAT	303 5th Ave, Suite 604 New York, NY 10010	(917) 544-2867	SVA Cigna, sliding scale; Former SVA therapist; college students, artists, depression, anxiety, trauma, cultural issues, identity, body image, relationship issues, parenting issues
Nancy Alexander, LCSW-R	37 W. 72nd Street, Suite 1West, Office #2 New York, NY 10023	(347) 201-1924	BC/BS, out of network for other insurance plans; sliding scale for students; ADD/ADHD, Depression, anxiety, relationship issues, self-esteem, communication skills, self-defeating choices and behavior patterns, family issues.
Laura Applegate, LCSW	26 West 9th Street, Suite 6B New York, NY 10011 AND 36 Plaza Street East, Suite 1G Brooklyn, NY 11238	(929) 244-3060 Lapplegatetherapy@gmail.com www.lauraapplegate.com	Out of network insurance accepted. Some sliding scale. Attended SVA and was former coordinator of SVA SH&CS. Past SVA psychology instructor. Holistic, eclectic, collaborative, trauma-informed, incorporates mindfulness and Cognitive Behavioral Therapy (CBT) skills. Artists, college students, LGBTQ affirming, depression, anxiety, trauma, identity, relationship issues, life transitions, parenting.
*Ellen Arfin, LCSW	26 W. 9th Street, Suite 5B New York, NY 10011	(212) 989-7080	BC/BS, SVA Cigna, ValueOptions; Art students, anxiety, depression, life transitions; Psychology instructor at SVA; has additional location in Maplewood, NJ
*Mark Beauregard, RDT, LCAT	80 E. 11th Street, Suite 301C New York, NY 10003	(917) 204-2846	Cigna; student fee \$65-100/session; Gender/sexuality, depression, anxiety; markbeauregard.com
Maya Benattar, MA, MT-BC, LCAT	202 West 40th Street, Suite 403 New York, NY 10018	(914) 330-9545 maya.benattar@gmail.com www.mayabenattar.com	No insurance accepted; student rate \$65-100. Will help with out of network paperwork. Specializes in working with young women (18-30s); anxiety, perfectionism, developmental/intergenerational trauma, relationship struggles, moving through stuckness/repetitive patterns. Music therapy, psychotherapy; creative, embodied approach. Offers free 20 minute phone consultation
Lisa Bengler, LCSW-R	138 W. 25th St, Suite 801-A4 New York, NY 10001 AND 699 Sackett Street #2 Brooklyn, NY 11217	(347) 831-4148 lisabengler.com	Medicare; sliding scale \$85+/session; Artists, depression, anxiety, eating disorders, relationship issues, separation from family, trained in DBT. Additional location in Brooklyn.
*Kevin Braga, LCSW	19 W. 34th Street, PH floor New York, NY 10001	(646) 480-6670 kevinbragalcsw.com	Cigna, SVA Cigna, sliding scale \$75+/session; Alcohol/drug misuse, sexuality issues, relationship issues;
*Joyce Caraccioli, LCSW	113 University Place, 8th Floor New York, NY 10003	(917) 572-5083	Aetna, Cigna, ValueOptions; works with out of network; sliding scale; LGBTQ, 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 but works with out of network benefits; student fee \$100-125/session; Creativity, artists, anxiety, depression, self-esteem, sexual assault, relationship issues
Anthony Cianci, LCSW	65 E. 11th Street, 6C New York, NY 10003	(646) 504-8121 anthony.cianci.lcsw@gmail.com	Helps with out of network reimbursement; Psychodynamic psychotherapy and psychoanalysis; sexuality and gender issues.
*Andrea Clark, LCSW	99 University Place, 4th floor, Suite 13 New York, NY 10003	(646) 241-6013 aclarklcsw@gmail.com	SVA Cigna, 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 dovecounseling.com	BC/BS, SVA Cigna, Student fee \$90/session; College students, creative blocks, anxiety, depression, OCD, relationship issues;

