



squarecare

# Mental Health Resource Guide 2022-2023 Volume 3



**ITS OKAY TO NOT  
BE OKAY**



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## Introduction

Mental Health consists of our emotional, psychological, and social well-being. Our Mental Health affects how we think, feel and act throughout our lives, from childhood and adolescence through adulthood. It also helps determine how an individual handles stress, relates to others, and makes conscious decisions. It is important that we monitor our Mental Health and take care of ourselves before we take care of others.

Isolation, depression, anxiety, and loneliness are just a few of the mental health issues people can face. External forces, such as a global pandemic or interpersonal struggles can increase the severity of these issues. When struggling with Mental Health issues, the first step to recovery is recognizing that you are not alone and that there are resources available to you. The Square Care team hopes that this edition of the resource guide will act as a first step in providing the tools you need to mitigate the struggles you may have.

The Square Care Resource Guide for Mental Health is designed for patients that are seeking Mental Health services in Nassau County, Suffolk County, and the tri-state area. All of the resources herein have been vetted and while most accept major insurance plans, it is advised that the patient contact their insurance carrier to confirm the provider is in-network or ensure the patient is entitled to out-of-network benefits. If insurance is not accepted, self-pay options are available.



*\*\*\* Please note: Patients are advised to contact their insurance company first to inquire whether their insurance plan is in-network with the following Providers below: \*\*\**

## **Maternal Mental Health – Perinatal and Postpartum:**

### **Resources for Perinatal & Postpartum:**

1. North Shore Child & Family Guidance Center  
480 Old Westbury Road  
Roslyn Heights, NY 11577  
Telephone # (516) 626-1971  
Fax # (516) 626-8043  
Email: [info@northshorechildguidance.org](mailto:info@northshorechildguidance.org)

**Services Provided For:** Individual therapy, family therapy, group therapy, parent education. Behavior management programs, family support programs, medical management, and consultation services.

**Hours of Operation:** Mondays – Thursdays from 9:00am – 9:00pm & Fridays from 9:00am – 5:00pm.

**Scheduling an Appointment:** The patient will need to call North Shore Child & Family Guidance Center at (516) 626 – 1971 to leave a message with their name and best contact number with the receptionist. Your call will be returned by an Intake Coordinator who will speak briefly about your concerns, obtain basic information (including your insurance company name and member ID #). Once the Intake Coordinator obtains your information, she will schedule an intake appointment with you. All intake appointments are scheduled before 3:00pm, but once the client attends and is assigned a therapist, treatment appointments are available during and after school hours.

**Insurance Providers:** Accepts multiple health insurance plans. Please contact your insurance company for information about your outpatient mental health coverage in regards to copayments and number of visits.

2. Postpartum Resource Center  
109 Udall Road  
West Islip, NY 11795  
Telephone # (855)631-0001, (631)422-2255  
Hablamos Español State- Wide Helpline # (631)422-2255  
Email: [info@postpartumny.org](mailto:info@postpartumny.org)

**Services Provided For:** Postpartum Resources Center provides a state – wide directory that locates support for patients experiencing Perinatal Mood and Anxiety Disorders. The patient will be able to search for resources by their zip code, town, or country by using the map on website at [postpartumny.org](http://postpartumny.org). If you are unable to find a resource located in your area, please contact Postpartum Resource Center at 855 631 0001 and a representative will locate a resource in your area for free.

**Hours of Operation:** Mondays – Fridays from 9:00am – 5:00pm.

**Scheduling an Appointment:** This resource is for general information and for educational purposes.

**Insurance Providers:** N/A.

3. Zucker Hillside Hospital Northwell Health  
75 – 59 263<sup>rd</sup> Street  
Glen Oaks, NY 11004  
Telephone # (718)470-8100  
Website: <https://zucker.northwell.edu/>

**Services Provided For:** Northwell Behavioral Health Services offers treatment and recovery programs for patients with acute psychiatric illness and addiction. The hospital specializes in behavioral health, and it provides 236 bed facility in Glen Oaks, NY.

**Hours of Operation:** Open 24 hours x 7 days per week from Mondays – Sundays.

**Scheduling an Appointment:** Representatives from Zucker Hillside Hospital are available to schedule an appointment on weekdays from 8:00am – 8:00pm and on weekends from 9:00am - 5:00pm. The patient can also leave a voicemail message after regular business hours and a representative will return the patient's call. If the patient is in crisis, he/she can also contact Northwell ambulance and call 833 259 2367 to be taken to the hospital immediately.

**Insurance Provider:** Most major insurance plans are accepted. Please call your insurance company to verify if Zucker Hillside Hospital is in -network with your insurance plan.

4. Help Me Grow Long Island  
c/o Docs for Tots  
35 – 37 36<sup>th</sup> Street  
Astoria, NY 11106  
Telephone # (516)548-8924 or dial 2-1-1 and press 7  
Listen to language options (Staff speaks Spanish and Creole)  
Email: [info@hmgli.org](mailto:info@hmgli.org)  
Website: <https://helpmegrowny.org/>

**Services Provided For:** Help Me Grow provides services for children that are under the age of 5 and needs access to programs to help the child grow. Those programs consist of developmental services, in need of baby items, childcare, parenting workshops, breastfeeding classes, support groups and mental health services for their families. No appointments needed, the parent(s) can call, text or email Help Me Grow for assistance.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm.

**Scheduling an Appointment:** This resource is for general information and for educational purposes.

5. The Motherhood Center of New York  
205 Lexington Avenue  
10<sup>th</sup> Floor  
New York, New York 10016  
Telephone # (212)335-0034  
Fax: (212)202-4369  
Email: [info@themothhoodcenter.com](mailto:info@themothhoodcenter.com)  
Website: <https://www.themothhoodcenter.com/the-motherhood-day-program-overview>  
Support Groups: <https://www.themothhoodcenter.com/classes-and-education>

\*\*\* As per the Motherhood Center of New York, they are currently servicing patients virtually via Zoom, which is a HIPAA compliant video platform. \*\*\*





**Services Provided For:** The Motherhood Center of New York provides three different programs for patients that are expecting or recently postpartum and are experiencing mood or anxiety symptoms. Those programs consist of Motherhood Day Program, counseling and consultation, classes, and support groups. The Motherhood Center of New York services patients that reside in Nassau, Suffolk County, and the tri-state area.

- **Motherhood Day Program:** The program is Monday – Friday from 10:00am – 3:00pm. The program provides services that includes yoga, mindfulness, and meditation as well as art therapy, etc. Every patient has an individual therapist as well as a reproductive psychiatrist to ensure a comprehensive treatment plan.
- **Counseling and Consultation:** For counseling and consultation the initial evaluation will consist of the patient’s history, a list of current medications they’re taking and the presenting symptoms the patient is experiencing. This process helps develop the patients’ treatment plan and focus on the individual’s needs. Some of the outpatient services that are under the counseling and consultation department are a 90-minute initial evaluation, ongoing therapy, medication management, pre-pregnancy consultation, etc.

**Classes and Support Groups:** The Motherhood Center offers various classes and support groups for all new expecting mothers and partners too! Some of those classes and support groups consist of childbirth preparation class, breastfeeding support group, depression, and anxiety support, dad and partners group, miscarriage support group, working mom’s support group, pregnancy support group, etc. Some support groups are free, and others are \$25 per session.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm.

**Scheduling an Appointment:** Call the office to schedule a consultation with a care coordinator. At this time consultations will be conducted over a zoom session, where a care coordinator will develop an individual plan of care.

**Insurance Providers:** The Motherhood Center of New York is out-of-network with insurance companies, but the billing department can verify the patient’s out-of-network benefits before their first visit. The Motherhood Center of New York will submit the claim to the insurance company on behalf of the patient. The organization utilizes the patient’s out-of-network insurance benefits as well as a sliding scale for the cost of the services. Patients are advised to call and speak with the billing department at (212)335-0034 to discuss their options.



6. Seleni Institute  
122 East 64TH Street  
Suite # 1R,  
New York, NY, 10065  
Telephone # (212)939-7200  
Email: [Info@Seleni.org](mailto:Info@Seleni.org)  
Website: <http://www.seleni.org/>

*\*\*\* Due to the pandemic, the therapists are currently offering Telehealth services to individuals and families until further notice. \*\*\**

**Services Provided For:** The Seleni Institute provides psychotherapy for women, men, and families that are experiencing maternal mental health and family-building challenges, from mild parenting stress and worry to severe postpartum depression and anxiety, to the grief of losing a child.

- **Virtual New Moms Group:** This support group is dedicated to new mothers. The New Moms Group meets virtually every Friday from 3:00pm – 4:00pm. The New Moms Group is a flexible program of weekly themes based on the needs of the group. Participants receive guidance from an experienced psychologist on reducing stress, learn techniques to enhance the skills needed to cope with the daily challenges of new motherhood, share experiences, and most importantly, support one another. Patients will need to register for Friday meetings by 4:00pm on Thursdays. The group will only run if at least 3 participants are signed up. Attendees will be notified by 4:00pm on Thursday to reschedule or be reimbursed. As per Seleni Institute, the cost of a 4-class pack is \$200.00.
- **Young Parent Workshop:** If the patient is a new or expecting mom and is under the age of 25, it is encouraged that she brings her baby and/or partner to the free workshop. Whether the patient is talking with her partner, best friend, child or health care professional, communication is key. The workshop will discuss the patient's rights as they pertain to prenatal care, labor/delivery, and reproductive health and how to best advocate for themselves. Topics will include Hospital tours, giving consent for the patient and their baby, doulas, and parenting classes, etc. All attendees will receive newborn essentials, refreshments, and free round-trip metro cards to cover transportation costs.



**Services Specialized in treatment for:** Pre-pregnancy, pregnancy, miscarriage, stillbirth, menopause, parenting, child-loss, infertility, third party reproduction, etc.

**Hours of Operation:** Mondays-Fridays from 8:00am-8:00pm.

**Scheduling an Appointment:** For all non-clinical inquiries, complete the intake form at [www.seleni.org/request-appointment](http://www.seleni.org/request-appointment). Once completed, an Intake Coordinator will call the patient to follow up within one week. For all clinical inquiries, please request an appointment or call (212) 939-7200.

**Insurance Providers:** The Seleni Institute only accepts BlueCross BlueShield. All therapy sessions, single, couple and family are \$250 per hour. For all other insurance plans, Seleni Institute operates as an out-of-network provider. The organization will provide the patient with a detailed billing statement that they can submit on their own for reimbursement from their insurance carrier. Seleni also offers financial assistance to patients that qualify for clinical and financial need as well as sliding scale.

**Cancellation Policy:** If the patient is unable to make it to their appointment it is required that they call the office at least 24 hours in advance. If the patient is a no-show, they are subject to a cancellation fee up to the full charge of the visit. Charges are based on both insurance and payment plan options.

## **Links to resources for Fathers & Families experiencing Postpartum Depression:**

The following links below include information and resources that can help father's and families through their experience of Postpartum Depression.

1. Postpartum Dads  
Facebook Support Group  
Website: [www.postpartumdads.org](http://www.postpartumdads.org)
2. Postpartum Men  
Telephone # (415)346-6719  
Email: [Drwill@Themensdoc.com](mailto:Drwill@Themensdoc.com)  
Website: [www.postpartummen.org](http://www.postpartummen.org)
3. Boot Camp for New Dads  
Website: [www.bootcampsfornewdads.org](http://www.bootcampsfornewdads.org)
4. Padre Cadre  
Website: [www.padrecadre.com](http://www.padrecadre.com)

## **Treatment & Recovery for Eating Disorders:**

*Resource added as of 3/8/22*

1. Eating Recovery Center and Pathlight Mood & Anxiety Center

12221 Renfert Way Suite #250

Austin, Texas 78758

Contact: Emily Melendez

Intake Line/Admissions Department # (303)825-8595

Fax # (425)974-1530

Email: [info@ercpathlight.com](mailto:info@ercpathlight.com)

Website for Eating Disorder Recovery: <https://www.eatingrecoverycenter.com/>

Website for Pathlight Mood & Anxiety Center: <https://www.pathlightbh.com/>

University of Texas

Student Services Building

100 W. Dean Keeton

5<sup>th</sup> Floor

Austin, Texas 78712

Baylor Campus Residential Services

4708 Alliance Blvd

Suite #300

Plano, Texas

5120 Legacy Drive

Plano, Texas 75024

7515 S. Main Street

Suite #400

Houston, Texas 77030

250 E. Basse Road

Suite #206

San Antonio, Texas 78209

17350 St. Lukes Way

Suite #220

The Woodlands, Texas 77384

101 Schilling Road

Hunt Valley, Maryland 21030



55 Schilling Road  
Hunt Valley, Maryland 21030  
1231 116<sup>th</sup> Avenue NE  
Suite #350, 370 & 800  
Bellevue, WA 98004

**Hours of Operation:** Hours may vary based on the location. Mondays-Fridays from 6:00am-7:00pm, Saturdays & Sundays from 8:00am-4:00pm Mountain Standard Time (MST).

**Population that the vendor treats:** Eating Recovery Center offers comprehensive eating disorder treatments at all levels of care. treats adults, children, and adolescents.

**Level of Care provided:** Intensive Outpatient, Partial Hospitalization Program and Virtual Treatment. Intensive outpatient program is the only level of care that is currently being offered virtually. All other levels of care are on-site. Eating Recovery Center does NOT provide one on one outpatient services to patients.

**Conditions of treatment through Eating Recovery Center:** Anorexia Nervosa, Anxiety Disorders, ARFID, Binge Eating Disorders, Mood, and Anxiety Disorders, OSFED, Trauma-Related Disorders, etc.

**Conditions of treatment through Mood & Anxiety Center:** Depression, Bipolar Disorder, Borderline Personality Disorder, Panic Disorder, Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Trauma and Stress, Post-Traumatic Stress Disorder (PTSD) and Self-harm behaviors.

**Scheduling an Appointment:** The patient is encouraged to contact the Intake Line at 1-877-825-8584 to complete an intake and schedule an assessment or the provider can fax a referral to the Intake Department at # (425)974-1530.

**Insurance Providers:** United Healthcare, Aetna, BCBS, Cigna, Humana, Kaiser Permanente, ComPsych, Magellan Health, Moda Health, MultiPlan, PHCS Limited Benefits Plan, Rocky Health Plan (provided by UHC), Ascension Seton, Value Options, etc. They do NOT accept Medicare or Medicaid plans.

2. Center for Discovery Eating Disorder Treatment  
3 Sunset Avenue  
East Quogue, NY 11942  
Telephone #1-855-952-5192  
Website: <https://centerfordiscovery.com/>

*Resource added as of 3/8/22*

747 Route 202  
Suite #103  
Bridgewater, NJ 8807

45 Eisenhower Drive  
Suite #250  
Paramus, NJ 7652

11000 NE 33<sup>rd</sup> Place  
Suite #340  
Bellevue, WA 98004

16305 SE 37<sup>th</sup> Street  
Bellevue, WA 98008

7511 176<sup>th</sup> Street SW  
Edmonds, WA 98026

2202 South Cedar  
Suite #175  
Tacoma, WA 98405

2111 West Swann Avenue  
Suite #201 & 202  
Tampa, FL 33606

14915 Fosgate Road  
Monteverde, FL 34756

151 Southhall Lane  
Suite #175  
Maitland, FL 32751

11300 U.S. Highway 1  
Suite #150  
North Palm Beach, FL 33408



1717 West 6<sup>th</sup> Street  
Suite #30  
Austin, Texas 78703

17515 Swansbury Drive  
Cypress, Texas 77429

8588 Katy Freeway  
Suite #440  
Houston, Texas 77024

14800 Landmark Blvd  
Suite #820  
Addison, Texas 75254

5124 Corinthian Bay Drive  
Plano, Texas 75093

3390 Peachtree Road NE  
Suite #1150  
Atlanta, GA 30326

1364 Manget Way  
Dunwoody, GA 30338

*\*\*\* Outpatient Services are in-person, virtual is not offered at any of the locations. \*\*\**

**Hours of Operation:** Hours may vary based on the location.

**Population that the vendor treats:** Center for Discovery provides residential and outpatient treatment for adults and teenagers that are experiencing an eating disorder with mental health disorder as well as substance abuse.

**Level of Care provided:** Residential, Partial Hospitalization, Intensive Outpatient, Outpatient Services are available. Depending on the level of care, the treatment team includes a medical doctor, psychiatrist, and the program director. Center of Discovery Eating Disorder Treatment specializes in evidence-based treatment modalities that creates a comprehensive treatment plan for the patient. Those evidence-based treatment modalities consist of Cognitive Behavioral Therapy (CBT) for Eating Disorders, Dialectical Behavior Therapy (DBT) and Exposure and Response Prevention (ERP).

**Conditions of treatment:** Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, OSFED, ARFID, Orthorexia Nervosa. Center for Discovery Eating Disorder Treatment also treats co-occurring mental illnesses such as depression, anxiety, and trauma, etc.





**Scheduling an Appointment:** The patient is encouraged to contact the office at the location they are looking to receive treatment from. The patient can also complete a contact form at <https://centerfordiscovery.com/contact-us/>. If the patient is from NY and is requesting Outpatient Services, they would have to commute to Connecticut or New Jersey facility.

**Insurance Providers:** Accepts most major health insurance plans. Aetna, Anthem BCBS, Beacon Health Options, Humana, UHC, MultiPlan, Magellan Healthcare, Tricare, Cigna, Value Options, Kaiser Permanente, Health Net, etc.

3. Monte Nido & Affiliates

*Resource added as of 3/8/22*

Contact: Diana Loomis, Regional Outreach Manager of Long Island, NY

Telephone # (516)289-9619

Fax # (305)424-7448

Email: [admissions@montenidoaffiliates.com](mailto:admissions@montenidoaffiliates.com)

Website: <https://www.montenido.com/>

*\*\*\* There is currently a waitlist for New York residents at this time. The waitlist for residential services is currently 1 to 3 weeks. The Day program is 2 to 3 weeks, Clementine adolescent programs are 4 to 6 weeks (minimum). \*\*\**

**Hours of Operation:** Residential facilities are available 24 hours x 7 days per week. The Day Program and Partial Hospitalization Program (PHP) are open from 9:00am-4:30pm, Intensive Outpatient Program (IOP) is from 4:30pm-8:00pm. IOP and PHP meet 6 to 7 days per week, but the schedule can change due to scheduling needs. The Admissions Department is available from 9:00am-7:00pm on the weekdays.

**Locations:** Locations of the residential facilities and outpatient services are not disclosed on their website or to the public in order to protect the patient's privacy. The address of locations is disclosed once the patient is enrolled into the program. *Some of the locations that they have to offer are in California, Chicago, Boston, Maryland, New York, Oregon, and Pennsylvania. Glen Cove and Upstate area are 18 and older. Westchester location serves adult female residents only.*

**Population that the vendor treats:** For adults and adolescents of all genders. Monte Nido & Affiliates also provide services to pregnant woman. However, after the women is 5 to 6 months pregnant, they will be discharged from the program due to risk of complications of treatment.

**Level of Care provided:** Residential Treatment, Day Treatment Programs, Alumnae Services and Virtual Programming. As for the Day Programs (Intensive Outpatient Program and Partial Hospitalization Program at both held virtual at this time). Patients need to be on the same time zone for the Day Program.

**Length of stay:** Residential Services range from 6 to 8 weeks and Day Programs are approximately 4 weeks.



**Conditions of treatment:** Anorexia Nervosa, Bulimia Nervosa, Compulsive Overeating, Binge Eating Disorder, Orthorexia Nervosa, Avoidant/Restrictive Food Intake Disorder (ARFID), Other Specified Feeding or eating disorders (OSFED) and Diabulimia.

**Scheduling an Appointment:** The patient is advised to contact the Admissions Department at (516)289-9619 or the patient can complete the inquiry form on Monte Nido's website to schedule an appointment with them. The link to the inquiry form is:

<https://www.montenido.com/admissions/steps-to-admissions/> All of the calls are filtered through Admissions Department from the Miami, Florida location.

**Insurance Providers:** Accepts most major health insurance plans which includes Aetna, Value Options, United Healthcare, Oxford Health Plans, Optum, MultiPlan, Humana, Empire BCBS, Cigna (for California but there may be restrictions for New York), Beacon Health Options, Anthem BCBS, AmeriHealth, etc. *They do not accept Medicaid and Medicare. However, every state offers different insurance plans.*

4. Balance Eating Disorder Treatment Center  
18 W. 21<sup>st</sup> Street  
4<sup>th</sup> Floor  
New York, NY 10010  
Telephone # (212)257-9356  
Email: [balance@balancedtx.com](mailto:balance@balancedtx.com)  
Website: <https://balancedtx.com/>

*Resource added as of 3/8/22*

**Hours of Operation:** Mondays – Thursdays from 8:00am-6:00pm, Fridays from 8:00am-5:00pm and Saturdays from 8:30am-1:30pm. The office is closed on Sundays.

**Population that the vendor treats:** Resident offers four distinct levels of care in order to meet the patient's specific treatment needs. Those levels are a day program, weeknight program, step-down groups, and individual nutrition services.

**Level of Care provided:** Virtual, in-person and Spring Break Treatment Options are available as well. Balance Eating Disorder Treatment also offers Intensive Outpatient (IOP), and Partial Hospitalization (PHP) Programs are currently open for virtual & in-person treatment.

**Conditions of treatment:** Anorexia, bulimia, binge eating disorder, compulsive overeating, body image issues, etc.

**Scheduling an Appointment:** The patient is advised to contact the office at (212)335-1266 or the patient can book a call online on their website at: <https://balancedtx.com/contact-balance>. The patient will meet with a member of our Admissions Team for an intake. Once the intake is completed, the patient will be asked to sign a consent form that gives permission to contact any treatment providers or referrals involved in their care. After the paperwork is completed then the Admissions team will provide the patient treatment recommendation and then starting treatment.

**Insurance Providers:** Unfortunately, Balance Eating Disorder Treatment Center does not accept insurance, but they do offer out of network benefits. Patients are advised to contact their health insurance carrier to inquire their out of network benefits. Some health insurance plans, patients may submit claims for services provided by the out of network doctor, hospital, or provider. Those claims will then provide reimbursement for a portion of the services. If the patient does not have out of network benefits, please contact the office of Balance Eating Disorder Treatment office and they can provide the patient additional options. Private pay is offered but the cost of services varies based on the patients need.

5. The Renfrew Center

*Resource added as of 3/8/22*

38 East 32<sup>nd</sup> Street

10<sup>th</sup> Floor

New York, NY 10016

Contact: Alexia Walker, Program Information Team Leader

Telephone # (267)385-3137

Telephone to the general line # 1-800-RENFREW (736-3739)

Fax # (215)482-7390

Email: [awalker@renfrewcenter.com](mailto:awalker@renfrewcenter.com)

Website: <https://renfrewcenter.com/>

1025 Westchester Avenue

Suite #210

White Plains, NY 10604

Fax # (215)482-2695

15000 Midlantic Drive

Suite #101

Mount Laurel, NJ 08054

Fax # (856)778-0636

1 Kalisa Way

Suite #07652

Paramus, NJ 07652

Fax # (201)652-6253

6633 Fairview Road

Charlotte, NC 28210

Fax # (704)442-4162

870R Commonwealth Avenue

Boston, MA 02215

Fax # (617)278-6386



122 Kenilworth Drive  
Suite #105  
Towson, MD 21204  
Fax # (443)519-5601

4416 East-West Highway  
Suite #350  
Bethesda, MD 20814  
Fax # (301)656-4601

475 Spring Lane  
Philadelphia, PA 19128  
Fax # (215)482-2695  
*(Residential Facility)*

1528 Walnut Street  
Suite #805  
Philadelphia, PA 19102  
Fax # (267)951-2816

201 N. Craig Street  
Suite #503  
Pittsburgh, PA 15213  
Fax # (878)999-2920

320 King of Prussia Road  
2<sup>nd</sup> Floor  
Radnor, PA 19087  
Fax # (610)293-7680

5 Revere Drive  
Suite #100  
Northbrook, IL 60062  
Fax # (847)291-6815

50 Glenlake Parkway  
Suite #120  
Atlanta, GA 30328  
Fax # (770)671-8508

1624 Westgate Circle  
Suite #100  
Brentwood, TN 37027  
Fax # (615)221-7079



7700 Renfrew Lane  
Coconut Creek, FL 33073  
Fax # (954)698-9007  
(Residential Facility)

3452 Lake Lynda Drive  
Building 100  
Suite #120  
Orlando, FL  
Fax # (407)658-4735

1515 North Flagler Drive  
Suite #800  
West Palm Beach, FL 33401  
Fax # (561)660-8794

12121 Wilshire Blvd  
Suite #601  
Los Angeles, CA 90025  
Fax # (310)207-1415

**Hours of Operation:** Varies by location.

**Inpatient Residential Sites:** Pennsylvania Philadelphia and Coconut Creek Florida is a higher level of care. This program is approximately four to six weeks stay on campus depending on the patient's progress.

**Outpatient Sites:** The rest of the 17 locations that are listed above.

**New York Treatment Centers:** In New York, the Renfrew Center is currently offering a virtual Day Treatment, which is held Monday through Friday from 9:00am until 2:00pm. The virtual Day Program lasts about 4 to 6 weeks. The Renfrew Center also offers a virtual Outpatient Program, which is held Monday, Wednesday, and Thursday evenings from 5:15pm until 8:30pm and lasts about six to eight weeks.

**Population that the vendor treats:** Adolescent Program, Body Image, College Program, Nutrition Counseling, Midlife Program, Diabetes Support, Creative Art Therapy, Faith-based Program, etc.

**Level of Care provided:** The Renfrew Center offers Residential Treatment, Day Treatment, Intensive Outpatient, Outpatient Services for Group and Family Therapy as well as Virtual Treatments.

**Conditions of treatment:** Eating Disorders along with Co-Occurring Issues. such as Anorexia Nervosa, ARFID, Binge Eating Disorder, Bulimia Nervosa, Diabulimia, Disordered Eating – OSFED and Orthorexia. Some of the Co-Occurring issues are Substance Abuse Trauma, Diabetes and Body Image.

**Scheduling an Appointment:** The patient is advised to contact The Renfrew Center at 1-800-RENFREW (736-3739) to speak with a Program Information Specialist or the patient can fill out the information inquiry form on their website at: <https://renfrewcenter.com/services/>.

**Insurance Providers:** The Renfrew Center accepts most major insurance plans for all levels of care including but not limited to Aetna, Blue Cross Blue Shield, Cigna, Optum/United Behavioral Health, Humana, etc.

6. Suffolk County Office  
Eating Disorders Associates  
800 Veterans Memorial Highway  
Suite #115  
Hauppauge, NY 11788  
Telephone # (631)724-7152

*Resource added as of 3/8/22*

Nassau County Office  
NY Eating Disorder Medical Group  
300 Garden City Plaza  
Suite #220  
Garden City, NY 11530  
Telephone # (631)721-7152  
Website: <http://www.lifeworksnny.com/>

*\*\*\* Due to the pandemic, both locations are strictly Telehealth via video or phone call. The office will no longer be open for in-person meetings. \*\*\**

**Hours of Operation:** Mondays & Tuesdays from 9:00am-9:00pm, Wednesdays from 9:00am-8:00pm, Thursdays from 9:00am-7:00pm, Fridays from 8:00am-6:00pm and Saturdays from 8:00am-4:00pm. The office is closed on Sundays.

**Population that the vendor treats:** Marriage and Family Counseling, Sex Therapy, help with Addictions, EMDR therapy, Anxiety issues and Depression.

**Level of Care provided:** Eating Disorder Associates is a private practice that provides outpatient counseling individual, couples, families, and groups that include Nutritional Counseling and Meal Planning, EMDR, Hypnosis, Holistic Community Biofeedback, Family Counseling, Group Therapy, Support Groups, Community Outreach, and workshops that are provided to the community as well as healthcare professionals. Internists, psychologists, social workers, counselors, and nutritionists are on staff to assist patients. Psychiatrists are not on staff.





**Conditions of treatment:** Anorexia, bulimia, binge eating, compulsive exercise, obesity & bariatric surgery, group therapy for children, adolescents, and adults. They also work with athletes.

**Scheduling an Appointment:** By appointment only.

**Insurance Providers:** Eating Disorders Associates does not accept insurance for both locations. The cost of services is currently at a discounted rate at \$125 per session.

### **Nutritionist:**

1. Nutritional Counseling Dietetics Associates, PLLC  
1129 Northern Blvd  
Suite # 404  
Manhasset, NY 11030  
Telephone # (516)595-2316, 1-845-478-5936  
Fax # (516)366-5553  
Email: [nutrionalcounselingpllc@gmail.com](mailto:nutrionalcounselingpllc@gmail.com)

**Nutritionist:** Mahtab Soleimanzadeh, RD & CDN & Asal Hakim RD & CDN.

**Hours of Operation:** Mondays – Fridays from 9:00am-5:00pm. The office is closed on Saturdays & Sundays.

**Insurance Providers:** Accepts most major insurance plans. *Patients are advised to contact their insurance company first to inquire whether their plan provides benefits for a Nutrition Consult and if they will have a copay or a deductible.* If insurance does NOT cover the cost of Nutrition Consult than the individual can purchase packages that are individual or multiple sessions.

**Programs:** Nutritional Education and Counseling, prescribe diets or supplements to treat medical and clinical conditions, prescribe diets to treat symptoms of medical and clinical conditions, offer individualized meal planning and recommendations, conduct nutritional assessment to evaluate the individual's nutrient needs and status, make specific recommendations for intake or specialty diets. The Nutritional Program also provides Nutritional Lab Testing that includes Micronutrient Testing, Cardio Metabolic Testing, MTHFD Genetic Testing, Thyroid & Adrenal Testing, etc.

**Schedule an Appointment:** The patient will need to contact the office to provide the Nutritionist their insurance information as well as to schedule an appointment for a consultation.

2. Nutrition in Motion  
585 Stewart Avenue  
Suite #415  
Garden City, NY 11530  
Telephone # (516) 280-4210  
Fax# (516) 280-4211  
Email: [info@longislandsportsnutrition.com](mailto:info@longislandsportsnutrition.com)

**Nutritionist:** Cristina Rivera, MS, RD, CSSD, CDN.

**Hours of Operation:** Mondays – Thursdays 9:00am-9:00pm, Fridays & Saturdays 9:00am - 2:00pm. The office is closed on Sundays.

**Insurance Providers:** Accepts most major insurances including Aetna, Cigna, Empire Blue Cross Blue Shield, Oxford Freedom, United Healthcare, 1199, etc.

**Programs:** Metabolic Testing, Corporate Wellness, Eating Disorders, Sports, Pediatric and Medical Nutrition.

**Schedule an Appointment:** The patient will need to contact Nutrition in Motion to provide the Nutritionist their insurance information and to schedule an appointment for a consultation.

3. To the Pointe Nutrition  
475 Northern Blvd  
Great Neck, NY 11021  
Telephone # (516)316-2491  
Email: [info@pointenutrition.com](mailto:info@pointenutrition.com)

**Nutritionist:** Rachel Fine, MS, RS, CDN CSSD.

**Hours of Operation:** By appointment only. Sessions are approximately 60 – 90 minutes, follow up sessions are approximately 45 – 60 minutes.

**Insurance Providers:** Accepts most major insurances including Aetna, Cigna, Magnacare, Oscar, Emblem Health, Humana, Oscar, etc.

**Programs:** Individual Nutrition Counseling for Weight Management, Nutrition for Dancers, Nutrition for Athletes and Fitness Enthusiasts, Prenatal/Postnatal Nutrition, Disordered Eating Behaviors, Bone Health, Vegetarian or Vegan diets. To the Pointe Nutrition provides Virtual Nutrition Counseling via Skype, Google Hangouts or Facetime. The Nutrition also offers Pantry & Kitchen Makeovers, Menu Strategy, Corporate Lectures, etc.

**Schedule an Appointment:** The patient will need to contact Rachel Fine, Nutritionist via email: [info@pointenutrition.com](mailto:info@pointenutrition.com) to make a referral by providing their insurance information as well as to schedule an appointment for a consultation. The Nutritionist accepts most major credit cards



for out-of-pocket fees and insurance copays. The referral process will take up one week due to insurance verification.

4. Staci Leavitt Mind & Body

567 Jericho Turnpike

Suite # 203

Syosset, NY 11791

Satellite Office

833 Northern Blvd

Great Neck, NY 11021

Telephone # (516)433-1456

Fax # (516)433-1428

Email: [Slmindandbody@yahoo.com](mailto:Slmindandbody@yahoo.com)

**Nutritionist:** Staci Leavitt Davidson, RD, CDN.

**Hours of Operation:** By appointment only. Hours vary based on appointment times however, the practice is typically open Mondays – Thursdays from 9:00am – 5:00pm, occasionally open on Fridays and Saturdays, the office is closed on Sundays. Telephone consults & video sessions are available as per patient's request.

**Insurance Providers:** Does NOT accept insurance, private pay ONLY but the office will work with the patient for Out of Network benefits. The patient is advised to contact the office for more information. All of the Support Groups are FREE of charge.

**Programs:** Nutrition, Eating Disorders, Counseling & Therapy Center, Individual One on One sessions, Support Groups, etc. The practice provides Family Sessions that includes parenting, Prenatal, Mommy & Me, Adolescents, Living Life to the Fullest and Pediatric. There are various Support Groups that the practice offers which includes Behavioral Therapy, Family Sessions, Eating Disorder Support Group, Weight Control Groups, Divorce Mediation etc.

**Schedule an Appointment:** The patient MUST call the office to schedule an appointment. The first visit is a free consultation with Stacey Leavitt. Depending on the patient's needs, sessions range from 1 to 3 times per week. *If the patient would like to participate in the Support Groups, it is advised that the patient contact the office for the schedule. The day, date and time of the Support Group changes monthly as well as the topics.*

5. Stef Health Tips  
3 Grace Avenue  
Suite # 174  
Great Neck, NY 11021  
Telephone # (516)225-1745  
Email: [stefhealthtips@gmail.com](mailto:stefhealthtips@gmail.com)

**Nutritionist:** Stefani Pappas, MS, RDN, CDN, CPT.

**Hours of Operation:** Mondays – Thursdays from 9:00am-9:00pm. The office is closed on Fridays, Saturdays & Sundays.

**Insurance Providers:** Does NOT accept insurance, private pay ONLY. The initial consultation fee is \$200 but Stef Health Tips offers several programs at discounted rates. The patient is advised to contact the office for more information.

**Programs:** Weight Loss & Management, Heart Health, Digestive Health, Prenatal Health, Cancer Prevention & Management, Sports Nutrition, Specialty Diets, Vegan/Vegetarian, Gluten Free Diets, etc.

**Schedule an Appointment:** By appointment only. Nutrition Programs are customized it varies depending on the patient's needs.

6. Dietitian4U.com  
9 Carol Court  
Dix Hills, NY 11746  
Telephone # (516)729-4079  
Email: [lois@dietitian4u.com](mailto:lois@dietitian4u.com)

**Dietician/Nutritionist:** Lois Chait, MA, RDN, CDN.

**Hours of Operation:** By appointments only (Sundays through Thursdays), Telehealth Services are also available upon request however, *Telehealth Services may not be covered through insurance, but it depends on the patient's insurance plan. Preventive Care for Telehealth like obesity, weight is usually NOT covered and are self-pay.*

**Insurance Providers:** Accepts most major insurances including 1199 National Benefit Fund, Aetna, AgeWell, Americhoice, Anthem Empire Blue Cross Blue Shield, Cigna, Emblem Health (GHI), Empire Blue Cross Blue Shield New York (NYSHIP) State Employees, Guildnet, Medicare, Medicaid, MediBlue, Meritain (Aetna), Humana, Optum, Oxford (ONLY Freedom Plan), Railroad Retirement Fund – Medicare, United Health Care, etc.

**Programs:** Genetic Testing, Nutrigenomi, Testing for Gluten, Counseling individuals personalized nutrition plan, lifestyle changes due to an individual that is pre-diabetic, diabetic or gestational diabetic, etc. *Some of these programs may NOT be covered through insurance.*



**Schedule an Appointment:** The patient will need to contact Dietitian4u.com online or call the office to provide the Nutritionist their insurance information as well as to schedule an appointment for a consultation. To contact the office online go to:

[http://www.dietitian4u.com/contact me](http://www.dietitian4u.com/contact_me).

7. Lifecycle Nutrition of Long Island  
1 Hollow Lane  
New Hyde Park, NY 11042  
Contact: June Alpert  
Telephone # (516)869-5563  
Fax # (516)627-2425  
Email: [junealpert@gmail.com](mailto:junealpert@gmail.com)

**Nutritionist:** June Alpert, MS, RD, CDN.

**Hours of Operation:** By appointment only. All appointments will be confirmed by email or a telephone call within 24 hours prior to the patient's appointment time. If the patient needs to cancel their appointment, they MUST provide the office at least 48 hours' notice. Office hours are typically Mondays through Thursdays from 9:00am – 7:00pm, Fridays from 9:00am – 5:00pm, the office is closed on Saturdays and Sundays. Comprehensive Initial Nutrition Consultation Sessions are approximately 60 -80 minutes, Follow Up Nutrition Consultations Sessions are also approximately 30 – 40 minutes.

**Insurance Providers:** Accepts most major insurances including Aetna, Anthem Empire Blue Cross Blue Shield, Blue Cross Blue Shield Federal, Cigna, 1199 SEIU, Emblem Health GHI, Empire Blue Cross Blue Shield, Health Republic, Magnacare, Medicare, Multiplan, NSLIJ CareConnect, Oscar, Oxford, United Healthcare, United Community Plan, etc.

**Programs:** Nutrition Counseling, Supermarket Savvy Food Shopping Tours, Kitchen Nutrition Make – Over, Nutrition and Wellness Seminars, Culinary Consulting, Nutrition Analysis, etc.

**Schedule an Appointment:** The patient will need to contact June Alpert, Nutritionist office to provide their insurance information as well as to schedule an appointment for a consultation.

8. NY Nutrition Group  
136 Madison Avenue  
Floor 6  
New York, NY 10016

*Resource added as of 3/24/22*

57 W 57<sup>th</sup> Street  
Suite #403  
New York, NY 10016

277 Park Avenue  
(Manhattan Athletic Club)  
New York, NY 10016

384 Bridge Street  
Brooklyn, NY 11201  
Telephone # (646)660-5661 or (646)722-3827  
Fax # (917)398-1344  
Email: [info@nynutritiongroup.com](mailto:info@nynutritiongroup.com)  
Website: <https://www.nynutritiongroup.com/>

**Nutritionist:** Multiple Nutritionists on site.

**Hours of Operation:** Mondays-Fridays from 8:00am-8:00pm, Saturdays from 10:00am-3:00pm. The office is closed on Sundays.

**Insurance Providers:** Accepts most major insurances including Aetna, Agewell, Amerigroup, Blue Cross Blue Shield (Anthem or Horizon), Cigna, Coventry, EmblemHealth GHI CBP/PPO, Empire Plan (UHC), Humana, Medicare, Magnacare, Metroplus, Multiplan, Oxford (Freedom network only), United Healthcare, etc. If the patient does not have insurance and would like to pay privately for services, NY Nutrition Group accepts cash, credit/debit cards, flex-spending or HAS cards and checks.

**Programs:** Weight Loss, Sports Nutrition, Digestive Disorders, Eating Disorders, Hormonal Imbalances, Fertility, Food Intolerances and Diabetes Education.

**Schedule an Appointment:** The patient is advised to call the office to schedule an appointment, or the patient can book an appointment with a Nutritionist online at their website:  
<https://www.nynutritiongroup.com/book-an-appointment>.



### **Infertility Counseling:**

1. Karin Feldman LMHC, CCBT, NCC  
Licensed Clinical Psychotherapist, Reproductive Mental Health Specialist  
49 8th Avenue, (Park Slope)  
Brooklyn, NY 11215  
Contact: Karin Feldman  
Telephone # (347)267-4179  
Email: [Therapy@karinfeldman.com](mailto:Therapy@karinfeldman.com)  
Website: <http://karinfeldman.com/>

**Services Provided For:** Individual, couples, group & family psychotherapy. The therapist also provides Women's Support Groups, Diagnostic Mental Health Evaluations, Comprehensive Neurocognitive Assessment for persistent psychiatric conditions, Career Development & Vocational counseling

**Specialized Services for:** Anxiety, Depression & Mood Disorders, transitional life changes, Women's Health, Infertility, Pregnancy loss, Postpartum Depression, Cognitive difficulties, loss, grief & bereavement, addictions, relationships & family issues, trauma, children's adjustment, career development, and more.

**Support Groups for Women:** Karin facilitates several support groups. Those groups consist of Women's Infertility-Challenge Support Group, Pregnancy Loss, and Anxiety-Management Therapy. Each support group is 60 minutes and is also confidential.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient will need to contact Karin to request an initial consultation via telephone or email.

**Insurance Providers:** No in-network services are provided. However, depending on the insurance plan, it may be possible to get out-of-network coverage. The patient can also pay by check, cash, or money order. Limited sliding scale options are available upon request.

2. Unity Psychological Consulting, PLLC.  
302 Fifth Avenue  
11<sup>th</sup> Floor  
New York, NY 10001  
Contact: Cristina Dorazio, PH. D  
Telephone # (917)969-9560  
Email: [cristina@unitypsych.org](mailto:cristina@unitypsych.org)  
Website: [www.unitypsych.org](http://www.unitypsych.org)

**Clinician:** Dr. Cristina Dorazio, PH. D.

**Services Provided For:** Women's Reproductive Health Counseling, Fertility Counseling, Couples Counseling, Therapy for Moms & Chronic Illness Counseling.

**Services Specialized in treatment for:** Career Coaching, Psychotherapy & Organizational Consultation, Social Justice & Diversity Training, Mindfulness etc.

**Hours of Operation:** Mondays – Thursdays from 8:00am-9:00pm. Online and Teletherapy options are available to new and returning patients. The initial call is a free 15-minute phone consultation with the therapist.

**Scheduling an Appointment:** The patient can either email, call or schedule an initial consultation with Cristina on her website located at: <https://calendly.com/unity>.

**Insurance Providers:** This provider does NOT currently accept insurance, but patients can be reimbursed for therapy if they have out-of-network benefits with their insurance carrier. It is advised that the patient contact their insurance carrier to learn more about their out-of-network coverage. The patient can also pay privately for sessions. Individual Therapy is \$275 per 50-minute session and Couples Therapy is \$350 per 75-minute session.

3. Chana Pfeifer, LCSW  
424 – 484 Hempstead Gardens  
West Hempstead, NY 11552  
Telephone # (516)592-1107  
Email: [TheHappierMe.LCSW@gmail.com](mailto:TheHappierMe.LCSW@gmail.com)  
Website: <https://thehappierme.com/>

398 – 456 Ocean Point Avenue  
Cedarhurst, NY 11516  
Telephone:(516)592-1107

**Clinician:** Chana Pfeifer, LCSW.

**Services Provided For:** Individual and Couples Therapy.

**Services Specialized in treatment for:** Joined (pair) Therapy, Premarital Counseling, Divorce Counseling, Anger Management, Grief Counseling, Domestic Violence, Depression, Anxiety, PTSD. *As per Chana, she has a ton of experience with infertility and mainly specializes in infertility counseling with couples.*

**Hours of Operation:** Mondays-Fridays from 7:30am-7:30pm. *The therapist is stationed mainly in West Hempstead but operates out of the Cedarhurst office once per week on Thursdays.*

**Scheduling an Appointment:** To make an appointment please contact the office via telephone or email. The patient has an option to receive therapy outside on the patio of the facility and social distance with the therapist or receive therapy through virtual platforms such as Zoom, Skype, Facetime, etc.

**Insurance Providers:** The therapist accepts Aetna and self-pay options at \$200 per hour for 90-minute individual session.

4. Helping Hands Psychotherapy, LCSW, P.C.  
165 N. Village Avenue  
Suite 114A  
Rockville Centre, NY 11570  
Telephone # (516)442-1116  
Fax: (516)953-9669  
Email: [info@motherhoodcenter.com](mailto:info@motherhoodcenter.com)  
Website: [www.hhptherapy.com](http://www.hhptherapy.com)

**Clinician:** Pauline Walfisch, LCSW–R, PMHC–C, Maria Duperval, LCSW–R and team.

**Services Provided For:** Group Therapy for New Moms, Individual Therapy, Couples Therapy & Group Therapy.

**Services Specialized in treatment for:** Helping Hands Psychotherapy specializes in Reproductive Mental Health and Parental Mental Health that includes Infertility, Miscarriage & Pregnancy Loss, Premenstrual Mood Changes, Pregnancy, Birth Trauma, The Postpartum period, Perinatal Mood & Anxiety Disorders, Parenting and role transitions, Adoption, etc.

**Group Therapy for New Moms:** The group is dedicated to moms that can share their experience, learn skills, and celebrate each other as they explore the joys and challenges of motherhood. The group is led by Joan Salmon, LMSW who is trained in the treatment of perinatal mood and anxiety disorders. Babies are also welcome to the group. The session is approximately 1 hour and held on Wednesdays.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm.

**Scheduling an Appointment:** The patient will need to call the office to schedule a free 10-minute consultation with a therapist.

**Insurance Providers:** The therapist is in-network with the Northwell United Plan and Compsych. Most other commercial insurance plans are accepted through out-of-network benefits. Helping Hands Psychotherapy also offers an income-based sliding scale for those interested in self-pay. The groups and providers are available in English as well as Spanish. Individual, Group & Couples Therapy are all 45 minutes per session.