*Rachel Dress Snider, LCSW-R	26 W. 9th Street, Suite 6B New York, NY 10011	(646) 207-0233 therapywithrachel.com	SVA Cigna; sliding scale; Artists, college students, anxiety, depression, identity issues, psychoanalysis, previous therapist at SVA, current psychology instructor at SVA
Alison Dye, LCSW	49 W. 24th Street, Room 909 New York, NY 10001	(845) 594-5174	Out of network benefits with Cigna; Student fee \$150/session; Anxiety depression, trauma/abuse, addictions
Anna Eckhardt, LCSW-R	25 West 26th Street, Suite 410 New York, NY 10010 AND 201 Eastern Parkway, Suite 1A Brooklyn, NY 11238	(917) 698-6998 Annaeckhardt.lcsw@gmail.com	No insurance accepted but can help with out of network claims and paperwork. Student fee \$150 session for 55 minutes. EMDR certified therapist. Certified trauma therapist. Supports clients with anxiety, adjustment to school, creative and academic blocks, relationship issues, trauma.
Leslie Ann Epstein, LCSW	113 University Place, 9th Floor New York, NY 10003	(917) 482-2272	Aetna, BC/BS; MBA background, transition to adult life, LGBTQ, relationship issues
Gail Elkin-Scott, LCAT, ATR-BC	1133 Broadway, Room 519 New York, NY 10016	(917) 885-5723 arttherapyinfo.com	No insurance accepted, sliding scale available; student fee \$75/session; Cultural issues, anxiety, trauma; Korean speaking therapist available starting \$40/session;
Michele Frank, LCSW	19 W. 34th Street, #1200 New York, NY	(212) 352-0988 helper50@gmail.com	Aetna, Anthem, BC/BS, Cigna, Emblem, GHI, Magellan, MHN, Oxford, UnitedHealthcare, ValueOptions/Beacon. Has documentary film background, counseling for artists.
*Tami Gatta, LCAT	526 W. 26th Street, Suite 309 New York, NY 10001	(646) 685-4322 tmgattalcat@gmail.com	SVA Cigna, sliding scale \$75-125/session; psychosis, trauma, anxiety, depression.
Helen Joelson, LCSW	50 Lexington Avenue Suite LL2 NY, NY 10010	(917) 821-6377	Blue Cross, Out-of-network. See: www.psychologytoday.com/us/therapists/helen-joelson-new-york-ny/34113
*Allison Jupiter, LCSW	141 E. 55th Street, Suite 11D New York, NY 10012	(347) 675-7062 allisonjupiter.com	Aetna; students can call and inquire about out of network benefits for other insurance plans' student fee \$100/session; substance abuse, anxiety, CBT, runs group for women w/eating disorders in their 20's, \$60.group;
*Miho Kanazawa, LCAT MA-BCT/RDT, CCLS	412 6th Ave, Suite 705 New York, NY 10011	(201) 298-3131 dramaforhealing.com	SVA Cigna; works with out of network benefits; Depression, anxiety, adjustments (cultural issues, language, homesickness), trauma, anger management, communication issues, daily stress; International students; speaks Japanese.
Jennifer Kind-Rubin, LCAT	236 5th Ave New York, NY 10003	(917) 242-1468 jkrtherapy.com	Out of network benefits for insurance; Trauma, anxiety, depression, college students, artists, creative blocks, transitions/adjustment; uses both art therapy and talk therapy; offers 20 minute phone consultation.
*Leah Kramnick, LCSW	115 W. 27th Street, 4th Floor New York, NY 10001	(212) 726-0506 leahkramnick@gmail.com	SVA Cigna, student fee available; Eating disorders, body image concerns, adolescents & college students, depression, anxiety, gender/sexuality issues. Psychodynamic and interpersonal therapy.
Rachel Kozlowski, PsyD	1133 Broadway, Suite 807 New York, NY 10010 141 South 5th Street, #E-6, Brooklyn, NY 11211	(646) 543-9884 drachelkozlowski.com	Out-of-network (helps with claims), sliding scale available; identity, relationships, sexuality, school/career, depression, anxiety, artists, gender identity, grief. Works with couples. Add'l location in Williamsburg.
Hey-Kyung Kwon, DA, LP, NCPsyA	1270 Broadway, Suite 303 New York, NY 10001	(212) 286-0688 psychotherapistdrkwon.com	Out of network; specializes in trauma (EMDR, sensorimotor, IFS); international students, adjustment, anxiety, depression. Speaks Korean.
*Huilin Lai, LCSW	226 West 26th St New York, New York 10001	(412) 589-9477 www.jiandanxinli.com/experts/2431	SVA Cigna, Cigna, BlueCross and BlueShield, EmblemHealth, HealthFirst, Medicare, Multiplan, PHCS, Out of Network, sliding scale available. CBT, ACT, Solution Focused, mindfulness based, EMDR, Psychoeduc, Life Coaching, couples therapy, Family System and Spirituality. Specialties: ADHD, depression, anxiety, low self-esteem, gender/sexuality, trauma, relationship issues, cultural adjustment, international students, life coaching, Language: Bilingual Mandarin Chinese and English.
Aries Liao, PhD, LCSW	352 7th Ave, Suite 1105 New York, NY 10001	917-583-3731 aries.liao@gmail.com	Out of network insurance and Sliding Scale accepted. Speaks Mandarin and Taiwanese.
*SJ Langer, LCSW-R	138 W. 25th Street New York, NY 10001	(917) 617-0243 SJLanger.com	SVA Cigna; sliding scale \$80/session for students; SVA alum & faculty; trauma and EMDR, gender/sexuality, transgender health, mood disorders, anxiety, eating disorders, substance abuse.
Michael Lau, PhD	286 5th Avenue New York, NY 10001	(646) 480-6517	Aetna, BC/BS; will help with out of network paperwork; college students, cultural issues, sexual orientation; Specialty in Asian/Asian Americans and LGBT+; Speaks Mandarin
Kristin Long, LCAT, LP	80 E. 11th Street, Suite 301C New York, NY 10003	(212) 982-1065	No insurance accepted, student fee \$100/session, will help w/out-of-network paperwork; Psychoanalysis, creative arts and trauma, relational trauma, somatic experience work, ASL