5. Liz Westermann, LCSW  
165 N. Village Avenue  
Suite #4  
Rockville Centre, NY 11570  
Telephone # (516)279-3803  
Email: [liz@lizwestermanncounseling.com](mailto:liz@lizwestermanncounseling.com)

**Clinician:** Liz Westermann, LCSW.

**Services Provided For:** Individual Counseling, Infertility Counseling, Adoption Education/Counseling and Support Groups. *Support Groups have not been available due to the pandemic. However, the therapist plans to resume in-person groups in the future.*

**Services Specialized in treatment for:** Infertility issues, parenting, adoption counseling, along with assistance for depression, anxiety, family, and relationship challenges. Currently Liz is providing telehealth platform.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** To make an appointment please contact Liz directly via telephone, email, or request to be contacted through her website at this link <https://lizwestermanncounseling.com/contact/>. She will provide a free 15-minute consultation with any new potential patient. Availability and scheduling requirements at the consultation will be discussed at consultation.

**Insurance Providers:** Currently, the therapist accepts Cigna, Empire Blue Cross Blue Shield and Fidelis Care New York. The patient can pay privately, or the therapist also offers a limited sliding scale to patients. The cost is between \$100-150 per 50-minute session.

6. Dr. Marlene Kasman, PH.D, CGP  
163 Townline Road  
East Northport, NY 11731  
Telephone # (631)368-5566  
Email: [dr.kasman@drmarlenekasman.com](mailto:dr.kasman@drmarlenekasman.com)

Delray Beach, Florida office  
Telephone # (631)365-7354

**Clinician:** Dr. Marlene Kasman, PH.D.

*\*\*\* Due to the pandemic, the therapist is offering Telehealth Services at this time. \*\*\**

**Services Provided For:** Individual Therapy, Couples & marriage counseling. *Group Therapy is only available on Long Island, NY.*

**Services Specialized in treatment for:** Eating Disorders, Infertility Counseling, Hypnosis, Loss, and Grieving. Currently Dr. Marlene Kasman is providing telehealth platform.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** To make an appointment please contact Dr. Marlene Kasman office.

**Insurance Providers:** The therapist accepts United Health Care and NY State Health Plan. Dr. Marlene Kasman also accepts out of network benefits for Empire BCBS and other health plans. The patient can also pay privately for therapy sessions as well.



## **Online Therapy for Moms:**

1. Therapy for Moms  
450 Route 25A  
Suite #483  
East Setauket, NY 11733  
Telephone # and Text: (631)938-6467  
Email: [Hi@KatyLiebling.com](mailto:Hi@KatyLiebling.com)

**Clinician:** Katy Liebling, LCSW, PMH – C.

**Services Provided For:** Being a Mom is Hard, Postpartum Depression, Postpartum Anxiety, Postpartum OCD, Birth & NICU Trauma & Parent Coaching.

**Hours of Operation:** Mondays – Fridays from 10:00am-7:00pm. If the patient prefers in-person therapy, and are located within Suffolk County, the patient is advised to reach out to Katy. Katy will let the patient know when in-home therapy services will be reinstated.

**Scheduling an Appointment:** Schedule a free consultation online through Therapy for Moms at <https://therapyformomsny.com/therapy-consultation-ny>. The patient will be able to choose a time that works for her. She will need to enter her name, e-mail address and telephone number into the secure system. The patient will receive a confirmation of their request time within 24 hours, along with a brief questionnaire for her to answer within the portal. The therapist will send a link to video chat at the scheduled time. If the patient does not see a consultation time that works best for them, it is advised to contact Katy via email at [Hi@KatyLiebling.com](mailto:Hi@KatyLiebling.com).

**Insurance Providers:** United Healthcare, Oxford and Oscar are accepted for in-network coverage. All other plans are considered out-of-network for this provider. Call for a free consultation and to determine benefit coverage.

2. Helping Hands Psychotherapy, LCSW P.C.

*Resource added as of 10/15/21*

Contact: Noelle, Admin

165 N. Village Avenue

Rockville Centre, NY 11570

Telephone # (516) 442-1116

Fax # (516) 953-9669

Website: <https://www.hhptherapy.com/>

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing Parental Mental Health, Perinatal Mood Disorder, Postpartum Depression & Anxiety, Unexpected Outcomes of Pregnancy, Infertility, EMDR, Stress & Anxiety as well as any life changes that may have occurred. *Helping Hands Psychotherapy is currently providing Teletherapy until further notice.*

**Services specialized in treatment for:** Phone consultation, individual therapy, couples therapy, group therapy for moms, group therapy for Mental Health interns, DBT skills virtual group (10 week virtual), workshop Self – Love & Self – Care, Pregnancy & 4<sup>th</sup> trimester support group, etc. Helping Hands Psychotherapy also offers Professional Development.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to call the office to schedule an appointment to see a therapist.

**Insurance Providers:** Northwell, Magnacare, NYSHIP/Empire Plan, GHI HIP, Oxford, Cigna, Aetna, BCBS/Anthem and Comppsych. Helping Hands Psychotherapy also offers out of network benefits for United Healthcare. They also provide a sliding scale for patients that do not have insurance and will need to pay out of pocket for services. The patient is advised to contact their insurance carrier to inquire if they have out of network benefits with their plan.

3. Synergy Therapy  
Telephone # (612)642-1355  
Toll Free Telephone # 1-855-546-2821  
Email: [info@synergytherapy.com](mailto:info@synergytherapy.com)

**Clinician:** Dr. Lisa Lovelace, Dr. Nicole Smith, Dr. Elizabeth Merrill, Dr. Sandip Buch & Associates.

**Services Provided For:** Anxiety treatment, Depression treatment, Trauma therapy and PTSD treatment, couples counseling, Maternal Mental Health Support, Teen counseling, counseling for college students, counseling for medical conditions, psychiatric medication management, E-Yoga, etc. *Please note: Two of the psychologists in NY specialize in Maternal Mental Health.*

**Hours of Operation:** Hours of operations vary based on the therapist schedule. Therapists are available throughout the day, at night and on weekends.

**Scheduling an Appointment:** As per Synergy Therapy, the patient can either call and speak with a counselor or go to the website to choose NY as the state of request for services. The patient will need to pick a therapist and then fill out the consultation form at this link: <https://www.synergytherapy.com/contact-us/>.

**Insurance Providers:** The therapist is in network with Aetna, Cigna United Healthcare, Oxford, etc. All other plans are considered out-of-network for this group of providers. If the patient is out-of-network benefits with their insurance carrier, the patient must pay out of pocket for the cost of services while Synergy Therapy works with the insurance company to reimburse the patient. The patient can pay with HSA card or credit card. If the patient gets reimbursed by their carrier, Synergy will withhold 10% of the reimbursement.

4. Brooklyn Women's & Family Counseling Services, BCSGroup  
9201 Fourth Avenue  
Ground Floor  
Brooklyn, NY 11209  
Contact: Intake Department  
Telephone # (718)232-8600  
Email: [appointments@bcsnygroup.com](mailto:appointments@bcsnygroup.com)  
Website: [www.bcsnygroup.com](http://www.bcsnygroup.com)

26 Court Street  
11<sup>th</sup> Floor  
Suite #1106  
Brooklyn, NY 11242

2205 Hylan Blvd  
Staten Island, NY 10306

7316 13<sup>th</sup> Avenue  
3<sup>rd</sup> Floor  
Brooklyn, NY 11228

*\*\*\* BCSGroup are now scheduling in office appointments at all locations, though online services do remain available. \*\*\**

**Clinicians:** Dr. Nicoletta Pallotta, MD, LCSW, CEO & Founder of BCSGroup and team.

**Services Provided For:** Anxiety, Depression, Panic Attacks, Self-Esteem issues, eating disorders and body image issues, controlling rage and anger, Couples/Family Therapy, Postpartum Depression, Parent- Infant Therapy, midlife crisis, menopause, Post – Traumatic Stress Disorder (PTSD), sexual trauma, children & adolescents therapy, mindfulness therapy, body mind connection, etc.

**FREE Online Support Groups:** How to Make Sure Social Distancing and Self-Isolation Don't Hurt Your Mental Health, Bereavement Support Group, Motherhood Support Group, Women's Divorce/Separation Support Group, etc. To participate in the free online support groups please register online at: <https://bcsnygroup.com/free-online-groups/> and choose which support group you are interested to participate in.



- **How to Make Sure Social Distancing and Self – Isolation Don't Hurt Your Mental Health Support Group** is dedicated to patients that are looking for a space to feel supported, share hopes and fears and learn concrete ways to use mindfulness to deal with anxiety during this difficult time. The support group is available weekly, every Friday from 5:00pm-6:00pm.
- **Bereavement Support Group** is dedicated to patients that are suffering with the loss of a loved one who may experience intensified grief, in connection to the isolation and uncertainty of these times. The goal is to create a supportive, non-judgmental environment, where those grieving can share their experiences. The group is available weekly on Thursdays from 12:00pm-1:30pm.
- **Motherhood Support Group** is dedicated for mothers with young children (under the age of 3) to connect with other mothers in a safe space. The group will work through concepts such as bonding, attachment, and developmental milestones. The group also services space to decrease isolation and foster connection. The support group is available weekly, every Friday from 10:00am -11:30am.
- **Women's Divorce/Separation Support Group** is a safe space to foster connections among women dealing with divorce, separation, etc. The group will serve to process grief, decrease stigma, navigate system challenges and co -parenting. The group will also discuss how to support each other in moving forward and moving on in a new singleness. The support groups are available weekly, every Friday from 7:15pm – 8:45pm.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm, Saturdays & Sundays from 9:00am-9:00pm.

**Scheduling an Appointment:** To schedule an appointment the patient will need to fill out a short questionnaire online at BCSGroup's website located at: <https://bcsnysgroup.com/appointments/>. Once the questionnaire is completed and submitted to BCSGroup, the Intake Coordinator will reach out to the patient and schedule an appointment with a therapist.

**Insurance Providers:** Most major insurance plans are accepted including Medicare, Medicaid & Tricare. The staff at BCSGroup will call the patient's insurance carrier prior to their appointment to ensure that the patient is covered for services provided.

5. Neighborhood Counseling Center

7701 13<sup>th</sup> Avenue

Brooklyn, NY 11228

Telephone # (718)232-1351

Email: [admin@nccny.com](mailto:admin@nccny.com)

Website: <https://nccny.com/>

**Clinician:** Dr. Refaie, Dr.Luce, Dr.Masse, Dr. Slowik, Dr. Siewers and team.

**Services Provided For:** Counseling Services, Adult Counseling Services, Child & Adolescent Counseling Services, etc.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm, Saturdays & Sundays from 9:00am-9:00pm.

**Scheduling an Appointment:** To schedule an appointment, either virtual or in-person,, fill out a short questionnaire online at <https://nccny.com/counseling-services/brooklyn-online-counseling/>. An Intake Coordinator will reach out to schedule an appointment with a therapist.

**Insurance Providers:** Most major insurance plans are accepted including Affinity, Metroplus, Fidelis, Healthfirst, Amerigroup/EBCBS, The Empire Plan, GHI, Valueoptions, Aetna, HIP, EmblemHealth, UHC/Oxford/Optum/Oscar/UMR, Humana, Medicare, Medicaid, etc.

*Neighborhood Counseling Center does NOT accept Cigna or Tricare.* There is an option for self-pay if the patient does not have insurance. The self-options are:

- \$225 for pre-admit with Psychiatrist.
- \$225 for intake with Social Worker.
- \$75 Individual Session
- \$50 Medication Management

## Outpatient Psychiatry Services:

1. North Shore Psychiatric Consultants  
222 Middle Country Road  
Suite #210  
Smithtown, NY 11787  
Telephone # (631)265-6868  
Fax # (631)265-6890

**Services Provided For:** Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Depression, Bipolar/Mood Swings, Women's Issues, Substance Abuse/ Suboxone Treatment, Eating Disorders and Schizophrenia Disorders.

**Hours of Operation:** Mondays, Tuesdays & Thursdays from 9:00am-9:00pm, Wednesdays & Fridays from 10:00am-9:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The time frame for an appointment is based on the authorization of the patient's insurance. Once the authorization is received by the insurance company then the case will be assigned to a psychiatrist.

**Insurance Providers:** This office ONLY accepts Medicare, but the patient can pay privately for services if they wish to do so. Patients should contact their insurance carrier to determine out-of-network coverage as well.

2. Suffolk County Government Mental Health Clinic  
Brentwood Clinic  
1841 Brentwood Road  
Brentwood, NY 11706  
Telephone # (631)853-7300

Farmingville Clinic  
15 Horseblock Place  
Farmingville, NY 11738  
Telephone # (631)854-2552

Riverhead Clinic  
100 Center Drive South  
Riverhead, NY 11901  
Telephone # (631)852-1440





**Services Provided For:** Mental Health Clinics treat all diagnoses. Psychiatrists, Nurse Practitioners, Social Workers, and Therapists are all on staff. *Suffolk County Mental Health Clinics DO NOT treat pregnant women. They will be referred to Stony Brook for treatment. Please note: Stony Brook DOES NOT accept insurance.*

**Hours of Operation:** Mondays-Thursdays from 9:00am-9:00pm & Fridays from 9:00am-5:00pm. The office is closed Saturdays & Sundays.

**Scheduling an Appointment:** All walk-ins are welcome; the patient must complete paperwork that will be reviewed by the administrator for approval prior to scheduling an appointment.

**Insurance Providers:** Medicaid, Infinity, Emblem Health, Healthfirst, Medicare Managed Plans, Medicare Conventional Part A. *Mental Health Clinic does NOT accept Medicare Advantage Plans, United Health Care or Empire Blue Cross Blue Shield.*

3. SB Psychiatric Services, PLLC  
6080 Jericho Turnpike  
Suite #312  
Commack, NY 11725  
Telephone # (631)834-7606

\*\*\*Updated as of 1/12/23\*\*\*

\*\*\*\**Due to the pandemic, the psychiatrists are currently providing services through Telehealth until further notice.* \*\*\*\*

**Services Provided For:** Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Anxiety or Fears, Impulse Control Disorders, Mood Disorders, etc. The Psychiatrist provides Medication Management, Individual therapy, Couples Therapy, Family Counseling, Psychotherapy, Alternative and Complimentary Therapies, Gestalt Therapy (role play), Cognitive Behavioral Therapy (CBT) as well as Coaching. Client focus is mainly Children (ages 6 – 10 years old), Pre – Teens (ages 11 -13 years old), Adolescents (ages 14 – 19 years old) & Adults, Geriatrics (65+).

**Hours of Operation:** Tuesdays, Wednesdays & Thursdays from 1:00pm-8:00pm, Saturdays 10:00am-5:00pm. The office is closed on Mondays, Fridays & Sundays.

**Scheduling an Appointment:** The patient will need to call their insurance company first to verify i-network coverage. The patient will need to call the Psychiatrist to schedule an appointment and is available by appointments ONLY during business hours.

**Insurance Provider:** Aetna, Empire Blue Cross Blue Shield (but not EPO Plan), Cigna, HIP/Health Insurance Plan of New York, Medicare, Value Options, etc.



4. Psychiatric Medical Practice - Dr. Natalya Ogievestsky  
301 Franklin Avenue  
2<sup>nd</sup> Floor  
Hewlett, NY 11557  
Telephone # (516)612-3838  
Fax # (516)612-3833

**Services Provided For:** Dr. Natalya Ogievestsky provides a wide range of therapeutic counseling and psychotherapy for adults and adolescents in a confidential and supportive environment. The practice specializes in Depression, Generalized Anxiety, Panic Attacks, Obsessive Compulsive Disorder (OCD), Specific Phobia, Social Phobia, Schizophrenia/Schizoaffective Disorder, Mood Disorders, Bipolar Disorders, Personality Disorders, Post Traumatic Stress Disorder (PTSD), Interpersonal Difficulties, ADHD, Dementia, Sleep Disorders, etc. \*\*\* *Bilingual services are available, the Psychiatrist and the office staff speak English and Russian.* \*\*\*

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** By appointment only. Daytime, evening, and weekend hours are available upon request.

**Insurance Providers:** GHI, Empire Blue Cross Blue Shield, Magellan, United Health Care, HIP, Signa, Aetna, MagnaCare, WellCare, Oxford, 1199, Empire Plan, Medicare, etc.

5. Dr. Igal Rahmani, M.D.  
General and Addiction Psychiatry  
300 Garden City Plaza  
Suite # 312  
Garden City, NY 11530  
Telephone # (516)280-3618  
Fax # (516)661-0083

**Services Provided For:** Depression, Anxiety, Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD), Bipolar Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Addiction, Disorders of thought, etc.

**Hours of Operation:** Hours vary by appointment times.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment. By appointment only.

**Insurance Providers:** Accepts most major insurance plans but the patient is advised to call their insurance company first to verify if the provider participates in their plan.



6. New Life Psychiatry Counseling Service, PC  
7127 Fresh Pond Road  
1<sup>st</sup> Floor  
Ridgewood, NY 11385  
Telephone # (718)381-2829  
Email: [newlifehealthmanagement@gmail.com](mailto:newlifehealthmanagement@gmail.com)

213 Hempstead Avenue  
Lynbrook, NY 11563  
Telephone # (718)925-4964

**Services Provided For:** Mental Health Counseling, Medication Management for Anxiety, Depression, Post Traumatic Stress Disorder (PTSD), Panic Attacks, Bipolar Disorder, Mood Disorders, Low Self Esteem, Couple relationship issues, disrupted family relationship, stress or work and family issues, separation and divorce, Oppositional Defiance, Behavioral problems in school and home, etc. New Life Psychiatry Counseling Services, PC service Children, Adolescents and Adults. The practice provides full psychiatric services as well as tele-psychiatry.

**Hours of Operation:** Sundays from 11:00am-3:00pm for the Lynbrook Office only. Mondays & Thursdays from 4:00pm-9:00pm (in both locations) & Wednesdays from 10:00am-3:00pm in the Queens Office only.

**Scheduling an Appointment:** By appointment only.

**Insurance Providers:** United Health Care, Emblem Health, GHI, Empire Blue Cross Blue Shield, MagnaCare, Aetna, Medicaid Managed Care, United Health Care Medicaid Plan. New Life Psychiatry Counseling Services does NOT accept straight Medicaid. The patient can pay privately for services as well.

*\*\*\*Tele-Psychiatry is covered by some insurance plans; however, the patient will need to check with their insurance carrier first to confirm whether their plan covers Telehealth Services. The patient can pay privately for Telehealth; the cost for initial services range between \$150 – \$200, for follow up appointments the cost ranges between \$75 - \$100 per session. The patient will need to come in the office for an initial consult before starting Tele-Psychiatry Services. \*\*\**



7. New York Consultation Medical  
30 – 16 31<sup>st</sup> Street  
Astoria, NY 11102  
Telephone # (718)215-0747  
Fax # (718)766-1630

*\*\*\* Due to COVID – 19 New York Consultation Medical is only offering virtual sessions to patients. There are no in-office visits at this time until further notice. \*\*\**

**Services Provided For:** Depression, Anxiety/panic disorder, Post Traumatic Stress Disorder and Obsessive-Compulsive Disorder. The psychiatrist speaks several different languages that includes English, Hindi, Nepali and Tibetan.

**Hours of Operation:** Mondays, Wednesdays & Fridays from 3:00pm-7:00pm. The office is closed on Thursdays, Saturdays & Sundays.

**Scheduling an Appointment:** The patient will need to call the office, or they can request an appointment online at: <https://nbhutia.intakeq.com/booking>.

**Insurance Providers:** Dr. Namgyal Bhutia, MD accepts most major insurance plans including Cigna, Aetna, Blue Cross Blue Shield, United Healthcare and Oxford.

8. Lenox Hill Mind Care  
111 East 80<sup>th</sup> Street  
Suite #1B  
New York, NY 10075  
Telephone # (347)282-2709

2 Overhill Road  
Suite #230  
Scarsdale, NY 10583

**Services Provided For:** Medication Management, Transcranial Magnetic Stimulation and Ketamine Therapy are provided in the office however, medication management or any general medication questions will be through Telehealth services.

**Hours of Operation:** Hours vary and are based on the psychiatrist schedule. By appointment only.

**Scheduling an Appointment:** To schedule a consultation or make an appointment please call (347)282-2709 or fill out the contact form at: <https://lenoxhillmindcare.com/services/>

**Insurance Providers:** Aetna, Anthem, Cigna, Empire Blue Cross Blue Shield, GHI/Emblem Health, Healthfirst, Magellan Healthcare, Medicare, Optum, Oscar, United Health Care and Value Options. Lenox Hill Mind Care does NOT accept Medicaid. The patient can also pay privately for services as well.

9. Skypiatrist  
34 3<sup>rd</sup> Avenue  
Suite #171  
New York, NY 10003  
Telephone # (844)384-2779  
Email: [help@skypiatrist.com](mailto:help@skypiatrist.com)

**Services Provided For:** Psychiatric evaluation and medication management. Skypiatrist does not provide talk therapy.

**Hours of Operation:** Hours vary and are based on the psychiatrist schedule. By appointment only.

**Scheduling an Appointment:** To schedule a consultation or make an appointment please call (844)384-2779 or the patient can fill out the contact form at: <https://skypiatrist.com/new-patient-login>.

**Insurance Providers:** Accepts most major insurance plans except Medicaid, Medicare, EmblemHealth, Beacon and GHI. Skypiatrist is not in – network with Medicaid and managed plans. The patient can pay privately if they do not have insurance or choose to do so.

*\*\*\* For new appointments, there is a \$100 charge for cancelling within 24 hours of the appointment time or a \$150 charge for a missing the appointment without notice. For follow up appointments, there is a \$50 charge for canceling within 12 hours of the appointment time, or a \$75 charge for missing the appointment without notice. \*\*\**

10. Empire Psychiatry  
80 8<sup>th</sup> Avenue  
Suite #709  
New York, NY 10011  
Telephone # (516)900-7646

Resource added as of 12/29/21

100 N. Village  
Suite #27  
Rockville Centre, NY 11570

708 Glen Cove Avenue  
Suite #5  
Glen Head, NY 11545

117 Dobbins Street  
Suite #209  
Brooklyn, NY 11222



30 – 51 36<sup>th</sup> Street  
1<sup>st</sup> Floor  
Astoria, NY 11103

102 West Park Avenue  
Suite #2  
Long Beach, NY 11561  
Website: <https://empirecareclinic.com/>

*\*\*\* Due to COVID -19, Empire Psychiatry is currently only offering telemedicine visits. \*\*\**

**Services Provided For:** Psychiatric evaluation and medication management for ADHD, anxiety, bipolar disorder, depression, schizophrenia, panic attacks, PTSD, OCD, grief & loss. Empire Psychiatry does not provide talk therapy.

**Hours of Operation:** Hours vary and are based on the psychiatrist schedule. By appointment only.

**Scheduling an Appointment:** To schedule a consultation or make an appointment, the patient will need to fill out the contact form on Empire Psychiatry website at:  
<https://empirecareclinic.com/schedule/>.

**Insurance Providers:** Accepts most major insurance plans. Those insurance carriers include 1199, HealthFirst, Fidelis, Fidelis Medicaid, Cigna, Aetna, United Healthcare, Optum, Oscar, Humana, Medicare, etc. *As of 3/30/22, Empire Psychiatry is out of network with Empire BCBS PPO plan.* The patient can pay privately if they do not have insurance or choose to do so. Empire Psychiatry Out of Network rates are \$200 for 60-minute Initial visit and \$145 for 30-minute Follow -up visit.

11. Talkiatry  
Telephone # (833)351-TALK (8255)  
Email: [hello@talkiatry.com](mailto:hello@talkiatry.com)  
Website: <https://www.talkiatry.com/>

*Resources added as of 2/23/23*

**Services Provided For:** Psychiatric evaluation for medication management. Talkiatry also specializes in anxiety, bipolar disorder, depression, OCD, insomnia, PTSD, ADHD, Substance Abuse, etc.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** To schedule an appointment, the patient will need to contact the psychiatrist through an online platform and complete two forms at  
<https://app.talkiatry.com/assessment>.

**Insurance Providers:** Accepts most major insurance plans. Those insurance carriers includes Aetna, Cigna, Blue Cross Blue Shield, United Healthcare, Humana, Medicaid, Oscar, etc.



## **Outpatient Psychiatry Services that provides Therapy:**

1. Heart & Soul Counseling LCSW, PC  
17 Fordham Road  
North Services Road Sunrise Highway  
West Babylon, NY 11704  
Telephone # (631)321-7011  
Fax # (631)669-8532  
Text to schedule and/or change an appointment at (631)327-4868.

*\*\*\* As of 2/1/21, it may take approximately 6 to 10 weeks to see a therapist. It varies based on the therapist schedule and availability. \*\*\**

**Services Provided For:** Individual Therapy, Marriage Counseling, LGBT/Gender Therapy, Group Therapy & Psychodrama Workshops to treat Depression, Posttraumatic Stress Disorder, Anxiety, Repressed Feelings, etc. Heart & Soul Counseling services Children, Adolescents and Adults.

**Hours of Operation:** Mondays – Wednesdays from 1:00pm-9:00pm, Thursdays & Fridays from 9:00am-8:00pm, Saturdays 9:00am-5:00pm and open Sundays but will need to call in advance as hours change on that day.

**Scheduling an Appointment:** As of 2/5/21 the patient will need to complete an intake form online to request an appointment at: <https://www.heartandsoulcenter.com/formdt.html>. The time frame for an appointment is based on the authorization of the patient's insurance. Once the authorization is received by the insurance company then the case will either be assigned to the psychiatrist and/or a psychotherapist based on the patient's need. For example, if the patient only needs to see a therapist and does not need to seek psychiatry services for medication management than the psychotherapist will only reach out to the patient.

**Insurance Providers:** Empire BlueCross Blue Shield, Emblem Health, Affinity Health Plan, Medicare, Oxford Health Plans, Cigna, The Empire Plan NYSHIP, Health Net, Aetna, United Health Care, Oscar, Health Republic Insurance, Magna Care, Child Health Plus and Healthfirst. If the patient were to pay privately to see a therapist, it will cost \$85 per session. Medication Management with the psychiatrist NP is \$200 for the initial visit and \$150 for a follow up.





2. B.E.S.T. (Behavioral Enhancement & Substance Abuse Medicine Treatment) PLLC

770 Grand Blvd

Suite #17

Deer Park, NY 11729

Telephone # (631) 392-HELP (4357)

Fax # (631)392-4358

Email: [lgrady@best-tx.com](mailto:lgrady@best-tx.com)

21 Technology Drive

East Setauket, NY 11733

Telephone # (631)675-2400

Fax # (631)364-9850

6 -7 Middle Country Road

Coram, NY 11727

Telephone # (631)946-6060

**Services Provided For:** Psychiatric Evaluations, assessments, individual counseling, group counseling, Family Support Prevention, Anger Management, Medication Management, Relapse Prevention, Domestic Violence Programs, Dual Diagnosis Focus Groups, DWI/DUI Evaluations and Treatment Services, etc. According to B.E.S.T PLLC they also provide special programs for: Opioid Addiction (Suboxone) Criminal Justice Offenders. \*\*\* *The Practice ONLY provides services to adults. B.E.S.T PLLC is Bilingual. The staff is Spanish Speaking services available.* \*\*\*

**Hours of Operation for ALL Locations:** Mondays – Thursdays from 8:00am-10:00pm, Fridays from 8:00am-9:00pm, Saturdays from 8:00am-7:00pm & Sundays from 9:00am-7:00pm.

**Scheduling an Appointment:** Currently there are open appointments and patients can be seen the day following the initial call to the office.

**Insurance Providers:** Medicaid, Affinity, HIP, Fidelis, Value Options, NYSHIP Empire Plan, Emblem Health, United Healthcare, Healthfirst, Aetna, Empire Blue Cross Blue Shield, etc. Please note: As of 2/5/21 the vendor no longer accepts Medicare. If the patient were to pay privately the cost is \$175 per session for the initial visit and then \$140 per session after that. Also, for the patient to see the psychiatrist the initial visit will cost \$250 and \$150 per follow up visit.

3. Ocean Counseling  
212 N. Prospect Avenue  
Patchogue, NY 11772  
Contact: Gregg R. Maynard, LCSW – R  
Telephone # (631)475-2008  
Email: [gmaynard@oceanscounseling.com](mailto:gmaynard@oceanscounseling.com)

**Services Provided For:** Individual, Couple and Family Therapy. The therapists assist Individual therapy for Anxiety/Stress Management, Chronic illness, Depression, Grief & loss, Relationship difficulties, etc. For couples the therapies assist with communication difficulties, diminished connectedness, family dilemmas, financial/money conflicts, pre-marital counseling, separation or divorce, trust & fidelity issues, etc. The therapists also help families with adolescent challenges, behavioral issues, blended family issues, children and young adults with disabilities, parenting skill enhancement, school anxiety and social isolation, etc.

**Hours of Operation:** Mondays, Tuesdays & Thursdays from 1:00pm-7:00pm.

**Scheduling an Appointment:** By appointment only.

**Insurance Providers:** Empire Blue Cross Blue Shield, Emblem/GHI, Aetna, Beacon, United Health Care, etc.

4. Catholic Charities Diocese of Rockville Centre Mental Health Clinic  
1727 No. Ocean Avenue  
Medford, NY 11763  
Telephone # (631)654-1919

9 Fourth Avenue  
Bay Shore, NY 11706  
Telephone # (631)665-6707

**Services Provided For:** Individual therapy, group therapy and medication management. There are also Case Managers that screen and schedule the patient for treatment as well as assist with access to other services in the community. Psychiatrist, Nurse Practitioners, Social Workers, Mental Health Counselors are all on staff to provide services to patients in both locations. Catholic Charities Diocese of Rockville Centre Mental Health Clinic services children from 6 years old and up.

**Services specialized in treatment for:** The clinic treats various diagnoses for all ages including children, adolescents and young to older adults.

**Scheduling an Appointment:** For most appointments, patients will need to call to make an appointment. However, on Fridays from 9:00am-12:00pm the clinic provides open access for walk-in patients.



**Insurance Providers:** Medicare, Medicaid as well as various insurances are accepted. The patient will need to check with their insurance carrier to inquire whether this facility is in-network with the patient's plan.

**Hours of Operation for Medford Location:** Mondays, Tuesdays & Thursdays from 9:00am-9:00pm, Wednesdays & Saturdays from 9:00am-5:00pm, Fridays from 9:00am-5:00pm as well as open access (walk in's welcome) from 9:00am-12:00pm & Saturdays from 9:00am-5:00pm.

**Hours of Operation for Bay Shore Location:** Mondays, Wednesdays & Fridays from 9:00am - 5:00pm as well as open access (walk in's welcome) from 9:00am-12:00pm and Tuesdays & Thursdays from 9:00am-9:00pm.

5. Central Nassau Guidance & Counseling Services  
Mental Health Outpatient Services  
950 South Oyster Bay Road  
Hicksville, NY 11801  
Contact: Ronnie, Intake Coordinator or LeAnn Diedrick, LCSW, Facilitator for Group Therapy  
Telephone # (516)822-6111

**Services Provided For:** Psychiatric Evaluations, Crisis Interventions, Co-Occurring Disorder Treatments, Community Education & Workshops, Referrals and linkage with community resources, Medication Therapy, Consultations as well as Individual, Family & Group Counseling. Social Workers, Psychiatrists and Psychiatric Nurse Practitioners are all on staff for patients of all ages including children (6 years and up), teenagers, adults, and geriatrics.

**Services specialized in treatment for:** Depression, Postpartum Depression, Anxiety, Marriage difficulties, issues related to school or work, personal losses, life transitions, etc. Guidance & Counseling Services treat all diagnoses.

**Hours of Operation:** Mondays - Wednesdays from 9:00am-9:30pm, Thursdays from 9:00am-9:30pm, Fridays from 9:00am-5:00pm and Saturdays from 9:00am-1:00pm.

**Open Access Hours (for patients that Walk in with no appointment scheduled):** Tuesdays & Fridays 8:45am-10:30am, Thursdays 2:30pm-4:30pm. The Open Access provides patients an opportunity for walk-in appointments. If the patient suffers from severe anxiety and/or any medical issues that the patient cannot sit in the office for a long period of time, the patient can call Ronnie (Intake Coordinator) to schedule an appointment over the phone.

*\*\*\*Staff is on call after hours in case of an emergency. \*\*\**

**Scheduling an Appointment:** The patient will need to call to schedule an appointment with an Intake Coordinator in order to complete a full comprehensive assessment as well as a biopsychosocial assessment prior to meeting with a doctor and being assigned a therapist.



\*\*\* As of 9/1/20 there is availability for patients to be seen however, availability does vary based on the facility's volume. \*\*\*

**Insurance Providers:** Most private insurances are accepted including Medicare and Medicaid including Empire BCBS Healthplus as well as EmblemHealth. The patient will need to check with their insurance carrier to verify if their insurance is in-network with Guidance & Counseling Services. If the patient wanted to pay privately it will cost \$250 for the intake, \$150 for individual therapy per session and \$125 to see the Psychiatrist per session.

**Group Therapy Session:** Family and Significant Other Support Group are held every Monday at the facility from 7:00pm-8:00pm. Contact LeeAnn Diedrick, LCSW at (516)822-6111 to receive information about the group as well as receive the schedule for skill training sessions. *It is a supportive psychoeducational group for family members and significant others of those living with a mental illness. The group is led by a Licensed Social Worker; the group provides clinical support services, support skills training and education.*

**Insurance Providers for Group Therapy:** Is ONLY covered for Medicaid patients however, for patients that do NOT have Medicaid will be charged \$5 per family to attend Group Therapy. If the patient wanted to pay privately it will cost \$250 for the intake, \$150 for individual therapy per session and \$125 to see the Psychiatrist per session.

6. Mercy Medical Center – Family Counseling Services and Behavioral Health Care Clinic  
Mercy Family Counseling  
506 Stewart Avenue  
Garden City, NY 11530  
Telephone # (516)705-3400 Ext. 2001  
Fax # (516)705-3418

**Services Provided For:** Biopsychosocial assessment and treatment planning, psychiatric evaluation, community consultation and education, individual, group and family therapy, medication management, crisis management, health screening and referrals, discharge planning as well as case management services. Mercy Medical Center services Children, Adolescents and Adults.

**Services specialized in treatment for:** Anxiety, Depression, Family conflicts, Personality Disorders, Schizophrenia, and other Psychotic Disorders, etc.

**Hours of Operation:** Mondays-Fridays from 8:30am-4:30pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** *The facility does NOT accept self-referrals.* The patient's medical doctor or psychiatrist will need to refer the patient to the Outpatient Behavioral Health Clinic and will need to fax the patient's biopsychosocial, demographics, insurance information, physical, medication list and the reason for the referral. Once all the information is faxed over,



the Intake Department will review the case, verify the insurance, and will call the patient to schedule an appointment for an Intake. Appointments are scheduled during business hours Mondays-Fridays from 8:30am-4:30pm.

**Insurance Providers:** Accepts most insurances such as Aetna Choice POS Open Access, Cigna, Empire Blue Cross Blue Shield, Fidelis Care NY State of Health HBX, Fidelis Medicaid, MetroPlus Health Exchange, Medicare, Medicaid, Oscar, Oxford, United Health Care, etc.

7. New Horizon Counseling Center (formerly known as Peninsula Counseling Center)  
50 W. Hawthorne Avenue  
Valley Stream, NY 11580  
Telephone # (516)569-6600

445 Oak Street  
Copiague, NY 11726  
Telephone # (631)257-5173

**Services Provided For:** Individual Psychotherapy for Children, Adolescents and Adults Medication Evaluation, Medication Therapy Management and Education, Family as well as Couples Therapy, Play Therapy, Individual Verbal Therapy, Art Therapy, Psychiatric Evaluations, Behavior Modifications, Crisis Intervention at School and at Home. Licensed Clinical Social Workers (LCSW) and Psychiatrists provide holistic care to reduce symptoms, maximize recovery potential, improve social and familial functioning, and increase hopefulness and goal setting.

**Services Specialized in Treatment for:** All Diagnoses to treat an individual experiencing mental illness.

**Hours of Operation:** Mondays-Thursdays from 9:00am-9:00pm, Fridays & Saturdays from 9:00am-5:00pm. The office is closed on Sundays.

**Scheduling an Appointment:** The patient will need to contact the Intake Department to schedule an Intake in the office or complete a screening over the phone (if the patient cannot make it into the office). Once the screening process is completed, the Intake Department will verify the patient's insurance. The Intake Department will then contact the patient to schedule their first appointment with the assigned therapist. *As of 2/1/21, New Horizon Counseling Center is only providing telehealth services. There are currently no appointments being held in the office.*

**Insurance Providers:** Accepts most major insurances except Cigna.

8. Southeast Nassau Guidance Center  
Seaford Mental Health Clinic  
2146 Jackson Avenue  
Seaford, NY 11783  
Telephone # (516)221-3030  
Fax # (516)221-1013

*\*\*\* As of 9/1/20 there is immediate availability for patients to be seen. However, availability does vary based on the facilities volume. \*\*\**

**Services Provided For:** Individual, Group, Couple & Family Therapy, Medication Management, Assessment and Treatment Planning, Community Outreach & Education, Wellness Management, Co-Occurring Disorder Treatment, Disaster Relief Counseling, Crisis Intervention, 24/7 Crisis Hotline available after hours, etc. There are two Psychiatrists and two Psychiatric Nurse Practitioners on staff. Southeast Nassau Guidance Center services patients that are 18 years and older.

*\*\*\*There are several groups the facility offers but the patient will need to call the office to request a schedule of the day, date, time, and the topic of the group. \*\*\**

**Services specialized in treatment for:** Domestic Violence, Coping with Stress, Grief Counseling, Alcoholism, Effective parenting techniques, Depression and Suicide, etc.

**Hours of Operation:** Mondays-Wednesdays from 9:00am-9:00pm, Thursdays from 9:00am-8:00pm, Fridays from 9:00am-4:30pm & Saturdays from 9:00am-5:00pm. The office is closed on Sundays.

**Scheduling an Appointment:** The patient will need to call the main office at (516)221-3030 to request an appointment for an Intake but will need to specify if the patient is looking for services through the Mental Health Clinic or Chemical Dependency Program (both programs offered at the Seaford location). The patient will be triaged on the phone by an Intake Coordinator. The Intake Coordinator will walk the patient and/or the family through the Intake process. As per Southeast Nassau Guidance, the patient can be seen within a week from their initial call to schedule an appointment.

**Insurance Providers:** Southeast Nassau Guidance Center accepts HMO's, Managed Care Networks, Medicaid, Medicare, and Private Insurances, etc. The patient will need to contact their insurance company first to verify if this facility is in network with their carrier.

*\*\*\* As of 9/1/20 there is immediate availability for patients to be seen however, availability does vary based on the facilities volume. \*\*\**



9. Epic Long Island Clinical Care Outpatient Mental Health Treatment  
1500 Hempstead Turnpike  
East Meadow, NY 11554  
Contact: Deanna, Intake Coordinator  
Telephone # (516)739-7733 Ext. 725  
Fax # (516)739-3923

*\*\*\* Currently there is immediate availability for patients to be seen however, availability does vary based on the facilities volume. The patient is usually seen by a therapist within one week of their initial call to the Intake Department. \*\*\**

**Services Provided For:** Individual, family and Couples Therapy offered for residents in Nassau County. Group Therapy is NOT provided at this time, but the facility occasionally will provide support groups to the patient's families. The multidisciplinary treatment team consists of experienced Clinicians and Psychiatrists who are trained in treating a range of behavioral and mental health issues. The multidisciplinary treatment team will be working through underlying causes and factors influencing negative behaviors and emotions, as well as chronic psychotic conditions that need to be addressed with the patient. Epic Long Island Clinical Care Outpatient Mental Health Treatment services Children, Adolescents and Adults. *Please note: The psychiatrists on staff are ONLY treating patients that are being seen by a therapist at Epic.*

**Services specialized in treatment for:** Physical, Emotional, Sexual Abuse, Adjustment to life changes (Divorce or Separation), Postpartum Depression, women going through Baby Blues, Chronic psychotic conditions (such as Bipolar Disorder, Schizophrenia, etc.), Depression, relationship issues, Psychological Testing, trauma, or exposure to violence, etc. *If the patient is in crisis, the Intake Department will dispatch the Mobile Crisis Unit to the patient's location to provide immediate treatment to the patient.*

**Hours of Operation:** Mental Health Clinic is open 6 days per week Mondays through Thursdays from 9:00am – 9:00pm, Fridays from 9:00am – 5:0pm, Saturdays from 9:00am – 4:30pm and evening appointments are also available upon request.

**Scheduling an Appointment:** The patient will need to call the Intake Department at (516) 739-7733 Ext. 725 to speak with Deana. Deana will request basic demographic information from the patient such as their date of birth, home address, insurance information as well as their history of mental health, etc. It will take a few days for the Intake Department to receive authorization from the insurance company but once the insurance is verified the assigned therapist will contact the patient to schedule an appointment. *It is required that the patient attends therapy at least once per week. Epic does not have open access hours for patients to just walk in without an appointment however, if the patient feels more comfortable providing their information to the Intake Department in person the patient can walk in to do so.*





**Insurance Providers:** Accepts mostly Medicare, Medicaid, and Managed Medicaid plans such as Emblem Health, GHI, Value Options, Beacon, Fidelis, Healthfirst, United Health Care (UHC) Community and Behavioral Health plans, Child Health Plus, etc.

10. Nassau Psychiatric Services, P.C.  
601 Franklin Avenue  
Suite #120  
Garden City, NY 11530  
Telephone # (516)280-9030  
Fax # (516)280-9029  
Email: [Nassau.mentalhealth@gmail.com](mailto:Nassau.mentalhealth@gmail.com)

**Services Provided For:** Individual, Family and Couples Therapy. The therapies offered at Nassau Psychiatric Services, P.C. include Psychotherapy, Cognitive Behavioral Therapy (CBT), Psychiatrist is on sight for Medication Management, Obesity Treatment, Telemedicine or Telepsychiatry, etc. Nassau Psychiatric Services, P.C. Services for Children, Adolescents and Adults.

**Services specialized in treatment for:** Depression, Anxiety, Panic Disorders, Phobias, Bipolar Disorder, Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), Attention Deficit/ Hyperactivity Disorder (ADHD), Schizophrenia, Schizoaffective Disorders, etc.

*\*\*\* Therapy sessions are 45 minutes per session & medication management with the psychiatrist is 20 minutes per session. Group Therapy is NOT provided at this facility. \*\*\**

**Hours of Operation:** Varies by appointment ONLY. Psychiatrist available Mondays-Thursdays from 9:00am-3:00pm. Associates available Mondays-Thursdays from 9:00am-8:00pm. The therapists are available Mondays-Thursdays from 12:00pm-7:00pm & the office is open every other Saturday (based on availability of the clinical staff). Office hours are flexible scheduling for afternoons, evenings and weekends and for patients who qualify for Telemedicine.

**Scheduling an Appointment:** The patient will need to call the office to provide their name, date of birth, insurance information and will also be screened via telephone by an Intake Coordinator. The staff is bilingual and speak English, Spanish and Hindi.

**Insurance Providers:** Aetna, Cigna, Cigna Paradigm, Blue Cross Blue Shield (Commercial and Federal Plans ONLY), Empire Plan, Beacon Health Options, Medicare, etc. *The facility does NOT accept Straight Medicaid, Medicaid Managed Care Plans, Medicare Managed Care Plans, etc.*

11. Hispanic Counseling Center

*Resource added as of 2/23/23*

344 Fulton Avenue  
Hempstead, NY 11550  
Telephone # (516)538-2613  
Fax # (516)538-0772, (516)538-2515  
Email: [info@hispaniccounseling.org](mailto:info@hispaniccounseling.org)  
Website: <https://www.hispaniccounseling.org/>

85 W. Main Street  
Suite #101  
Bay Shore, NY 11706

**Services Provided For:** Individual, group and family therapy, case management, advocacy, psychiatric evaluations, etc. Hispanic Counseling Center offers bilingual and bicultural counseling.

**Services specialized in treatment for:** Substance Abuse, Domestic Violence, Parenting Programs, Mental Health Services for HIV/AIDS, educational workshops, after-school tutoring, and enrichment programs, etc.

**Hours of Operation:** Mondays-Fridays from 9:00am-8:00pm & Saturdays from 9:00am-4:00pm. The office is closed on Sundays.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment at (516)538-2613 or they can complete the inquiry form online at <https://www.hispaniccounseling.org/contact/>.

**Insurance Providers:** Most major insurance plans include Fidelis Medicaid.

12. NYC Psychiatric Associates  
169 E. 74<sup>th</sup> Street  
New York, NY 10021  
Telephone # (917)391-0076

385 5<sup>th</sup> Avenue  
Suite # 11-06  
New York, NY 10016

*\*\*\* Due to COVID – 19 Psychiatric Association is only offering virtual sessions to patients. \*\*\**

**Services Provided For:** Psychiatric Associates offers Addiction treatment along with therapy and counseling services. Psychiatric Associates goal is to help patients find effective coping and treatment methods to live a healthier lifestyle.

**Services specialized in treatment for:** ADHD treatment, Psychiatric evaluations, Psychotherapy, Anxiety Treatment, Psychiatrist, Telemedicine, Depression Therapy, Psychotherapy treatment and Transcranial Magnetic Stimulation.

**Hours of Operation:** Mondays-Sundays from 9:00am-9:00pm but by appointment only.

**Scheduling an Appointment:** The patient can text the practice at (917)391-0076 to request an appointment or they can also fill out a contact form online at:

<https://nycpsychiatricassociates.com/contact-us/#>

**Insurance Providers:** Aetna, Cigna, Empire Blue Cross Blue Shield & Medicare. Private pay is also available either by cash or a credit card is accepted for a payment method.

13. Psychiatry & Therapy  
255 Broadway  
Suite #2713  
New York City, NY 10007  
Telephone # (212)693-1010

*\*\*\* Due to COVID – 19 Psychiatric & Therapy are only offering virtual sessions to patients. \*\*\**

**Services Provided For:** Psychiatry & Therapy Service of New York City offers a range of disorders and problems that need to be addressed with a licensed medical professional. Psychiatry & Therapy provides psychiatry services, psychotherapy, and medication management to their patients. The team consists of psychiatrists, psychologists, and licensed social workers.