*Annsley March, LCSW	125 E. 23rd Street New York, NY 10010	(212) 583-1268	Cigna; sliding scale, helps with out-of-network claims; anxiety, depression, ADHD, interpersonal conflict, gender/sexual identity affirmation, academic stress, time management; offers free 15-minute phone consultation
Kate McIntosh, LCAT, ATR-BC	167 West 21st Street New York, NY 10011	(646) 236-3349 mkatemcintosh@gmail.com	Aetna; I have a private practice next to SVA and have experience working with college students at The New School counseling center. I am an art therapist that specializes in anxiety, depression, grief, adjustment, and trauma.
Tatyana Mestechkina, PhD.	928 Broadway, Suite 300 New York, NY 10010	(917) 605-2120 www.drmetechkina.com	Out-of Network Provider; Treats obsessive compulsive disorder (OCD), purely obsessional (Pure-O), anxiety disorders, perfectionism, depression, body dysmorphic disorder (BDD), trichotillomania, and excoriation (skin-picking disorder). Has experience working in a student counseling center. Approaches: cognitive-behavioral therapy (CBT), exposure and response prevention therapy (ERP), acceptance and commitment therapy (ACT) and cognitive restructuring.
*Mikella Millen, LCAT, ATR-BC	302 5th Avenue, 11th Fl New York, NY 10011	(917) 756-5540 mikellamillen.com	Cigna; Therapist is SVA alumnus; Art therapy and verbal therapy; young adults and adults, trauma (childhood trauma, sexual assault, emotional abuse, etc.) LGBT; relationship problems; grief and loss, CBT. mikellamillen@gmail.com,
Katherine Mitchell, PsyD, CGP	156 5th Avenue, Suite 820 New York, NY 10010	(646) 592-2688 dr.kjmitchell@gmail.com	Out of network provider, sliding scale offered; Group Therapy Specialty (fee \$70) - Process Groups focus on strengthening and deepening interpersonal relationships to mediate psychological difficulties (anxiety, depression, trauma, ADHD, addiction)
*Daphne Moked, LCSW	1133 Broadway, Suite 506 New York, NY 10010	(631) 317-1497 daphnemoked.com	Cigna; Out of network benefits and completes claims; Young adults/students, artists/creative thinkers, trauma, depression, anxiety, adjustment, substance abuse, relationships, eating disorders and body issues.
Penni Morganstein, PsyD	26 Court Street, Suite 1210 Brooklyn, NY 11201	(917) 940-8938 penniindra@gmail.com	Out of network, helps with paperwork; Sliding scale available. Anxiety, depression, adjustment to school/NYC, unblocking artistically. Eclectic approach; CBT and psychodynamic
*Stephanie Omens, LCAT, RDT-BCT, CCLS	226 W. 26th Street, Floor 8, Room #15 New York, NY 10001	(201) 600-4665 stephanieomestherapy.com	SVA Cigna; sliding scale available; Trauma/PTSD, grief/loss, depression, anxiety, sexual abuse, chronic illness, medical issues. Saturday evening availability.
*Christine O'Toole, LCSW	26 W. 9th Street, Suite 9A New York, NY 10011	(973) 650-4219	SVA Cigna; sliding scale; depression, anxiety, relationship issues, LGBTQ, gender/sexuality, trauma
Sarah Perl, LCSW-R, CDWF	291 Broadway, Suite 1401 New York, NY 10007 26 Court Street, Suite 504 Brooklyn, NY 11242 (Also: Kingston, NY)	(518) 894-8512 sarahperlpsychotherapy.com	Out of network benefits, sliding scale available. Specializing in life cycle transition, relationship issues, substance use, harm reduction, abandonment issues and shame resilience. Facilitates a shame resilience group that runs in 8 week cycles, about 3 times per year.
*Leide Porcu, PhD	303 Fifth Avenue, Suite 1309 New York, NY 10016	(212) 929-7724 leideporcu@gmail.com leideporcu.com	SVA Cigna, Aetna; Student fee \$120; LGBTQ, diverse ethnicities, anxiety, mindfulness/meditation, depression, coaching with ADHD/organization; trauma, shame, dream interpretation, sleep and nightmare difficulties; fluent Italian, some Spanish and French.
Olga Poznansky, PhD	125 E. 23rd Street, Suite 300 Office #2 New York, NY 10003	(646) 436-1407 olgapoznanskyphd@gmail.com	No insurance accepted; sliding scale available \$80+/session; anxiety, relationship issues, identity, professional concerns, immigration/acclturation, international students, work and creative inhibitions.
*Renee Rodriguez, LCSW	85 Fifth Avenue, Suite 935 New York, NY 10003	(917) 406-2636	SVA Cigna, BC/BS; student fee \$80/session; creativity, artists, depression, anxiety, trauma (including poverty), sexual trauma, parents w/mental illness, psychodynamic approach
*Adam Reynolds, LCSW, RDT/BCT, CASAC	526 W. 26th Street, Suite 309 New York, NY 10001	(917) 426-5873 adamreynolds.squarespace.com	SVA Cigna, BC/BS, Creative psychotherapy and drama therapy, Creative psychotherapy and drama therapy, LBGT issues, trauma, Autism spectrum, substance issues
*Charles Schaeffer, PhD	31 Washington Square West New York, NY 10011	(718) 577-1564 drschaeffer@gmail.com drchuckschaeffer.com	SVA Cigna, out of network benefits, sliding scale; college students, young adults, gender fluidity, mindfulness, sleep restoration/insomnia Aetna, Cigna, BCBS; Sexuality/gender, anxiety, depression, trauma, relationship issues, nurturing creativity.
*Orna Shachar, PsyD, LP	96 Fifth Avenue, #1K New York, NY 10011	(646) 638-4882 ornahalom@aol.com	SVA Cigna Former therapist at SVA. Specialties: depression, anxiety, relationships, international students, identity issues, academic and career concerns, creative blocks.
Ann Springer, LCSW	171 Madison Ave, Suite 100 New York, NY 10016	(917) 566-7852 annspringerlcsww@gmail.com	SVA Cigna, Blue Cross Blue Shield, Out of Network