**Services specialized in treatment for:** ADD/ADHD, Anxiety, Depression, Insomnia, Panic Attacks, Obsessive Compulsive Disorder (OCD), grief and Post Traumatic Stress Disorder (PTSD). Psychiatry & Therapy also provided family and couples' therapy.

**Hours of Operation:** Mondays-Fridays from 8:00am-8:00pm, Saturdays from 9:00am-6:00pm and Sundays from 10:00am-4:00pm but by appointment only.



**Scheduling an Appointment:** The patient will need to call the office at (212)693-1010 or request an appointment online by completing the appointment request form on their website at <https://psychiatryandtherapy.nyc/make-an-appointment/>

**Insurance Providers for all services:** Aetna, Blue Cross Blue Shield, Oscar, Oxford, Americhoice, MHN (Health Net/Tricare/Guardian), United Healthcare (Oxford/Americhoice), Cigna, Magellan, Multiplan, HIP and 1199.

**Insurance Providers for therapy only, non-MD services:** Affinity, Healthfirst and Magnacare.

14. Neighborhood Psychiatry  
39 West 14<sup>th</sup> Street  
Suite # 506  
New York, NY 10011  
Telephone # (929)777-0173

*\*\*\* Due to COVID – 19 Neighborhood Psychiatry and Wellness is offering Telehealth sessions to patients that are seeking psychiatry and/or psychotherapy services. \*\*\**

**Services Provided For:** Psychiatric evaluation, medication management, supportive therapy, cognitive behavioral therapy (CBT) and brief psychodynamic therapy. Neighborhood Psychiatry use a collaborative model that are staffed with Psychiatrists, Nurse Practitioners and Psychotherapists.

**Services specialized in treatment for:** Anxiety disorder, depression, ADHD, Obsessive Compulsive Disorder (OCD) and other common mental health issues.

**Hours of Operation:** Mondays-Sundays from 9:00am-9:00pm but by appointment only.

**Scheduling an Appointment:** The patient can call the office at (929)777-0173 or they can schedule a new patient initial consultation on Neighborhood Psychiatry website.

**Insurance Providers:** Aetna, Oxford, United Healthcare, Cigna, BCBS and Medicare. Patients are advised to check with their insurance company to inquire whether they are eligible for out of network benefits. Self or private pay is also another option as well. \$295 for a 60-minute Initial Psychiatric Consultation and \$195 for a 30 minute follow up visit.

15. Downtown Manhattan Psychiatric Group

225 Broadway  
Suite #1605  
New York, NY 10007  
Telephone # (212)693-4010

7 Corbin Place  
Unit #C1  
Brooklyn, NY 11235  
Telephone # (718)331-3800

*\*\*\* Due to COVID-19 Downtown Manhattan Psychiatric Group is offering Telehealth sessions to patients that are seeking psychiatry and/or psychotherapy services. \*\*\**

**Services Provided For:** Downtown Manhattan Psychiatric Group provides a combination of psychiatric as well as therapy services to help their patients. The psychiatrist and therapists use techniques such as neuropsychological testing, biofeedback, and psychological support.

**Services specialized in treatment for:** ADHD, medication management, insomnia, PMS, Post Traumatic Stress Disorder (PTSD), Bipolar, Stress, Anxiety, Depression, family issues and other challenges individuals may face. The practice has 17 adult and child psychiatrists and 29 therapists on staff in both locations.

**Hours of Operation for Manhattan location:** Mondays-Fridays from 8:00am-8:00pm, Saturdays from 9:00am-6:00pm & Sundays from 10:00am-4:00pm.

**Hours of Operation for Brooklyn location:** Mondays, Tuesdays & Thursdays from 9:00am - 7:30pm, Wednesdays & Fridays from 9:00am-5:00pm and Saturdays from 9:00am-2:00pm.

**Scheduling an Appointment:** The patient will need to call the office of the location they reside the closest or the patient can also complete the Intake form online at:  
<https://www.downtownpsychiatricgroup.com/patient-information>.

**Insurance Providers:** Downtown Manhattan Psychiatric Group accepts most major insurance plans. Those include EmblemHealth Medicaid plans, Aetna, Blue Cross Blue Shield, Cigna, Tricare, Magellan, HIP, Affinity, Fidelis, Healthfirst, 1199, Oscar, Oxford, Americhoice, Multiplan, MHN (Health Net/Tricare/Guardian), Magnacare and United Healthcare (Oxford/Americhoice). They do not accept Medicare or Medicaid. If the patient does not have insurance and would like to pay privately for services, they can do so. The fee schedule includes:

- Initial evaluation for adults by MD/NP \$250.
- Initial evaluation for children by MP/NP \$300.
- Initial evaluation for adults and children psychotherapy \$100.
- Follow up session for adult's psychotherapy \$100.

- Follow up session for children psychotherapy \$150.
- Follow up session for adults and children for medication management \$75.
- Comprehensive ADHD neuropsychological testing (if the test is not covered by insurance) \$150.

16. Happier Living

Telephone # (888)684-2779

Email: [Scheduling@happierliving.com](mailto:Scheduling@happierliving.com)

Website: <https://happierliving.com/>

**Services Provided For:** The patient's mind, body, and the P.E.R.Fi.C System consists of assessing the patient on their physical health, emotional health, relationships, financial health, career, and passion. Assessing where the patient currently ranks in each category provides easy to follow up roadmap as they continue their journey with Happier Living.

**Services specialized in treatment for:** The patient will meet with the psychologists, marriage and family therapists and a licensed social worker weekly or bimonthly for 40 minutes per session based on their need. Happier Living also has a nutritionist on staff. A nutritionist is available to meet with the patient if their interested.

**Hours of Operation:** Happier Living serves patients all over the United States. Support Services are available Mondays-Fridays from 4:00am-6:00pm PST. Therapy sessions are by appointment only, but the patient can call for support as well.

**Scheduling an Appointment:** The patient can either call Happier Living to schedule an appointment or they can book an appointment online on Happier Living's website at <https://portal.happierliving.com/book-appointment>. Happier Living is through Telehealth only.

**Insurance Providers:** Happier Living accepts most major insurance carriers including Medicare and EmblemHealth Medicaid.

17. Talkspace  
2578 Broadway  
Suite #607  
New York, NY 10025  
Email: [support@talkspace.com](mailto:support@talkspace.com)  
Website: <https://www.talkspace.com/#how>

**Services Provided For:** Online Therapy, Psychiatry for evaluation and medication management as well as Couples Therapy.

**Services specialized in treatment for:** Depression, relationships, anxiety & stress, parenting, LGBTQIA+, chronic illness, eating disorders, anger management, childhood abuse, mood disorders, OCD, trauma & grief, substance abuse, family conflict and other common mental health issues.

**Hours of Operation:** Schedule an appointment on Talkspace website at <https://www.talkspace.com/#how>. The patient can schedule an appointment at any time. The patient will need to complete a brief assessment to answer several questions about their preferences. Once the assessment is completed the patient picks their therapist and then is on their way to start therapy.

**Scheduling an Appointment:** The patient can register online at the upper right-hand side of the website where it says, “Get started.” Talkspace allows the patient to communicate with their therapist text, audio, picture, and video messages at any time and they will respond daily 5 days per week. If the patient is looking for the “face to face” therapy experience, Talkspace also offers Live Video Sessions so the patient and the therapist can plan to connect in real – time.

**Insurance Providers:** Cigna, Resources for Living, Gator Care, etc.



18. LifeStance Health

2900 Exterior Street  
Suite #203  
Bronx, NY 10463  
Telephone # (347)509-9206  
Fax # (718)679-9759

203 Jay Street  
Suite #501  
Brooklyn, NY 11201  
Telephone # (347)304-9465

83 – 3<sup>rd</sup> Avenue  
Brooklyn, NY 11217  
Telephone # (631)323-6872  
Fax # (631)850-7749

667 Stoneleigh Avenue  
Suite #202  
Carmel, NY 10512  
Telephone # (845)279-5908  
Fax # (845)279-5447

118 – 35 Queens Blvd  
Forest Hills, NY 11375  
Telephone # (845)279-5908  
Fax # (845)279-5908

1399 Franklin Avenue  
Garden City, NY 11530

3245 Hunters Point  
Suite #2L  
Long Island City, NY 11101  
Telephone # (845)279-5908

3333 New Hyde Park Road  
New Hyde Park, NY 11042  
Telephone # (332)245-3191  
Website: <https://lifestance.com/>



\*\*\* LifeStance Health offers in – person and telehealth appointments. \*\*\*

**Services Provided For:** Online Therapy, Adult Psychiatry, Psychotherapy Services (in – person & Telehealth available), child & adolescent therapy, couples therapy and TMS. Lifestance Health includes Psychiatrists, psychologists and licensed therapists who are available to support patients in need.

**Services specialized in treatment for:** Depression, anxiety, depression, personality disorders, ADHD, Alzheimer's, anger, anorexia nervosa, autism spectrum disorder, bipolar disorder, cognitive disorder, panic attacks, personality disorders, PTSD, Women's Mental Health, etc.

**Hours of Operation:** Hours vary based on location and availability of appointments.

**Scheduling an Appointment:** The patient can register online at: <https://lifestance.com/location/state/new-york/> or the patient can contact the Intake Department at 1-845-279-5908.

**Insurance Providers:** Accepts most major insurance plans. Those plans include 1199, Aetna, Beacon, Empire BCBS HMO, AARP, Cigna, Fidelis, Fidelis Medicaid, Humana, HIP, Mediblu, MagnaCare, Medicare, Multiplan, MVP, Northwell LIJ (Integrated BH Agreement), Optum/ UBH, Wellcare, Emblem Health Medicaid Replacement HMO, etc.

19. Rivia Mind

*Resource updated as of 2/24/23*

274 Madison Avenue  
Suite #1501  
New York, NY 10016  
Telephone # (212)203-1773  
Fax # (646)665-4427  
Email: [info@riviamind.com](mailto:info@riviamind.com)  
Website: <https://www.riviamind.com/>

2125 Biscayne Blvd  
Miami, FL 33137

13 Alan Terrace  
Jersey City, NJ 07306

500 Post Road  
Westport, CT 06880

*\*\*\* Services are provided in-person and Telehealth. \*\*\**

**Services Provided For:** Evaluation & Diagnosis, Medication Management, Psychotherapy, Telehealth, Neuropsychological Screening, Psych Nutrition, psych testing. Rivia Mind providers also provide a range of specialties including (but not limited to) trauma, grief, reproductive psychiatry, postpartum depression, perinatal anxiety, sexual assault, infertility, premenstrual dysphoric disorder, and perimenopause. Rivia Mind specializes in women's health, reproductive psychiatry.

**Hours of Operation:** Mondays-Fridays from 8:00am-8:00pm. The office is closed on Saturdays and Sundays.

**Scheduling an Appointment:** By appointment only. The patient will receive a free 15-minute consultation as per the patient's request. The patient will need to call the office to schedule an appointment with the provider.

**Insurance Providers:** Accepts most major insurance plans. Those insurance plans include Aetna, Cigna, United Healthcare, Medicare, Humana, Empire Blue Cross Blue Shield, Optum and Oscar. There are also self-pay options. They do not accept Medicaid. Low fee options \$100 per visit to see psychiatrist for medication management.

20. Good Health Psychiatric Services

*Resource added as of 2/27/23*

26 Court Street

Suite #808

Brooklyn, NY 11242

Telephone # (718)522-3600

Fax # (718)552-3667

Email: [cs@goodhealthpsych.com](mailto:cs@goodhealthpsych.com)

Website: <https://goodhealthpsych.com/>

\*\*\* Good Health Psychiatric Services offers in-person and Telehealth Services. \*\*\*

**Services Provided For:** Good Health Psychiatric Services offer individual, family and group psychotherapy to adults and children as well as adolescent psychiatry patients.

**Services specialized in treatment for:** Psychiatric disorders including but not limited to schizophrenia, depression, anxiety, bipolar disorder, PTSD and ADHD.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment at (718)522-3600 or they can also inquire services through their contact inquiry at <https://goodhealthpsych.com/#contact-us>.

**Insurance Providers:** Most major insurance plans that also include Medicaid plans such as EmblemHealth, Fidelis, BCBS Healthplus, Oscar, etc.

### **Psychotherapy Services ONLY:**

1. Mental Health Counseling Wellness Services  
1300 Union Turnpike  
Suite # 308  
New Hyde Park, NY 11040  
Contact: Ashley White & Alina Shevorykin, Mental Health Counselors  
Telephone # (516)350-8850  
Email: [MentalHealthCounselingWellness@gmail.com](mailto:MentalHealthCounselingWellness@gmail.com)

*\*\*\* As of 9/1/20 there are openings to meet with the therapist. The patient is typically seen by the therapist within one week prior to their initial call to the office. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services. *The therapists are Ashley White & Alina Shevorykin, Mental Health Counselors.*

**Services specialized in treatment for:** Patients that suffer from Anxiety, Depression, Child/Adolescent Behavioral issues, Parent/Teen Communication, Transitional Periods/Abrupt Changes, Relationship issues, Grief/Loss, Stress, etc. The therapist utilizes primarily Cognitive Behavioral Therapy (CBT).

**Hours of Operation:** By appointment ONLY however, appointments are made Mondays-Fridays hours between 9:00am -10:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The patient will need to call the office to provide their name, date of birth and insurance information. The Intake Department will verify the patient's insurance and will schedule an appointment with the patient.

**Insurance Providers:** *Currently ONLY accepts Cigna*, however, the practice advises the patient to call their insurance company first to confirm whether the provider is in-network with their plan.

2. SJT Counseling & Psychotherapy  
124 Sperry Blvd  
New Hyde Park, NY 11040  
Contact: Sonia, Intake Coordinator  
Telephone # (516)619-7399

*\*\*\* As of 9/1/20 there are currently openings to meet with the therapist. The patient is typically seen by the therapist within one week prior to their initial call to Sonia, Intake Coordinator. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy nor psychiatry services. SJT Counseling & Psychotherapy provides services to children, adolescents, and adults.

**Services specialized in treatment for:** Couples Therapy, Relationship Counseling for Individuals, Depression and Faith-Based Therapy is available as well. The therapist mainly uses Psychodynamic and Cognitive Behavioral Therapy (CBT) techniques with patients that he treats.

**Hours of Operation:** Mondays-Fridays 9:00am-8:30pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The patient will need to call the office to speak with Sonia, Intake Coordinator at (516)619-7399. The patient will need to provide their name, date of birth and insurance information. Sonia will verify the patient's insurance and will inform the patient if they have a co-pay before services begins. *The therapist will provide a free consultation upon request. Sessions with the therapist are typically 45 minutes. The therapist is Serop J. Terterian, Licensed Mental Health Counselor.*

**Insurance Providers:** Accepts ONLY Empire Bluecross & BlueShield, Cigna, HealthFirst and Multiplan. The practice advises the patient to call their insurance company first to confirm whether the provider is in-network with their plan.

3. Nassau Guidance & Counseling  
153 Main Street  
Roslyn, NY 11576  
Telephone # (516) 686-9558

*\*\*\*As of 9/1/20 there are openings for patients to be seen by the therapist within one to two weeks of the initial call. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services. Nassau Guidance & Counseling provides services to children, adolescents, and adults.

**Services specialized in treatment for:** Family, Individual, Marriage, Grief, Relationship/ Couples therapy, obsessive compulsive disorder (OCD), Hoarding, etc.

**Hours of Operation:** Mondays-Fridays 9:00am-7:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The patient will need to call the office to provide their name, date of birth and insurance information as well as to schedule an appointment with the receptionist.

**Insurance Providers:** Accepts most major insurances including Aetna, Cigna, Medicare, Fidelis, etc. *The facility does NOT accept Medicaid plans.*

4. South Shore Counseling & Psychological Services *\*\*\*Resource updated as of 8/21/23\*\*\**  
1051 Wantagh Avenue  
Wantagh, NY 11793  
Telephone # (516)785-0323  
Fax # (516)785-6026  
Email: [info@sspsli.com](mailto:info@sspsli.com)

217 Merrick Road  
Suite #212  
Amityville, NY 11701

233 East Shore Road  
Suite # 102  
Great Neck, NY 11021





**Services Provided for strictly for psychotherapy services ONLY:** *Psychotherapy services and group therapy are available but there is no psychiatrist on staff at both locations.* Patients are treated by Psychologists, Creative Arts Therapist, Licensed Mental Health Counselors and Licensed Social Workers. Psychotherapy services are provided for children, adolescents as well as adults. Counseling is for those that are experiencing Anxiety, Panic Disorder, Obsessive Compulsive Disorder (OCD), Depression, Bipolar Disorder, Grief Counseling, Crisis Intervention, Addiction Counseling, Medication Evaluation and Management, Divorce Mediation, etc.

**Services specialized in treatment for:** Individual, Marriage, Family Counseling and Group Therapy. Group therapy sessions include Adolescent Girls Group, Separation and Divorce Group, Dialectical Behavior Therapy (DBT) groups for Adolescents and Young Adults as well as Parenting Skills and Support Groups. Treatment approaches include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Mindfulness, Family Systems, Play and Art Therapy, Rational Emotive Therapy, Anger Management, Communication Skills Building, Social Skills Building and Parent Effectiveness Training.

**Hours of Operation (for both locations):** The office is open Fridays from 9:00am-4:00pm & Saturdays from 9:00am-12:00pm.

**Scheduling an Appointment:** The patient will need to call the office to provide their name, date of birth and insurance information as well as to schedule an appointment with the receptionist. The patient will need to bring photo ID, their insurance card, and the completed registration form to their first appointment. The patient can also request an appointment via email.

**Insurance Providers:** 1199, Aetna, Anthem, Beacon Health Strategies, Beacon Value Options, Empire Blue Cross Blue Shield, Cigna, Emblem Health, Empire NYSHIP Plan, GHI, HIP, Magnacare, Medicare, United Health Care, etc.

5. Long Island Psychotherapy & Counseling P.C.

Contact: Pablo Idez, President of LI Psychotherapy & Counseling  
136 Woodbury Road  
Woodbury, NY 11797  
Telephone # (347)772-8373

309 Madison Street  
Westbury, NY 11590

*\*\*\* There is currently a waitlist for psychotherapy specifically for Children and Adolescents but there is no waitlist for adults at this time. As of 9/1/20 the waitlist to see a Provider is approximately 2 -3 weeks. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** Psychotherapy for Individuals, Couples and Families. Long Island Psychotherapy & Counseling specialize in Anxiety & Panic Attacks, Depression & Mood Disorders, Sports & Performance. group therapy is NOT currently available, but the facility may have group therapy in the future. The private practice also provides training at local universities and management companies. There are 8 therapists within the practice; those therapists consist of Licensed Clinical Social Workers (LCSW), Care Manager Certified (CMC) as well as a psychologist on staff. Long Island Psychotherapy & Counseling P.C. services children, adolescents, and adults.

**Hours of Operation:** Mondays-Fridays from 12:00pm-9:00pm, Saturdays 9:00am-3:00pm & Sunday hours are available upon request (hours vary based on therapist schedule).

**Scheduling an Appointment:** By appointment only.

**Insurance Providers:** Accepts most major insurances such as 1199, Affinity, Beacon, Empire Blue Cross Blue Shield (BCBS), Cigna, Emblem, HealthFirst, HIP, Magnacare, Optum, Oxford, etc.

*Therapists advise that the patient to contact their insurance company first to confirm whether the provider is in-network with their plan before calling the practice for an appointment. The private practice will also work with the patient for out of network benefits. The practice also provides a sliding scale fee to patients if insurance does NOT cover services.*

6. Nassau Psychology  
123 Grove Avenue  
Suite # 216  
Cedarhurst, NY 11516  
Telephone # (516)350-8564  
Email: [info@nassaupsychology.org](mailto:info@nassaupsychology.org)  
Website: <https://www.nassaupsychology.org/>

45 N Village Avenue  
Suite #1B  
Rockville Centre, NY 11570

86-75 Midland Parkway  
Suite #1  
Jamaica, NY 11432

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing anxiety, depression or going through relationship issues. Nassau Psychology provides individual therapy, couples therapy, family therapy as well as group therapy.

**Services specialized in treatment for:** Nassau Psychology mainly use techniques such as Cognitive Behavioral (CBT), Emotionally Focused, Motivational Interviewing, Psychodynamic, solution Focused (SFBT) and Structural Family Therapy. There are also a variety of groups that Nassau Psychology offers for patients to participate in. Those groups consist of Parenting Groups, Children's Social Skills, Women's Process Groups and Women's Therapy Groups.

**Online Therapy:** Due to the public health crisis, Nassau Psychology is now offering video therapy sessions. Online Therapy counseling provides marriage or relationship struggles, anxiety, depression, grief & loss, trauma, and challenges within the patient's family or with their child/teen.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** To schedule an appointment, contact the office at (516)350-8564 to request a consultation. The patient can be seen in the office or at home through video.

**Insurance Providers:** Most major insurance plans are accepted including Aetna, Affinity, Beacon Health Options, Beacon Health Strategies, Blue Cross & Blue Shield, Cigna, Empire Plan (NYSHIP), Emblem, Fidelis, GHI, HIP, Healthfirst, Medicare, Metroplus, Optum, Oscar., Oxford, United Behavioral Health, United Healthcare, etc.

7. Long Beach Reach (also known as Long Island Reach) *Resource added as of 10/15/21*  
2 – 12 West Park Avenue  
Long Beach, NY 11561  
Contact: Dr. Monica Pal, Project Director of Mental Health  
Telephone # (516)889-2332  
Email: [lbr@longbeachreach.org](mailto:lbr@longbeachreach.org)  
Website: <https://longislandreach.org/>

Community Counseling Center, a division of Long Island Reach  
340 Dogwood Avenue  
Suite #106  
Franklin Square, NY 11010  
Telephone # (516)505-1717

Port Counseling Center, a division of Long Beach Reach  
225 Main Street  
Port Washington, NY 11050  
Telephone # (516)767-1133

*\*\*\* Chemical Dependency Outpatient Treatment Programs are only located in the Franklin Square and Port Washington locations. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing anxiety, depression, loss, difficulties at school, mood disorders, relationship issues and other mental health struggles. Long Beach Reach provides individual therapy, couples therapy, family therapy, group therapy, play therapy, etc.

**Services specialized in treatment for:** Long Island Reach specializes in Chemical Dependency Outpatient Treatment Program (including Chemical Dependency Intensive Treatment Program), Outpatient Counseling Center (Mental Health Clinic), Court Liaison and Nightwatch. Long Island Reach serves adults, adolescents and children who struggle with their mental health. The team includes a psychiatrist, psychologists, nurse practitioners and social workers.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** Please contact the office at (516)889-2332 to request an appointment with a therapist. The patient can be seen in the office or at home through video. The patient can be seen in-person as per request.

**Insurance Providers:** Most major insurance plans are accepted.

8. Ray of Light Mental Health Counseling Services, PLLC      *Resource added as of 10/15/21*  
70 Sunrise Highway  
Suite #500  
Valley Stream, NY 11580  
Telephone # (516)387-2179  
Email: [contact@rayoflightny.com](mailto:contact@rayoflightny.com)  
Website: <https://www.rayoflightny.com/>

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing anxiety, depression, loss, difficulties at school, mood disorders, relationship issues and other mental health struggles. Ray of Light Mental Health Counseling Services provides individual therapy and couple's therapy.

**Services specialized in treatment for:** Ray of Light Mental Health Counseling Services uses a Cognitive Behavioral that strength-based approach as they help patients that are coping with medical problems, stress, depression, anxiety, bereavement, family, or relationship issues, etc. Ray of Light Mental Health Counseling Services serves adults, adolescents and couples who struggle with their mental health.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** To schedule an appointment, contact the office at (516)387-2179 to request to schedule an appointment with a therapist. The patient can be seen in the office or at home through video. The patient can be seen in – person as per request.

**Insurance Providers:** The therapists accept United Healthcare, Cigna, Aetna, Oxford/Oscar, 1199 SEIU Funds and Beacon Health Options (which may include NYSHIP, GHI and EmblemHealth plans). Ray of Light Mental Health Counseling Services, PLLC also will work with the patient if they have out of network benefits. The therapists offer a sliding scale as well. If the patient pays privately the fees are:

**Individual Session Fee:**

\$125 per 60 minutes session

\$100 per 45 minutes session

**Couples Session Fee:**

\$150 per session (60 minute minimum, fees will increase anything longer).

9. Mount Sinai South Nassau Mental Health Counseling Center

2277 Grand Avenue

Baldwin, NY 11510

Telephone # (516)377-5400

Fax # (516)377-5490

Website: <https://www.southnassau.org/sn/behavioral-health?srcaud=Main>

Mount Sinai South Nassau – Primary Care, Pediatrics and Behavioral Health

250 Fulton Avenue

Hempstead, NY 11550

Telephone # (516)485-5710

Oceanside Counseling Center

71 Homecrest Court

2<sup>nd</sup> Floor

Oceanside, NY 11572

Telephone # (516)766-6283

Fax # (516)766-3705

Website: <https://www.oceansidecounselingcenter.com/>

*\*\*\* Oceanside Counseling Center is affiliated with Mount Sinai South Nassau. Oceanside Counseling Center specializes in the treatment of Addictions. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing anxiety, depression or going through relationship issues. Mount Sinai South Nassau Mental Health Counseling Center provides Adult Psychotherapy Program for individual or group therapy. Family and Children's Program offering individual, group and family psychotherapy for children and their families.

**Services specialized in treatment for:** Mount Sinai South Nassau Mental Health Counseling Center mainly provides Partial Hospitalization Program (fives day per week), Intensive Outpatient Program (3 days per week) and Inpatient Behavioral Health Unit.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** All three locations offer different services. If the patient is looking for Outpatient Behavioral Health Services, it is advised that the patient contact the Baldwin location. If the patient is seeking therapy for addiction, it is advised that the patient contact the Hempstead or the Oceanside location.

**Insurance Providers:** Most major insurance plans are accepted.

10. Psychological Counseling with Compassion PLLC

*Resource added as of 10/15/21*

Contact: Shelia H. Chiffriller, PH. D

55 Front Street

Suite #10

Rockville Centre, NY 11570

Telephone # (516)476-9057

Email: [info@drsheliachiffriller.com](mailto:info@drsheliachiffriller.com)

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing self – esteem, depression, conflict resolution, school issues, coping skills, grief/loss, socialization, PTSD/Trauma, stress management, communication, marriage issues, anxiety, etc. Dr. Chiffriller supervises graduates with master’s degrees in mental health counseling or doctoral degrees in psychology so that they can complete their clinical hours for licensure.

**Services specialized in treatment for:** Individual, couples or family therapy.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to call the office to schedule an appointment to see a therapist.

**Insurance Providers:** Most major insurance plans are accepted including Aetna, EmblemHealth, First Health, Healthnet, Beacon Health, Empire, NYSHIP, HIP, MHN, Cigna, Worker’s Compensation and No Fault. Psychological Counseling with Compassion PLLC offers out of network benefits for Empire BCBS, Oxford/United Health Care and GHI.



11. Triangle Cognitive Therapy

Resource added as of 10/15/21

Contact: Dena Lampert

119 N. Park Avenue

Suite # 306

Rockville Centre, NY 11570

Telephone # (516)208-3792

Email: [therapyisgoodforyou@gmail.com](mailto:therapyisgoodforyou@gmail.com)

Website: <https://www.trianglecognitivetherapy.com/>

**Services Provided for strictly for psychotherapy services ONLY:** These services are for patients experiencing depression/mood disorders, anxiety disorders, obsessive compulsive disorder, stress, substance abuse disorders, eating disorders, medical disorders/chronic pain, stress, post – traumatic stress disorder (PTSD), low self – esteem, grief, and loss. Triangle Cognitive Therapy utilizes Cognitive Behavioral Therapy (CBT).

**Services specialized in treatment for:** Individual, couples and families in the community.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to call the office to schedule an appointment to see a therapist.

**Insurance Providers:** Cigna, United Healthcare/UHC Oxford (except for Community Plans) and Blue Cross Blue Shield Healthplus. *Currently, there might be a waitlist for new patients that have UHC because Triangle Cognitive Therapy is in the process of completing credentialing with some of their staff. The waitlist is also for patients that are looking to meet with a therapist in the afternoon/evening hours. Triangle Cognitive Therapy tries to get patients in within 1 month, but appointments vary based on insurance needs. Triangle Cognitive Therapy are also currently building a group therapy program that might accommodate certain patients that are on the waitlist.*

12. Garden City Therapy Center

*Resource revised as of 4/11/22*

Michelle Ambalu, LCSW

233 7<sup>th</sup> Street

Suite #200

Garden City, NY 11530

Telephone # (516)828-2622

Website: <http://www.gardencitytherapy.com/>

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services. *Due to COVID–19 tele-psychiatric therapy is offered. Individual and couples therapy can be offered via telephone or video using platforms such as Skype, FaceTime & Zoom.*

**Services specialized in treatment for:** Meeting goals, coping skills, anxiety and mood disorders, stress, relational matters, grief, and trauma, etc.

**Hours of Operation:** Hours vary based on appointments only.

**Scheduling an Appointment:** The patient will need to complete the Appointment Request Form on Garden City Therapy website. The link to the website is:  
<http://www.gardencitytherapy.com/>.

**Insurance Providers:** Fidelis, Community Medicaid, Cigna, Empire Blue Cross Blue Shield (BCBS) and United Healthcare/Oxford. If the patient does not have insurance and is interested paying privately for therapy, the rate is \$80 per hour.

13. Lock and Key Therapy, LCSW, PLLC.

*Resource added as of 2/3/22*

20 Hicksville Road

Suite #5

Massapequa, NY 11758

Contact: Maria Romer, LCSW-R

Telephone # (917)403-3267

Text # (917)403-3267

Email: [maria@lockandkeytherapy.com](mailto:maria@lockandkeytherapy.com)

Website: <http://www.lockandkeytherapy.com/>

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services. *Due to COVID-19, therapy can be provided to individuals, children, couples, marriage or family therapy via telephone or video using platforms such as Skype, FaceTime & Zoom.*

**Services specialized in treatment for:** Relationship issues, Personal Growth, Parenting Support, Stress Management, Grief and Loss, Anxiety and Fears, etc.

**Hours of Operation:** Hours vary based on appointments only.

**Scheduling an Appointment:** The patient will need to call the office or complete the Appointment Request Form on Lock and Key Therapy website. The link to the website is: <http://www.lockandkeytherapy.com/AppointmentRequest.en.html>.

**Insurance Providers:** Lock and Key Therapy accepts most major insurances. Those insurance include Blue Cross/Blue Shield, Empire Plan, GHI, ValueOptions, EmblemHealth, Cigna, etc. Lock and Key Therapy also accepts out of network benefits. Please call the office to request rates for self-pay. The patient can pay cash, check or with a credit card.

14. Joanna Britt, LCSW

*Resource added as of 3/10/22*

50 Glen Street

Glen Cove, NY 11542

Telephone # (516)841-8354

**Services Provided for strictly for psychotherapy services ONLY:** The private practice provides counseling for patients that would like therapy in-person.

**Services specialized in treatment for:** Depression, Anxiety, coping skills, etc.

**Hours of Operation:** Hours vary by appointment.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist.

**Insurance Providers:** Aetna, Blue Cross Blue Shield, Cigna, HealthFirst Medicaid/Essential Plan, Medicare, etc.

15. Jessica Dogali Mental Health Counseling, PC  
1900 Hempstead Turnpike  
Suite #412  
East Meadow, NY 11554  
Telephone # (516)543-3765  
Website: <https://www.jessicadogali.com/>  
Telephone # (516)841-8354

**Services Provided for strictly for psychotherapy services ONLY:** The private practice provides counseling for patients that would like therapy in-person. Jessica Dogali Mental Health Counseling services children (5 to 10), Preteens/tweens (11 to 13), Adolescents/Teenagers (14 to 18) and Adults (19+).

**Services specialized in treatment for:** Anxiety Disorders, Depression, Codependency, Family/Relationship Conflict, Grief, Infidelity, Infertility, Life Transition, Self-Esteem, Infertility, Couples Counseling, Perinatal & Postnatal, Sports Performance, Women's Issues, etc.

**Hours of Operation:** Mondays-Saturdays from 9:00am-9:00pm. The office is closed on Sundays.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist.

**Insurance Providers:** Empire BCBS, Anthem, MagnaCare, Cigna, Optum, UHC/United Behavioral Health, United Healthcare Student Resources, United Healthcare/Oxford, Workforce Assistance Program, Cigna EAP, Optum EAP, National EAP, World Trade Center/HealthSmart, etc. If the patient would like to pay privately the cost is \$150 per 50 minutes for individual therapy and \$200 per 50-minute couples/family therapy session.

16. Pathways Within Counseling Center – Wisdom and Wellness Counseling Center  
496 Smithtown Bypass  
Suite #203  
Smithtown, NY 11787  
Telephone # (631)371-3825  
Email: [Welcome@pathwayswithin.com](mailto:Welcome@pathwayswithin.com)  
Website: <https://www.pathwayswithin.me/>

520 Franklin Avenue  
Suite #L1  
Garden City, NY 11520

4160 Merrick Road  
Suite #5 & Suite #7  
Massapequa, NY 11758



1227 Main Street  
Suite #101  
Port Jefferson, NY 11777

10 Hicksville Road  
Massapequa, NY 11758

**Services Provided for strictly for psychotherapy services ONLY:** The private practice provides counseling for patients that would like therapy in-person and Telehealth. Pathways Within Counseling Center provides therapy for adults, children, teenagers, veterans & first responders.

**Services specialized in treatment for:** Pathways Within Counseling Center – Wisdom and Wellness Counseling Center specializes in various therapies which consist of Individual Therapy, Couples Therapy, Group Therapy, Somatic Therapy, Grief Therapy, Trauma Therapy, Weight Loss Surgery and Support, Child Therapy, Teen Therapy, EMDR Therapy, Therapy for Veterans and First Responders.

**Hours of Operation:** Mondays-Thursdays from 7:00am-10:00pm, Fridays and Sundays from 7:00am-3:00pm. The office is closed on Sundays.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist. The patient can also fill out an inquiry form online at:  
<https://www.pathwayswithin.me/contact>.

**Insurance Providers:** Aetna, BCBS, Cigna, Optum, UHC, Oxford, UMR, Oscar, 1199, Meritain, Magnacare (out of network), Humana, Medicare, NYSHIP (out of network), Student Resource, Allied Benefit, ComPsych, VA community Care benefits, MVP, Northwell Brighton Health, etc. Patients can pay privately. The counseling center accepts cash, major credit cards and HAS or FSA funds.

17. Michael Z. Jody, L.P., M.A

Harold McMahon Medical Center

532 Montauk Highway

Amagansett, NY 11930

Contact: Michael Z. Jody

Telephone # & text: (917)825-8565

Email: [TherapyCounseling@yahoo.com](mailto:TherapyCounseling@yahoo.com)

Website: <http://www.michaelzjody.com>

1 Irving Place

New York, NY 10003

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services. *The therapist is Michael Z. Jody, L.P., M.A. Due to COVID–19 tele-psychiatric therapy is offered. Individual and couples therapy can be offered via telephone or video using platforms such as Skype, FaceTime & Zoom. Sessions are 45-minutes for individual therapy and 55-minutes for couple’s therapy. Longer sessions are available upon request.*

**Services specialized in treatment for:** Anxiety, depression, sexual issues, relationship problems, work and career concerns, stress and anger management, creative issues, grief, bereavement loss, personal and emotional growth, and development, etc.

**Hours of Operation:** By appointment only however, Monday-Saturdays, 9:00am-6:00pm. The office is closed on Sundays.

**Scheduling an Appointment:** The patient can call or text (917)825-8565. Another option is for the patient to fill out an appointment request form online located at: <https://michaelzjody.com/contact/>.

**Insurance Providers:** The therapist currently ONLY accepts Cigna and Aetna. The therapist is happy to work with other insurance carriers and is willing to adjust his fee, on a case-by-case basis. *The patient can also pay privately by credit card (with a 3% fee) or through the Venmo app.*

\*\*\* *Cancellation policy: Cancellations MUST be at least three days (72 hours) in advance, and by text or telephone otherwise the patient will be charged.* \*\*\*

18. Claire Weinberg, LCSW  
199 North Wellwood Avenue  
Suite #4  
Lindenhurst NY 11757  
Telephone # (516)770-4870

*\*\*\* Due to the pandemic, the facility is offering Telehealth services to patients until further notice. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** Individual, Couples, Family Counseling, and Psychotherapy.

**Services specialized in treatment for:** Patients that suffer from panic attacks, phobias, obsessive compulsive disorder, social anxiety disorder, general anxiety disorder, posttraumatic stress disorder, etc.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm.

**Scheduling an Appointment:** The patient can call the office at (516)770-4870.

**Insurance Providers:** Accepts most major insurance plans including Empire MediBlue PPO plan.

19. Solutions Through Counseling  
609 NY – 109  
Suite #1b-1  
West Babylon, NY 11704  
Telephone # (631)776-7470

175 West 79<sup>th</sup> Street  
Suite #1A  
New York, NY 10024

*\*\*\* Due to the pandemic, the facility is offering Telehealth services to patients until further notice. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** Individual, Couples, Family Counseling, and Psychotherapy.

**Services specialized in treatment for:** Patients that suffer from Anxiety, depression, grieving, Christian counseling, stress coping, family issues, relationships, and marriage/couples counseling.

**Hours of Operation:** Mondays-Fridays from 11:00am-10:00pm & Saturdays from 12:00pm-5:00pm.





**Scheduling an Appointment:** The patient can call the office at (631)776-7470 to schedule an appointment with a therapist.

**Insurance Providers:** Medicare, Cigna, Emblem, Empire MediBlue PPO plan, GHI, NYSHIP, Value Options, Beacon Health, etc.

20. Karine Mason Counseling P.C.  
336 32<sup>nd</sup> Street  
Lindenhurst, NY 11757  
Telephone # (631)226-0248

*Resource updated as of 3/1/23*

19 Rainbow Lane  
Amityville, NY 11701

21 West Second Street  
Riverhead, NY 11901

*\*\*\* Due to the pandemic, the facility is offering Telehealth services to patients until further notice. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** Individual, Couples, Family Counseling, and Psychotherapy. Support Groups are also provided. Those groups consists of DBT, codependency, anger management for children and parents and power of habit for recovery.

**Services specialized in treatment for:** Patients that suffer from Anxiety, depression, Bipolar Disorder, Panic Disorder, Post Traumatic Stress Disorder, Trauma, Developmental Disabilities, Dual Diagnosis, Eating Disorders, gambling and alcohol and substance abuse.

**Hours of Operation:** Mondays-Sundays from 8:00am-10:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The patient can call the office at (631)226-0248 to schedule an appointment with a therapist.

**Insurance Providers:** Medicare, Cigna, Emblem, Empire MediBlue PPO plan, GHI, NYSHIP, Value Options, Beacon Health, Managed Medicaid, Healthfirst, etc.

21. TERRAP Anxiety Treatment

755 Park Avenue  
Suite 140  
Huntington, NY 11743  
Contact: Kathy  
Telephone # (631)549-8867  
Fax # (631)423-8846  
Urgent Matters # (516)768-1111

2500 Nesconset Highway  
Suite #D  
Stonybrook, NY 11790

1130 N. Broadway  
Suite #D  
Massapequa, NY 11758

220 Fort Salonga Road  
Northport, NY 11768

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy nor psychiatry services. *The therapist's name is Arthur Hardy, MD.*

*\*\*\* Due to the pandemic, the facility is offering Telehealth services to patients until further notice. \*\*\**

**Services specialized in treatment for:** Patients that suffer from panic attacks, phobias, obsessive compulsive disorder, social anxiety disorder, general anxiety disorder, posttraumatic stress disorder, etc.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient can call the office at (631)549-8867 or they can fill out a contact form to request an appointment online at the following site:

<https://anxietyandpanic.com/>.

**Insurance Providers:** TERRAP Anxiety Treatment does NOT accept insurance, but the therapist does accept out-of-network benefits. The patient can also privately pay for services. The cost of private pay is \$150 per session. If the patient meets with the Clinical Director for therapy, it costs between \$225-\$300 per session.

22. South Shore Mental Health Counseling Services, P.C.  
200 Carleton Avenue  
Suite # 5  
East Islip, NY 11730  
Telephone # (631)579-3503  
Fax # (631)446-1136

*\*\*\* Due to the pandemic, the facility is offering Telehealth services to patients until further notice. As of 2/1/21 the facility has moved the new address is listed above. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** The facility provides individual, couples, and family counseling but they do not provide psychiatric services.

**Services specialized in treatment for:** Patients that suffer from depression, anxiety, post – traumatic stress disorder, substance abuse disorders, personality disorders, autism spectrum disorders, attention deficits, behavior problems, relationship issues, etc.

**Hours of Operation:** Mondays-Sundays from 9:00am-9:00pm but by appointment only.

**Scheduling an Appointment:** The patient can either call the office at (631)579-3503 or fill out a contact form to request an appointment online at: <https://www.southshoremhc.com/>.

**Insurance Providers:** Most major insurance plans are accepted including Blue Cross Blue Shield, Beacon Option, Magnacare, Cigna, etc. The facility also offers private pay rates. Please note: Rates and plan participation vary by clinician. Please contact the office to request the rates for private pay per session.

23. Sunrise Counseling Center  
107 W. Main Street  
East Islip, NY 11730  
Telephone # (631)666-1615

51 John Street  
Babylon, NY 11702

24 Bayshore Road  
Bay Shore, NY 11706

2157 Union Blvd  
Bay Shore, NY 11706

*\*\*\* As of 2/1/21, Sunrise Counseling Center is only providing Telehealth services. There are currently no appointments being held in any of the offices until further notice. \*\*\**

**Services Provided for psychotherapy services ONLY:** Individual, Couples, Family Counseling, and Psychotherapy.

**Services Specialized in Treatment for:** All Diagnoses to treat an individual experiencing mental health issues.

**Hours of Operation:** Mondays-Sundays from 9:00am-9:00pm.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment or request a free phone consultation.

**Insurance Providers:** Accepts most major insurances plans.

24. Jennifer Ufko, LCSW-R  
Smithtown Therapy  
22 Lawrence Avenue  
Suite #300  
Smithtown, NY 11787  
Telephone # (631)374-5815  
Fax # (631)360-3752  
Email: [Jenniferufkolcsw@yahoo.com](mailto:Jenniferufkolcsw@yahoo.com)

*\*\*\* Due to the pandemic, the therapist is currently ONLY providing Telehealth services until further notice. \*\*\**

**Service Provided For psychotherapy ONLY:** Individual counseling, couples/marriage therapy, child therapy, family therapy, eating disorders/Body Dysmorphia, grief, anxiety, depression, interventions, groups, geriatrics, addiction, nutrition/dietetic counseling & telehealth services.

**Services specialized in treatment for:** Patients that are struggling with anxiety, depression or any other mental health issue that needs to be addressed. The psychotherapist will help the patient recognize underlying problems fully realize their strengths to adjust certain behaviors and thoughts to see things different and healthier way.

**Scheduling an Appointment:** The patient will need to call the office at (631)374-5815 to schedule an appointment with the therapist.

**Insurance Providers:** 1199, AmeriGroup, Aetna, Anthem, Beacon, Blue Cross Blue Shield, Cigna, Emblem Health, Empire Blue Cross, Fidelis, GHI, Healthfirst, HIP, LifeSynch, Magnacare, Medicare, Multiplan, Pomco, Tricare, ValueOptions and WellCare. The therapist also accepts private pay as well as a sliding scale. Jennifer charges \$100 per 45-minute session. She accepts cash or check for payment.

**Hours of Operation:** Mondays-Fridays from 8:00am-9:00pm, Saturdays from 9:00am-12:00pm and Sundays from 12:00pm-7:00pm. Please note: Hours vary based on availability and the therapist schedule.

25. Dr. Laura Van Schaick–Harman Online and Office Based CBT *Revised as of 3/30/22*  
450 Waverly Avenue  
Building #4, Suite #11  
Patchogue, NY 11772  
Telephone # (631) 484-9679  
Fax # (888) 972-4072  
Email: [DrLauraVSH@meaningfulpsychservices.com](mailto:DrLauraVSH@meaningfulpsychservices.com)

\*\*\*\* As of 3/30/22, Laura strictly provides psychotherapy and no longer offers psychiatry. \*\*\*\*

**Services Provided For Psychotherapy ONLY:** Anxiety Disorder (Panic Attacks, Panic Disorder, Social Phobia), Obsessive Compulsive Disorder, Separation Anxiety Disorder, Parenting Concerns, etc. Dr. Laura Van Schaick – Harman provides interventions like Cognitive Behavior Therapy (CBT), Exposure and Response Prevention (ERP), Mindfulness Based Stress Reduction (MBSR), Comprehensive Behavior Intervention for Tics (CBIT) and Positive Psychology techniques.

**Services specialized in treatment for:** The therapists specialize in online therapy, so patients can receive counseling in the comfort of their own home. Therapy is through an app called Doxy.me. The application is HIPAA compliant. Patients can either download the application or access it from their web browser on their computer, tablet, or phone. Dr. Lauren Van Schaick-Harman services toddlers (0-6 years old), Children (6-10 years old), Preteens/Tweens (11-13 years old), Adolescents/Teenagers (14-19 years old) & Adults.

**Scheduling an Appointment:** By appointment only. Dr. Laura Van Schaick–Harman will provide a free brief consultation via telephone to discuss the patient’s reason for seeking services and address any concerns the patient may have. The consultation is about 5-10 minutes long. *Fees will apply once the patient agrees to therapy.*

**Insurance Providers:** The Provider does NOT accept insurance; she is out-of-network and can assist with submitting for reimbursement. Rates range: \$150 per 45-minute office session, \$150 per 45 minutes phone/video session, \$75 per 20-minute phone/video session. Payments can be made by cash, check or credit card for office sessions and credit card for phone/video sessions.