*Navah Steiner, LCAT	303 5th Avenue, Suite 604 New York, NY 10016	(212) 252-5451 nsteinerlcat@gmail.com navahsteinerlcat.com	Sliding scale for students. Assists with out of network reimbursement. Psychodynamic psychotherapy and psychoanalysis; anxiety, depression, life transitions, trauma, gender and sexuality issues. Incorporates mindfulness principles into practice.
Jenni Stone-Levine	65 East 11th Street, #6C New York, NY 10003	(646) 283-1060 jennistonelevine@gmail.com jennistonelevinephd.com	No insurance accepted, sliding scale available. Therapist is a SVA alumni. Art therapy, Reiki; trauma (sexual, child abuse), anxiety, depression, addiction, life transitions, LGBTQ, relationship adjustment, loss, and exploring creativity.
Ahn Hee Strain, ATR-BC, LCAT	Art and Energy Wellness 115 Broadway street Suite 1800 NY, NY 10006	(443) 306-9318 ahnhee@artandenergywellness.com	No insurance accepted, sliding scale available; Relationships, identity, trauma, life transitions, life coaching, mood disorders, substance abuse, grief, anger management, depression, anxiety.
Linda Turner, LCAT, ATR-BC	41 Union Square, Suite 616 New York, NY 10003	(917) 445-7587 Arttherapyny.com	SVA Cigna; sliding scale available at \$80+. Treatment issues: trauma, sexual violence, transitions, loss, creativity issues.
*Nicholas Urban, LCSW	24 5th Ave New York, NY 10011	(646) 531-1094 urban.nicholas@gmail.com	SVA Cigna. Speciality in DBT
*Ashley Warner, LCSW	85 Fifth Avenue, Suite 934 New York, NY 10003	(212) 561-1729 ashleywarner.com	
*Merry Weitzman, LCSW	31 Washington Square West New York, NY 10011	(917) 692-7204	SVA Cigna; Childhood trauma, relationships, anxiety, depression, life stressors, identity issues, LGBT, self-esteem
*Jennifer Wilson, LCAT	303 5th Ave, Suite 604 New York, NY 10016	(917) 864-6811 jwilsonlcat@gmail.com	SVA Cigna, out-of-network; Former therapist at SVA. Anxiety, depression, trauma, relationships. Young adult/transition to adulthood, creativity, career.
*Josephine Yankau Wong, PhD	244 5th Avenue, Suite 9C New York, NY 10001	(347) 897-5166	Aetna, Cigna, GHI, HIP; international students, cultural issues, depression, anxiety, trauma; English, Mandarin and Cantonese