**Hours of Operation:** Virtual office hours are Mondays-Wednesdays and are based on appointments. The Patchogue office is open on Tuesdays and Wednesdays from 10:00am-8:00pm.

26. New York Cognitive Therapy and Wellness Center  
400 Montauk Highway  
Suite #112  
West Islip, NY 11795  
Telephone # (631)321-7107

165 North Village  
Suite # 216  
Rockville Centre, NY 11570  
Telephone # (516)665-9669

*\*\*\* As of 3/30/22, New York Cognitive Therapy and Wellness Center strictly provides talk therapy and no longer offers psychiatry services. \*\*\**

**Services Provided for strictly for psychotherapy services ONLY:** Individual Therapy, Couples and Family Therapy, Group Therapy. Psychological Assessments, Special Programs, DBT (Dialectical Behavior Therapy) Skills Groups and Cognitive Therapy for Anxiety. New York Cognitive Therapy and Wellness Center provides services to Children, Adolescents and Adults. New York Cognitive Therapy and Wellness Center are staffed with psychologists.

**Services specialized in treatment for:** Anxiety, Depression, Post Traumatic Stress Disorder (PTSD), obsessive compulsive disorder (OCD), Bipolar Disorder, ADHD (attention deficit hyperactivity disorder), Personality Disorders, Anger Management, etc.

**Hours of Operation for both Locations:** Mondays-Fridays from 8:00am-8:00pm & Saturdays from 8:00am-2:00pm. The office is closed on Sundays. *Please note: Hour's change based on the therapist's schedule. Patients are advised to call the office in advance to make an appointment.*

**Scheduling an Appointment:** The time frame for an appointment is based on the authorization of the patient's insurance.

**Insurance Providers:** Empire Blue Cross Blue Shield, Aetna, Cigna, United Health Care, etc.



27. Therapy Center of New York

18<sup>th</sup> East 48<sup>th</sup> Street @Madison Avenue  
Suite #1301-B  
New York, NY 10017  
Telephone # (212)725-0192  
Fax # (914)285-5723  
Near Grand Central Station

358 Fifth Avenue (Entrance on 34<sup>th</sup> Street side)  
Suite #1003  
New York, NY 10001  
Near Midtown South

2 Park Avenue  
20<sup>th</sup> Floor  
New York, NY 10016  
Murray Hill

30 Broad Street  
14<sup>th</sup> Floor  
Suite #1457  
New York, NY 10004  
Near Wall Street

34 South Broadway  
Suite #711  
White Plains, NY 10601  
Telephone # (914)946-4700  
Westchester County

\*\*\* Due to the pandemic, the therapist is currently only providing Telehealth services until further notice. \*\*\*



**Service Provided For psychotherapy ONLY:** Therapy Center of New York offers a range of diagnostic, therapy and counseling services for adults, families, and children. The counseling center currently provides Individual, Group, Family and Couples therapy. Psychiatrist, Psychologists and Social Workers are available to provide a wide range of services to the patient's needs.

**Services specialized in treatment for:** Patients that are struggling with stress, anxiety and depression, life & career transitions, LGBT issues, gender transitioning, trauma therapy, grief counseling, panic attack therapy, cyber bullying, and sexting, handling difficult people, eating disorders, birth trauma & pregnancy issues, autism spectrum disorder (ASD), etc.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist, but the patient will need to verify what office is closer to their residence that they plan to visit. The patient is advised to call (212)725-0192 for the offices that are located in Manhattan. That goes for Midtown, Murray Hill, and Wall Street. For any patients that are interested to visiting the Westchester office will need to call (914)946-4700 for an appointment.

**Insurance Providers:** Aetna, Blue Cross Blue Shield, Cigna, Empire Plan, Oxford Health Plans and United Behavioral Health. Therapy Center of New York will also accommodate most out of network insurance plans. Please contact the office to inquire more information about out of network benefits.

**Hours of Operation for both locations:** Mondays-Fridays from 9:00am-5:00pm. Appointment hours are Mondays-Saturdays from 7:00am-9:00pm.

28. Manhattan Mental Health Counseling, LLC.  
109 W. 38<sup>th</sup> Street  
Suite #303  
New York, NY 10018  
Telephone # (212)960-8626

216 E. 45<sup>th</sup> Street  
Suite #101  
New York, NY 10017

39<sup>th</sup> W. 14<sup>th</sup> Street  
Suite #301  
New York, NY 10011

*\*\*\* Due to the pandemic, the therapist is currently only providing Telehealth services until further notice. \*\*\**

**Service Provided For psychotherapy ONLY:** Manhattan Mental Health Counseling is dedicated to work with adults, adolescents, couples, and families. The therapists help individuals develop insight and acquire tools that will enable them to feel more fulfilled and will provide them a healthier lifestyle.

**Services specialized in treatment for:** Patients that are struggling with anxiety, depression, eating disorders, women psychological issues, postnatal depression, addictions, anger management, phobias, grief, life transitions, family issues, marriage counseling, career counseling and group counseling.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist at (212)960-8626 (that goes for all locations) or the patient can fill out the contact form on Manhattan Mental health Counseling website at:  
<https://manhattanmentalhealthcounseling.com/>

**Insurance Providers:** Aetna, Cigna and Healthfirst. Manhattan Mental Health Counseling requests for the patient to check with their insurance carrier to inquire if they have out of network benefits. Psychotherapy may also be covered by pre – tax Flexible Spending Accounts (FSA's) OD Health Spending Accounts (HSA's). Manhattan Mental Health Counseling also offers affordable self – pay options as well. Give the practice a call to learn more about their affordable self – pay options.

**Hours of Operation for both locations:** Mondays-Thursdays from 10:00am-5:00pm and Fridays from 10:00am-5:00pm.

29. Talking Works

Lana Galton Psychological Services

225 Broadway

34<sup>th</sup> Floor

New York, NY 10007

Telephone # (347)391-4205

Website: <https://talkingworkscounseling.com/>

Email: [admin@talkingworkscounseling.com](mailto:admin@talkingworkscounseling.com)

7819 18<sup>th</sup> Avenue

Suite #C

Brooklyn, NY 11214

2502 86<sup>th</sup> Street

3<sup>rd</sup> Floor

Brooklyn, NY 11214

3044 Coney Island Avenue

2<sup>nd</sup> Floor

Brooklyn, NY 11235

112 -47 Queens Blvd

Suite #104

Forest Hills, NY 11375

*\*\*\* The therapist was offering in – person services but due to the pandemic, the therapists are currently offering Teletherapy until further notice. \*\*\**



**Service Provided For psychotherapy ONLY:** Talking Works Lana Galton Psychological Services provide individual, child & family, couples & marriage, and group psychotherapy to patients. The practice is available in multiple locations in Brooklyn, Manhattan, and Queens to service patients around the tri – state area. The therapist offers phone and online sessions.

**Services specialized in treatment for:** Patients that are struggling with common disorders such as anxiety disorder, ADHD/ADD, Bipolar Disorder, Depression, Trauma, Grief, OCD, Phobias and Eating Disorders.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist at (347)391-4205 (that goes for all locations) or the patient can also fill out the contact form on Talking Works website at: <https://talkingworkscounseling.com/contact-us/>

**Insurance Providers:** Aetna, Anthem Blue Cross Blue Shield, Cigna, Empire Blue Cross Blue Shield, Fidelis, GHI (out of network), Healthfirst, Tricare and United Healthcare Commercial Plans. Talking Works Lana Galton Psychological Services provide low rate for those that do not have insurance. It is advised to please call the office and inquire more information about their low rates their offering to current and prospective patients.

**Hours of Operation for all locations:** Mondays-Fridays from 9:00am-8:00pm, Saturdays and Sundays from 9:00am-5:00pm.

**30. Rothschild Counseling**

*Resource added as of 12/30/21*

2579 East 17<sup>th</sup> Street

Suite #28

2<sup>nd</sup> Floor

Between Avenue Y and Z

New York, NY 11235

Telephone # (347)708-0777

Text # (929)379-7380

Fax # (347)464-0013

Email: [info@therapyny.net](mailto:info@therapyny.net)

Website: <http://www.rothschildcounseling.com/>

\*\*\* Rothschild Counseling provides Telehealth. \*\*\*

**Service Provided For psychotherapy ONLY:** Rothchild Counseling provides individual, couples, families, and adolescents psychotherapy to patients. The therapists use various types of modalities including Client Centered Counseling Approach (Rogerian), Cognitive Behavioral Therapy (CBT), Solution Focused Therapy (SFT), Eye Movement Desensitization and Processing (EMDR), etc. The therapist offers phone and online sessions.

**Services specialized in treatment for:** Patients that are struggling with Anxiety/Panic Attacks, depression, relationship issues, self-improvement/self – esteem, anger management, identify issues, stress management, Post Traumatic Stress Disorder (PTSD), Marriage/Divorce, etc.



**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist at (347)708-0777 or text at (929)379-7380.

**Insurance Providers:** 1199, Aetna, Affinity, Blue Cross Blue Shield (Anthem/Empire), Cigna, Fidelis, GHI (out of network, most plans accepted after \$200 deductible), HealthFirst, Humana, MagnaCare, Metroplus, Molina, Optum, Oscar, Oxford, Tricare, United Health Care, WellPoint, etc. Out of pocket fees start at \$150 per session. Rothschild Counseling also offers sliding scale fees that can be arranged for patients experiencing financial difficulties.

**Hours of Operation:** Mondays-Thursdays from 9:00am-7:00pm. The office is closed Fridays & Saturdays. The office is open on Sundays from 9:00am-1:00pm.

31. Vibrant Women Wellness Counseling

*Resource added as of 12/30/21*

75-80 184<sup>th</sup> Street

Flushing, NY 11366

Telephone # (718)844-5390

Email: [vibrantwomenwellness@gmail.com](mailto:vibrantwomenwellness@gmail.com)

Website: <https://www.vibrantwoman.me/>

\*\*\*Vibrant Women Wellness Counseling provides Telehealth. \*\*\*

**Service Provided For psychotherapy ONLY:** Vibrant Women Wellness Counseling provides individual, group therapy, couples & family therapy. The therapists focus on females that are 13+ years old.

**Services specialized in treatment for:** Psychotherapy, educational workshops to the public and organizations as well as social connection opportunities of poetry and creative expression nights as well as game nights.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist at (718)844-5390 or the patient can fill out a request appointment form online at: <https://www.vibrantwoman.me/get-in-touch/>.

**Insurance Providers:** Emblem PPO Plans, HIP, Aetna, United Health Care, Oxford, Oscar, and Cigna. Vibrant Women Wellness also provides a sliding scale for those that qualify.

**Hours of Operation:** Mondays-Fridays from 9:00am-6:00pm. The office is closed Saturdays & Sundays.

32. CHE Behavioral Health Services

Resource added as of 2/25/22

Telephone #1-800-275-3243

Email: [info@cheservices.com](mailto:info@cheservices.com)

Website: <https://www.cheservices.com/>

\*\*\* CHE Behavioral Health Services only provides psychotherapy via Telehealth Services to patients. \*\*\*

**Service Provided For psychotherapy ONLY:** CHE Behavioral Health Services is a multidisciplinary specialty clinical group of licensed mental health clinicians who provide psychology and psychiatry services for adults 18 and older through outpatient telehealth therapy, clinic-based services, and inpatient services through skilled nursing and assisted living facilities. Psychologists do not prescribe medications; however, their psychiatrists and nurse practitioners are able to prescribe medication in the appropriate patient care setting.

**Services specialized in treatment for:** Anxiety, depression, grief, stress, anger, self-esteem, couples therapy, relationship difficulties, trauma, oppression & discrimination, etc.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist at 1-800-275-3243 or online at: <https://www.cheservices.com/providers>. Psychotherapy is 45 minutes per session. If the patient cannot make his/her appointment, they can reschedule or cancel it prior to 24 hours before the appointment. If the patient does not cancel the appointment prior to the required 24-hour period, they may be charged a \$65 cancellation/no show fee.

**Insurance Providers:** Accepts most major insurances plans.

**Hours of Operation:** By appointment only.



### 33. Arise Wellness Psychology

Dr. Sadia Chaudhury, licensed psychologist

Contact: Sara Rahman

55 Willis Avenue

Mineola, NY 11501

Telephone # (516)788-6469

Email: [intake@arisewellnesspsychology.com](mailto:intake@arisewellnesspsychology.com)

Website: <https://www.drsadia.com/>

19W. 34<sup>th</sup> Street, Penthouse

New York, NY 10001

**Service Provided For psychotherapy ONLY:** Arise Wellness is a practice of all female therapists. They provide Individual, couples and family therapy that are offered for adults and children. Dr. Chaudhury is bilingual and is able to conduct therapy in English and Bengali however, her schedule is limited at this time. There are other psychotherapists within the practice that can assist the patient if they do not require a therapist that needs to speak Bengali.

**Services specialized in treatment for:** The therapists specialize in evidence-based treatments including Cognitive-Behavioral Therapy (CBT) as well as Dialectical Behavior Therapy (DBT). The therapists specialize in areas such as anxiety, depression, life transitions, relationships, grief, and loss as well as divorce and parenting.

**Scheduling an Appointment:** The patient is advised to contact the office to schedule an appointment. The patient can be seen in-person, Telehealth and/or hybrid model. The hybrid model offers the patient to be seen in-person and also through Telehealth if they choose that option.

**Insurance Providers:** Arise Wellness is in-network with UHC/United Healthcare Oxford plans, Aetna, BCBS. They are NOT in-network with any of the Medicaid/Medicare plans or plans bought through NY State Marketplace. If the patient is interested to pay privately, the cost to see psychotherapists are \$125 per session. Each session is 45 minutes. If the patient is requesting to speak with their psychologist, Dr. Chaudhury she is \$200 per session.

**Hours of Operation:** By appointment only.

34. Comprehensive Counseling, LCSW

*Resource added as of 3/10/22*

800 Woodbury Road

Suite #1

Woodbury, NY 11797

Telephone # (516)594-0247

Website: <https://www.comprehensivecounselinglcsw.com/>

1234 West Broadway

Hewlett, NY, 11557

165 North Village Avenue

Suite #100

Rockville Centre, NY 11570

36-35 Bell Blvd

Suite #203

Bayside, NY 11361

Telephone # (718)830-0246

37-26 76<sup>th</sup> Street

Jackson Heights, NY 11372

98-120 Queens Blvd

Rego Park, NY 11374

57 West 57<sup>th</sup> Street

3<sup>rd</sup> Floor

New York, NY 10019

Midtown East

845 3<sup>rd</sup> Avenue

6<sup>th</sup> Floor

New York, NY 10022

3555 Bainbridge Avenue

Bronx, NY 10467

109 South 5<sup>th</sup> Street

Brooklyn, NY 11249



*\*\*\*Due to the pandemic counseling remains virtual via Telehealth via video call or telephone until further notice. The counseling center plans to offer services in-person at some point. \*\*\**

**Service Provided For psychotherapy ONLY:** Comprehensive Counseling provides primarily counseling, but psychiatry is also offered. However, there is only one psychiatrist on staff and the psychiatrist does not accept insurance.

**Services specialized in treatment for:** Adult psychotherapy, child psychotherapy, depression, anxiety, marriage & family therapy, etc.

**Psychiatry Services for private pay:** Comprehensive Counseling LCSW is happy to connect the patient to a psychiatrist if needed. Psychiatry Services are private pay only. The cost of the initial consultation is \$350, follow up visits are \$100 per session. Due to high demand of psychiatry, the patient is advised to book an appointment with the psychiatrist in advance.

**Scheduling an Appointment:** The patient is advised to contact the office that is located the closest to their home to schedule an appointment for talk therapy or the patient can schedule an appointment online at <https://www.zocdoc.com/wl/comprehensivecounseling/search>. The patient will need to fill out an Online Referral Form on their website located at <https://www.comprehensivecounselinglcsw.com/referrals/>.

**Insurance Providers:** Accepts most major insurance plans. Those insurances include 1199, AARP, Aetna, Anthem, BCBS Empire, Beacon, Cigna, Empire Healthplus, Fidelis, GHI, HealthFirst/HealthFirst Medicaid plans, Medicare, MetroPlus, Optum, Oscar, Oxford, UBH, UHC and Wellcare. Out of network benefits are also accepted as well.

**Hours of Operation:** Mondays-Thursdays from 9:00am-8:00pm, Fridays from 9:00am-6:00pm and Saturdays from 9:00am-3:00pm (book in advance).

35. Isabelle Reyhanian Hakim, LCSW-R, EMPA  
55 Northern Blvd  
Great Neck, NY 11021

*Resource added as of 3/10/22*

Bayside, NY 11364  
Telephone # (516)265-7107

**Service Provided For psychotherapy ONLY:** Isabelle Reyhanian Hakim provides primarily counseling.

**Services specialized in treatment for:** Anxiety & depression, divorce & marital problems, family conflicts, grief and bereavement, parenting, self-esteem/social skills, sexuality, stress/coping skills, Trauma/PTSD, personal growth, personality issues and physical abuse.

**Scheduling an Appointment:** The patient is advised to call the therapist at (516)265-7101. The therapist provides services in-person as well as Telehealth.

**Insurance Providers:** Aetna, Cigna and Evernorth as well as Medicare.

**Hours of Operation:** Mondays-Fridays from 8:00am-5:00pm. The office is closed on Saturday & Sunday.

36. Find Peace Counseling

*Resource added as of 4/1/22*

Contact: Bettina Yanez, LCSW  
25 Melville Road  
Suite #53  
Melville, NY 11747

7901 4<sup>th</sup> Street N.  
Suite #4000  
St. Petersburg, FL 33702  
Telephone # (631)204-3434  
Email: [hello@findpeacecounseling.com](mailto:hello@findpeacecounseling.com)  
Website: <http://www.findpeacecounseling.com/>

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services.

**Services specialized in treatment for:** Anxiety, Attention Deficit Hyperactive (ADHD), Bipolar Disorder, Depression, Gender Dysphoria, Grief, Obsessive-Compulsive Disorder (OCD), panic disorder and Social Anxiety.

**Hours of Operation for both locations:** Mondays-Fridays from 9:00am-9:00pm. The office is closed on Saturdays & Sundays.

**Scheduling an Appointment:** The patient is advised to call the office to schedule an appointment with a therapist or the patient can also email the therapist on their website at <http://www.findpeacecounseling.com/>.

**Insurance Providers:** Behavioral Health Systems (BHS), Beacon Health Options, Cigna and Evernorth, EmblemHealth, First Health, Optum, United Healthcare (UHC)/UBH, etc.

37. Yentl Polanco, LCSW-R, CASAC

*Resource added as of 4/1/22*

Telephone # (516)473-0389

Website: <https://yentlpolanco.com/>

**Services Provided for strictly for psychotherapy services ONLY:** The facility does NOT provide group therapy or psychiatry services. The therapist is Yentl Polanco, LCSW-R, CASAC.

**Services specialized in treatment for:** Depression, anxiety, and addiction.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to call the office to schedule an appointment with a therapist.

**Insurance Providers:** Accepts most major insurance plans. Those insurance plans include Aetna, Affinity Health Options, Beacon Health Options, Empire Blue Cross Blue Shield, Cigna and Evernorth, ComPsych, EmblemHealth, Fidelis, etc.

38. Ash Psychological Services, LLC

*Resource added as of 2/27/23*

44 Elm Street

Suite #8

Telephone # (631)327-0115

Website: <https://www.calmparenting.com/>

*\*\*\*As of 2/16/23, Ash Psychological Services, LLC has limited availability to assist new patients at this time. \*\*\**

**Services Provided for:** Coaching and Therapy for Adults, Families and Couples.

**Services specialized in treatment for:** Therapy, Adoption & Infertility Services.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to call the office to schedule an appointment at (631)327-0115 or complete an inquiry on their website at <https://www.calmparenting.com/contact-us#section01>.

**Insurance Providers:** Accepts most major insurance plans including Medicare and Northwell Health employee's insurance programs.

39. Calm Seas Psychotherapy, LCSW, PLLC  
Telephone # (888)975-CALM  
After hours telephone # 1-800-267-5463  
Email: [info@calmseapsyc.com](mailto:info@calmseapsyc.com)  
Website: <https://calmseapsyc.com/>

*Resource added as of 2/28/23*

*\*\*\* The therapist offers therapy in-person and Telehealth as well. \*\*\**

**Service Provided For psychotherapy ONLY:** The therapist offers individual therapy, group therapy, addiction therapy, couples therapy, forensic evaluations, and somatic therapies.

**Services specialized in treatment for:** PTSD, military, law enforcement, power and control concerns related in training.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment with the therapist at (888)975-CALM. The patient can also fill out an inquiry form online at <https://www.valant.io/prospectivepatient/CalmSeas>.

**Insurance Providers:** Aetna, AARP, 1199, EmblemHealth Medicaid, Fidelis, GHI Beacon, Healthfirst, Medicaid NYS, Medicare Part B of NY, NYSHIP UHC/Beacon Health Options, Optum Behavioral Health, Oxford, Tricare East, UHC Community Plan. All major credit cards and debit cards are accepted for payment. They also accept Venmo as well.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm. The office is closed on Saturdays & Sundays. Hours vary depending on the therapist's schedule.

**Cancellation Hours:** If the patient does not show up to their scheduled therapy appointment and they have not notified the therapist at least 24 hours in advance, the patient will be required to pay the full cost of the session. The patient will receive a reminder via text or call prior to their appointment.

## **Health Coaches & Psychotherapy Services:**

*Resource added as of 10/21/21*

1. Care Counseling

Contact: Carry Schwechter, LCSW

520 Franklin Avenue

Suite #L18-B

Garden City, NY 11530

Telephone # (516) 888-6122

Email: [CarySTherapy@gmail.com](mailto:CarySTherapy@gmail.com)

Website: <https://carecounseling.me/>

**Services Provided For:** Trauma, relationship issues, depression & anxiety.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to contact Carry directly at (516) 888-6122 to schedule an appointment with him for therapy. The office offers in – person and Telehealth services.

**Insurance Providers:** Care Counseling accepts United Healthcare, Oxford Health Plans, Aetna, UMR, Oscar, UHC Student Resources and Harvard Pilgrim.

2. True Inspiration Counseling

Contact: Deborah Rowlinson, Office Manager

1777 Veterans Memorial Highway

Islandia, NY 11749

Telephone # (631)630-6439

Website: <http://www.trueinspirationcounseling.com/>

**Services Provided For:** Individual, couples & group therapy for individuals going through trauma, depression & anxiety, eating disorders, addiction etc.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to contact the office to schedule an appointment. The office offers in – person and Telehealth services.

**Insurance Providers:** True Inspiration Counseling accepts Aetna, BCBS, Cigna, Emblem/GHI – out of network benefits, Oxford & United Healthcare.



3. South Shore Counseling Center & Meditation Center

Contact: Lynn

475 E. Main Street

Suite #100

Patchogue, NY 11772

Telephone # (631)286-8282

Email: [contact@sscounseling.net](mailto:contact@sscounseling.net)

Website: <https://www.southshorecounselingcenter.net/>

**Services Provided For:** Trauma, anger management, anxiety (obsessive compulsive) marital or partner relationship and communication conflicts, eating disorders (anorexia or bulimia), school interventions, self-esteem, and self-image issues, etc.