THERAPISTS (Brooklyn)

*Gemma Burgio, LCAT, ATR-BC	941 Ocean Avenue Brooklyn, NY 11226	(631) 827-1274 gemmaburgio.com	Cigna; student fee \$50; Therapist is SVA alumnus. Art therapy, talk therapy; anxiety, trauma, depression, eating disorders, creativity. Uses creative outlets to process difficult emotions and experiences.
*Wendy Carolina Franco, Ph.D	26 Court Street, Suite 1415 Brooklyn, NY 11242	(347) 464-1531 carolinafranco.phd@gmail.com	SVA Cigna, out of network benefits for other insurance; Sliding scale fee. Specialized training and interests: trauma, acculturation, LGBTQ and gender identity, sexuality, ethnic and racial minority concerns, social justice work, immigration, women's health, and relationship and adjustment issues. Speaks Spanish.
Patrice Francois, PsyD	26 Court Street Brooklyn, NY 11242	(347) 693-6540 doctorpatricefrancois@gmail.com	BC/BS; young adults, depression, anxiety, cultural issues, relationship issues
*Elizabeth Goodman, LCSW	26 Court Street Brooklyn, NY 11242	(917) 747-5871 elizabethgoodmanlcsww.com	Cigna; sliding scale; depression, anxiety, OCD, adult students, life transitions, professional development, relationships.
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
Kelli Knabe, LCSW-R	32 Court Street Brooklyn, NY 11201	(212) 726-1924	Out of network (including GHI); sliding scale; LGBTQ, gender identity, couples, late adolescence, adults, depression, anxiety, ADHD, cutting/picking/hair pulling, life transitions, relationship difficulties, career exploration
*Rebecca Kronman, LCSW	26 Court Street, Suite 1001 Brooklyn, NY 11242	(917) 715-3809 Rebeccakronman.com	SVA Cigna; out of network and sends in claims; Anxiety, depression, artists, mindfulness for creatives, student pressures.
Margaret Patterson, PhD	103 State Street Brooklyn, NY 11201	(718) 834-0076	No insurance accepted; sliding scale available; Relationship issues, trauma, anxiety, depression
*Jeremy Schwartz, LCSW	792 Union St, 2nd Floor Brooklyn, NY 11238	(917) 512-1274 parkslotherapy.net	SVA Cigna; young adults/college students, trauma/PTSD, depression, anxiety, eating disorders, substance abuse, LGBTQ issues, gender transition, trained in DBT.

Prescribers (including Psychiatrists, Nurse Practitioners, and Group Practices)

Shirin N. Ali, MD	9 W. 10th Street New York, NY 10011	(646) 706-7011	Aetna; student fee \$150/60 minutes; Psychotherapy and medication 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) 592-1112 ronabernadette.md.com	BC/BS, Oxford, UnitedHealthcare; mood disorders, anxiety;
*Shannon Carroll, PMHNP-BC	125 E 23rd St, Suite 500 New York, NY 10010	(347) 525-8515 www.metro.np.com	Out of Network benefits; specialized in working with artists and LGBTQ+
*Yuanil Duan, MD	109 Lafayette St, C1 New York, NY 10013	(347) 688-5512 creativeartstherapist@gmail.com	Out of Network benefits; Speaks English and Mandarin
*Lanre Dokun, MD	276 Fifth Avenue Suite 507 New York, NY 10001	(929) 399-7120 healthyminds.nyc	SVA Cigna, as well as other out of network benefits; will submit claims for patient. Patient only responsible for coinsurance. Therapy and med management; Anxiety, depression, ADD/ADHD, OCD, sexual abuse, LGBTQ;
*Gauri Khurana, MD, MPH	26 W. 9th Street, Suite 3D New York, NY 10011	(917) 345-9831	SVA Cigna; sliding scale available; mood disorders, anxiety, ADHD
*Amy Mednick, MD	301 E. 21st Street New York, NY 10010	(347) 480-8608	Cigna; appointments available M-T, Th-F. Must be in weekly psychotherapy in order to be treated with meds
Danny Michaeli, MD	113 University Place, Suite 1010 New York, NY 10003	(212) 674-2447	No insurance accepted; \$200/session, LGBTQ, family therapy
*William Nguyen, MD	5 W. 86th Street, #9C New York, NY 10024	(646) 954-2400 uwspsihchiatry.nyc	Aetna, Cigna; Med management and therapy; anxiety, adjustment, ADHD, mood disorders, college students, international students. Speaks Vietnamese.
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
Gregory Sayer, MD	38 Gramercy Park North New York, NY 10010	(929) 243-4843 gregorysayermd.com	No insurance accepted; Med management and therapy; insomnia, panic disorder, trauma, anxiety, OCD, ADHD;
Sherwin Shadianloo, MD	26 W. 9th Street, Suite 6B New York, NY 10011	(212) 253-0030 shadianloomd.com	Out of network benefits; Med management and therapy; LGBT, mental health of sexual minorities including gender variant and transgender individuals and their families, ADHD, anxiety, mood disorders, trauma, family issues, eating disorders.
*Jose L. Villaluz, MD	10 E. 82nd Street, Suite 1F New York, NY 10128	(212) 873-0585	Aetna, Cigna, Oxford, UnitedHealthcare; ADHD, anxiety, mood disorders, psychosis, adjustment disorders
*Soho M.D.	110 Lafayette St, 5th Fl New York, NY 10013	(212) 369-6757 www.sohomd.com	Aetna, Cigna, Optum (Oscar, Oxford Health Plans, United Healthcare); Offers telepsychiatry in NY and NJ
*Mindful Urgent Care	39 West 29th St, Suite 1100 New York, NY 10001	(516) 217-6666 mindfulurgentcare.com	Accepts most major insurances and Medicare; multiple locations

MENTAL HEALTH CENTERS

*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, 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
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 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 Fl. New York, NY 10010	(718)802-0666	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)333-3444	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
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. Korean speaking therapists available
*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 (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 afterwads (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; Please advise the front desk that you have been referred by SVA.
*Therapy Center of New York	200 W. 33rd Street New York, NY 10016	(212)725-0192	All providers accept UHC, 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

If you require medical or psychiatric attention outside of SH&CS office hours (Monday-Friday, 9 AM-5PM) or are experiencing an emergency, please contact:

City MD	212 E 23rd St New York, NY 10010	(646) 518-0163
Bellevue Hospital	462 1st Ave, New York, NY 10016	(212) 562-4141
NYU Langone Hospital	570 1st Ave	

New York, NY 10016

(212) 263-5550