**Hours of Operation:** Mondays-Fridays from 9:00am-8:00pm, Saturdays from 8:00am-5:00pm and Sundays from 8:00am-6:00pm.

**Scheduling an Appointment:** The patient is advised to contact the office to schedule an appointment. The office offers in-person and Telehealth services.

**Insurance Providers:** South Shore Counseling Center & Meditation Center accepts most major insurances.

4. First Step Therapy & Wellness Group

28 E. Old Country Road

Hicksville, NY 11801

Telephone # (516)330-8422

Website: <https://firststeptherapygroup.com/>

**Services Provided For:** Trauma, ADHD, anger management, depression & anxiety, divorce, Domestic Violence, Drug & Alcohol Abuse, Eating Disorders, Grief, Infertility, Life Coach, Motivational Interviewing, Postpartum Depression, School issues (bullying), Sexual assault/rape, TBI, Veterans, etc.

**Hours of Operation:** By appointment only.

**Scheduling an Appointment:** The patient is advised to contact the office to schedule an appointment. The office offers in-person and Telehealth services.

**Insurance Providers:** First Step Therapy & Wellness Group accepts most major insurances.

## **Resources for LBGT+ Community:**

1. Long Island Crisis Center

2050 Bellmore Avenue

Bellmore, NY 11710

Telephone # (516)679-9000

Fax # (516)679-3610

Website: <https://longislandcrisiscenter.org/prideforyouth/>

628 Long Island Avenue

Deer Park, NY 11729

Telephone # (631)940-1964

24/7 Crisis Hotline # (516)679-1111

\*\*\* Due to the pandemic, PFY programs and services are offered remotely until further notice.

\*\*\*

**Services Provided for Nassau County:** Coffeehouse, community education, HIV Testing, Individual & Family Counseling, Project Thrive, etc.

**Services Provided for Suffolk County:** HIV Testing, Individual & Family Counseling, MPowerment LI Suffolk, etc. Services are provided for young people through age 45 that reside in Nassau County, Suffolk County, and tri-state area.

**Hours of Operation:** Open 24 hours x 7 days per week. The patient will need to call the office during business hours. The patient is advised to call the 24/7 Crisis Hotline if they need to speak with a counselor.

**Scheduling an Appointment:** The patient will need to call the telephone number listed above based on the county that they live in. The intake coordinator will assess the patient over the telephone and connect them to resources that are near their residence.

**Insurance Providers:** Long Island Crisis Center services are free!

2. LGBT Network

125 Kennedy Drive

Suite #100

Hauppauge, NY 11788

Telephone # (631)665-2300

Fax # (631)666-7874

Website: <https://lgbtnetwork.org/content/providing-help-support>

44 Union Street

Sag Harbor, NY 11963

Telephone # (631)899-4950

Fax # (631)665-7874

20 Crossways Park Drive North

Woodbury, NY 11797

Telephone # (516)323-0011

Fax # (516)750-4715

34 -12 36<sup>th</sup> Street

Astoria, NY 11106

Telephone # (718)514-2155

**Services Provided:** LGBT Network offers various programs to provide strength & becoming LGBT parent(s), education & training seminars dedicated to educators as well as families, virtual LGBT Center, etc. LGBT Network works alongside other organizations that provide resources dedicated to the LGBT community in Suffolk County, Nassau County, and the tri – state area.

**Hours of Operation:** Mondays-Thursdays from 9:00am-9:00pm and Fridays from 9:00am - 12:00am.

**Scheduling an Appointment:** The patient will need to call the office to speak with an intake coordinator. The intake coordinator will assess the patient over the telephone and connect them to resources that LGBT network provides. The patient can leave a message and a counselor will call the patient back within 24 to 48 hours.

**Insurance Providers:** Services are free!

3. The Transgender Resource Center (TRCLI)

405 Wading River Road

Manorville, NY 11949

Telephone # (631)306-4872

Email: [info@trcli.org](mailto:info@trcli.org)

Website: <https://trcli.org/>

*\*\*\* Due to the pandemic, The Transgender Resource Center programs and services are offered remotely until further notice. \*\*\**

**Services Provided:** Assistance with vital records, various support groups workshops & educational programs, access to TGNBNC doctors and healthcare, inclusivity training, housing assistance, community building events, etc. Resources are provided for all ages.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm.

**Scheduling an Appointment:** The patient will need to call the office to speak with an intake coordinator. The intake coordinator will assess the patient over the telephone and connect them to resources that the Transgender Resource Center provides. The center provides support and resources to the transgender, non – binary, and gender conforming communities and families.

**Insurance Providers:** Services are free!

4. CARECEN

Central American Refugee Center

91 N. Franklin Avenue

Suite #208

Hempstead, NY 11550

Telephone # (516)489-8330

Website: <https://www.carecenny.org/>

2000 Brentwood Road

2<sup>nd</sup> Floor (Segundo Piso)

Brentwood, NY 11717

Telephone # (631)273-8721

*\*\*\* Both locations are open, it is advised that the patient call the office to schedule an appointment with a coordinator, however, drop ins are welcome. \*\*\**

**Services Provided:** Legal services, community education, advocacy, etc.

**Hours of Operation:** Mondays-Fridays from 9:00am-5:00pm.

**Scheduling an Appointment:** The patient will need to call the office to speak with an intake coordinator. The intake coordinator will assess the patient over the telephone and connect them to resources that the Central American Refugee Center provides.

**Insurance Providers:** Services are free but legal services are at a low or no cost.

5. New York City Anti-Violence Project  
116 Nassau Street  
3<sup>rd</sup> Floor  
New York, NY 10038  
Telephone # (212)714-1141  
24-hour Bilingual Hotline # (212)714-1141  
Website: <https://avp.org/>

*\*\*\* Due to the pandemic, AVP programs and services are offered remotely until at least June 2021. \*\*\**

**Services Provided:** New York City Anti – Violence Project provides counseling, safety planning, and locating resources that includes medical care and take reports on any violence the patient experienced. The staff is bilingual; they speak English and Spanish.

**Hours of Operation:** Open 24 hours x 7 days per week.

**Scheduling an Appointment:** The patient will need to call the office to speak with an intake coordinator. The intake coordinator will assess the patient over the telephone and connect them to resources that New York City Anti – Violence Project provides.

**Insurance Providers:** Services are free!

6. The Center

The Lesbian, Gay, Bisexual & Transgender Community Center

208 W. 13<sup>th</sup> Street

New York, NY 10011

Telephone # (212)620-7310

Website: <https://gaycenter.org/>

*\*\*\* Due to the pandemic, The Center programs and services are offered remotely until at least June 20, 2021. \*\*\**

**Services Provided:** The Center provides advocacy, arts, entertainment, cultural events, health & wellness programs, recovery, parenthood, and family support services.

**Hours of Operation:** Mondays-Fridays from 9:00am-10:00pm.

**Scheduling an Appointment:** The patient will need to call the office to speak with an intake coordinator. The intake coordinator will assess the patient over the telephone and connect them to resources that the community center provides.

**Insurance Providers:** Services are free!



7. The Loft: LGBTQ+ Community Center  
252 Bryant Avenue  
White Plains, NY 10605  
Telephone # (914)948-2932 Ext. 13  
Fax # (914)682-7827  
Email: [info@loftgaycenter.org](mailto:info@loftgaycenter.org)  
Website: <https://www.loftgaycenter.org/>

*\*\*\*Due to the pandemic, The Loft: LGBT+ Community Center programs and services are offered remotely until further notice. \*\*\**

**Services Provided:** Support Groups (are currently virtual), social groups & activities, assistance & advocacy, health & wellness, education, etc.

**Hours of Operation:** Mondays-Fridays from 10:00am-7:00pm.

**Scheduling an Appointment:** The patient will need to call the office to speak with an Intake Coordinator. The Intake Coordinator will assess the patient over the telephone and connect them to resources that the community center provides.

**Insurance Providers:** Services are free!

8. Brooklyn Community Pride Center  
1360 Fulton Street  
Ground Floor  
Brooklyn, NY 11216  
Telephone # (347)889-7719  
Website: <https://lgbtbrooklyn.org/>

*\*\*\* Due to the pandemic, Brooklyn Community Center is providing services remotely as well as in – person however, the community center is offering in – person services on a limited appointment basis. \*\*\**

**Services Provided:** Health & Wellness, homelessness & housing, immigration, racial injustice, social isolation, workforce development, etc.

**Hours of Operation:** Mondays-Fridays from 12:00pm-5:00pm.

**Scheduling an Appointment:** The patient will need to call the office to speak with an intake coordinator. The intake coordinator will assess the patient over the telephone and connect them to resources that the community center provides. The patient will need to call the office to make an appointment in order to visit the office for services.

**Insurance Providers:** Services are free!

## **Providers for Patient Review Instrument (PRI) & Screen Assessment:**

The PRI & Screen Assessment is an assessment developed by New York State Department of Health that determines whether the patient can safely remain in the community or requires long-term care placement as well as Respite Care. PRI & Screen are valid for 90 days.

1. Long Island PRI Nurse

*Resource added as of 3/3/22*

Contact: Anne McCoy, RN

Telephone # (631)882-7734

Email: [LongIslandPRINurse@gmail.com](mailto:LongIslandPRINurse@gmail.com)

Website: <https://www.pricarelongisland.com/>

**Services Provided For:** PRI & Screen Assessment.

**Hours of Operation:** By appointment only.

**Service Area:** Nassau County & Suffolk County.

**Scheduling an Appointment:** The patient can call Anne or email her to request an appointment for the PRI & screen to be completed.

**Fee for Service:** Anne's fee is approximately \$225-\$250 based on the distance that she needs to travel to the patient's home in order to complete the assessment for the patient. Anne currently has availability to assist patients in need of placement.

**Assessment completed in-person or virtual:** In-person.

2. Horizon Healthcare Staffing  
20 Jerusalem Avenue  
3<sup>rd</sup> Floor  
Hicksville, NY 11801  
Telephone # (516)719-3888 PRI & Screen  
Fax # (516)358-2828  
Email: [info@hhstaff.com](mailto:info@hhstaff.com)

198 Route 9  
Suite #107  
Manalapan, New Jersey 07726  
Telephone # (732)817-0500  
Fax # (732)817-0555  
Email: [info@hhstaff.com](mailto:info@hhstaff.com)

Website: <https://www.hhstaff.com/home-care-services-new-york/pri-assessment>

**Services Provided For:** Horizon Healthcare Staffing is a staffing agency that provides Home Care Services as well as PRI & Screen Assessment that is completed by a Homecare Therapists RN.

**Hours of Operation:** By appointment only.

**Service Area:** The 5 boroughs which includes Queens, Bronx, Brooklyn, Staten Island and Manhattan as well as Westchester, Suffolk, and Nassau County.

**Scheduling an Appointment:** The patient is advised to contact the office, or they can complete an inquiry form online to schedule an appointment for PRI & Screen at:  
<https://www.hhstaff.com/contact-us-home-care>.

**Fee for Service:** The fee depends on the distance of the patient's home from Horizon Healthcare Staffing office.

**Assessment completed in-person or virtual:** In-person.

3. Pinnacle Senior Care Solutions

Telephone # (516)317-9737

Email: [info@pinnacleseniorcaresolutions.com](mailto:info@pinnacleseniorcaresolutions.com)

Website: <https://pinnacleseniorcaresolutions.com/service/pri-assessment-screen-ny/>

**Services Provided For:** Pinnacle Senior Care Solutions PRI & Screen Assessment that is completed by a New York State RN.

**Hours of Operation:** Monday-Friday from 9:00am-9:00pm.

**Service Area:** The 5 boroughs which includes Queens, Bronx, Brooklyn, Staten Island and Manhattan and Nassau County.

**Scheduling an Appointment:** The patient is advised to contact the office, or they can complete an inquiry form online to request an appointment for a PRI & Screen at:

<https://pinnacleseniorcaresolutions.com/request-a-pri-assessment/>.

**Fee for Service:** The fee depends on the distance of the patient's home from Horizon Healthcare Staffing office.

**Assessment in-person or virtual:** In-person.

4. Wendy Brofman, RN

Telephone # (631)757-6931

Email: [wnb9898@aol.com](mailto:wnb9898@aol.com)

**Services Provided For:** PRI & Screen Assessment. Wendy Brofman, RN is affiliated with Huntington Hills Center for Health & Rehabilitation.

**Hours of Operation:** By appointment only.

**Service Area:** Nassau County & Suffolk County.

**Scheduling an Appointment:** The patient is advised to contact Wendy by phone or email.

**Fee for Service:** The fee for the assessment is \$250.00. As per Wendy, the payment must be received before releases the assessment to the nursing home. Payment can be retrieved by Zelle at wendy Brofman at (631)757-6931, Venmo at Wendy Brofman or a check is accepted as well.

**Assessment completed in-person or virtual:** Virtual.

5. Elder Care Solutions of WNY, LLC

Contact: Roxanne Sorensen  
4255 Harlem Road  
Lower Level  
Amherst, NY 14226

69 Fruehauf Avenue  
Snyder, NY 14226  
Telephone # (716)823-1476  
Fax # (716)299-2800  
Email: [info@eldercarewny.com](mailto:info@eldercarewny.com)  
Website: <https://www.eldercarewny.com/>

**Services Provided For:** Care Management Company that provides PRI & Screen Assessment.

**Hours of Operation:** By appointment only.

**Service Area:** Upstate near the Buffalo area.

**Scheduling an Appointment:** The patient is advised to contact the office or email the vendor with their request.

**Fee for Service:** The fee for the assessment is \$150.00.

**Assessment completed in-person or virtual:** Virtual through Zoom or Face Time.

6. Priscreeing.com

Contact: Cindy Hoffman, RN  
Telephone # (518)410-6455  
Fax # (518)674-8354  
Website: <https://priscreeing.com/>

**Services Provided For:** PRI & Screen Assessment.

**Hours of Operation:** By appointment only.

**Service Area:** Upstate New York near Albany area. She does not travel to Long Island nor NYC.

**Scheduling an Appointment:** The patient is advised to contact Cindy Hoffman by phone, or the patient can complete an inquiry form online at <https://priscreeing.com/>

**Fee for Service:** The fee for the assessment is \$200.00 for NYS residents and \$250.00 for out of NYS residents.

**Assessment completed in-person or virtual:** Virtual through Zoom or Face Time.

*\*\*\* For additional resources for PRI & Screen Assessment please contact Public Health Nursing in your county. \*\*\*\**

- Eastern Suffolk County  
Contact: Kathleen Collins, Director Eastern Suffolk Public Health Nursing Supervisor  
Telephone # (631)853-3069  
Fax # (631)853-3063  
Email: [Kathleen.collins@suffolkcountyny.gov](mailto:Kathleen.collins@suffolkcountyny.gov)

Western Suffolk County  
Contact: Patricia Schecher, Western Suffolk Public Health Nursing Supervisor  
Telephone # (631)854-0310  
Fax # (631)854-0311  
Email: [Patricia.schecher@suffolkcountyy.gov](mailto:Patricia.schecher@suffolkcountyy.gov)  
Website: <https://www.suffolkcountyny.gov/Departments/Health-Services/Preventive-Medicine/Public-Health-Nursing>

- Nassau County Department of Health  
Telephone # (516)227-9500  
Fax # (516)227-9696

## **Grief Counseling:**

1. Passages Wellness & Counseling for Women  
348 Main Street  
East Setauket, NY 11733  
Contact for Intake Dept: Carrie Arias or Michelle Button, LCSW-R  
Telephone # (631)941-1200  
Email: [info@passageswomen.com](mailto:info@passageswomen.com)

671 Montauk Highway  
Bayport, NY 11705

**Services Provided For:** Individual, Couples, Maternal Wellness Counseling for Pregnancy, Postpartum Depression, Infertility and Perinatal Loss. The organization also provides counseling for Pregnancy, Postpartum Depression & Anxiety. Support Groups are also available for individuals experiencing Postpartum Depression, Pregnancy, Infertility, Grief & Loss, Separation and Divorce, etc.

**Online Counseling (brand new):** As of June 2020, the Passages Wellness & Counseling for Women offer private online counseling through a secure telehealth platform. The therapist is trained to use video sessions that offer the convenience of the patient's home or office. The therapist can work with anyone that lives in New York State and telehealth services are covered by most insurance plans. Passage Wellness & Counseling also provides individual, couple and group online counseling services.

- **Online Counseling Specialties:** Anxiety, Depression & Mood Disorders, Adjustment issues, child or parenting issues, Perinatal Mood & Anxiety Disorders, Pregnancy, Perinatal Bereavement, ADHD/ADD, Career or Life Transition, Bereavement or Loss, Divorce, Blended family issues, etc.
- **Online Support Groups:** Anxiety, Depression & Mood Disorders, Perinatal Mood & Anxiety Disorders, Pregnancy, Single Moms, Chronic Health issues, Healthcare Workers, etc.

**Hours of Operation:** Services are available Mondays – Saturdays from 8:00am–8:30pm. The office is closed on Sundays. Hours vary based on the therapist's schedule (there are 9 therapists within the practice, and they all have different schedules).

**Scheduling an Appointment for in person Counseling:** The patient will need to contact the Intake Department to speak with either Carrie Arias, Practice Manager & Intake Coordinator or Michelle Button, Founder & Clinical Operations to schedule an appointment with a therapist. The first appointment is an evaluation that will consist of 60 minutes per session and the second session is 45 minutes per session.





*\*\*\* If the patient is interested in the support groups, they need to register for the group by informing the Intake Coordinator or the therapists at Passage Wellness & Counseling for Women. The schedule for support groups varies based on the day, date, and time. \*\*\**

**Scheduling an Appointment for Online Counseling:** The patient will need to call the office at (631) 941-1200 or click on this link at: <https://passageswomen.com/appointment-request/> to request an appointment through the website.

**Insurance Providers:** Passages Wellness & Counseling for Women *only* accepts Empire Blue Cross Blue Shield. Passages Wellness & Counseling for Women do NOT accept other insurance plans however, out-of-network insurance benefits are available depending on the insurance plan the patients have.

2. Bridge Counseling & Bereavement Center  
269 East Main Street  
Suite # F2  
Smithtown, NY 11787  
Contact: Lisa Frances Raia  
Telephone # (631)360-6695

20 Montauk Highway  
Blue Point, NY 11715

**Services Provided For:** Bereavement, Transition & Crisis, Traumatic Loss & Dissociative Conditions, Adult Survivors of Childhood Abuse, Abandonment Grief, Relationship separation of Divorce, Depression & Anxiety. Bridge Counseling & Bereavement Center also provide Individual Psychotherapy, Family Therapy, Child & Adolescent Counseling, Couples Counseling, Support Groups and Medication Consultation.

**Hours of Operation:** Mondays-Fridays from 8:00am-9:00pm, Saturday & Sundays from 8:00am-12:00pm.

**Scheduling an Appointment:** By appointment only. The patient can contact Lisa Frances Raia's office (in both locations) to make a referral for Grief Counseling. The patient will receive a free consultation with a therapist and will have an opportunity to meet with two therapists and decide which they feel more comfortable with.

**Insurance Providers:** Empire Blue Cross Blue Shield, Beacon, United Health Care, Aetna, Cigna, etc.

3. Blue Point Professional Group \*\*\*As of 9/25/23 service is discontinued. \*\*\*  
20 Montauk Highway  
Blue Point, NY 11715  
Contact: Cory Montello, LCSW & Intake Coordinator  
Telephone # (631)363-8623  
Email: [bluepointprogrp@gmail.com](mailto:bluepointprogrp@gmail.com)

**Services Provided For:** Bereavement, Stress, Anxiety Disorders, Weight Management, Eating Disorders, Family Therapy, Divorce and Separation issues, etc. *There are 8 therapists in the group, two of which are Spanish speaking.* Blue Point Professional Group also provides Individual, Couple and Family Counseling. They have groups dedicated for patients experiencing divorce or separation from their spouse.

**Hours of Operation:** Open 6 days per week, hours vary based on appointments. Evening appointments are available but are upon request.

**Scheduling an Appointment:** By appointment only.

**Insurance Providers:** Blue Point Professional Group accepts MOST major insurances except Medicaid. \*\*\*Please note: All of the therapists accept different insurance plans. \*\*\*

## Outpatient Reproductive & Perinatal Psychiatry

1. Comprehensive Reproductive Mental Healthcare  
201 East 87<sup>th</sup> Street  
Suite #16J  
New York, NY 10128  
Contact: Carly Snyder, MD  
Telephone # (347)309-7622  
Email: [pc@carllysnydermd.com](mailto:pc@carllysnydermd.com)  
Website: <https://www.carllysnydermd.com/>

\*\*\* Dr. Carly Snyder currently has transitioned to virtual practice for the time being. \*\*\*

**Clinician:** Carly Snyder, MD.

**Hours of Operation:** Mondays-Fridays from 8:30am-6:00pm.

**Services Provided For:** Mental Well Being, psychiatry, sleep hygiene, lifestyle modifications, nutrition plans, fitness, complementary therapies, pharmacotherapy, etc.

**Services Specialized in treatment for:** Reproductive and perinatal psychiatry. Dr. Snyder focuses on treatment of psychiatric conditions in women throughout the reproductive life cycle. Periods of reproductive hormonal fluctuations, such as the menstrual cycle, during pregnancy and following childbirth, and during perimenopause are times of increased risk for specific psychiatric disorders. The therapist approach combines traditional psychiatric and integrative medical-based treatments to optimize the body and mind.

**Prepare for your first visit:** All consultations and treatment sessions are currently via telehealth. The office will provide the link to Dr. Snyder's virtual session while scheduling an appointment with the patient. *Please note: Dr. Snyder charges \$750 for a 45-minute new patient consultation. Prior to scheduled appointment, the office must have a health history and new patient paperwork as part of their permanent records in their office in order to provide proper and complete care.*

**Scheduling an Appointment:** Initial consultations will need to be scheduled through the contact form on Dr. Snyder's website at <https://www.carllysnydermd.com/contact/> to schedule an appointment. The patient can also either email Dr. Snyder or leave a message at (347)309-7622 and she will call the patient back within 24 business hours.

**Insurance Providers:** Unfortunately, Dr. Snyder is out-of-network with insurance carriers. It has been advised that the patient contact the office at (212)348-0175 Ext.0 for rates and more information. Dr. Snyder will provide all necessary paperwork for the patient to submit their insurance carrier for reimbursement, assuming the patient's plan includes out of network benefits.

2. Dr. Laura M. Polania, MD.  
25 Central Park West  
New York, NY 10023  
Telephone # (212)561-0877  
Website: <http://laurapolaniamd.com/>

26 Court Street  
Brooklyn, NY 11201

**Clinicians:** Laura M. Polania, MD.

**Hours of Operation:** Hours vary and are by appointment only in both locations.

**Services Provided For:** General Adult Psychiatry & Reproductive Psychiatry services.

**Services Specialized in treatment for:** Antepartum Depression and Anxiety Fertility, Menopause, Pre-Menstrual Dysphoric Disorder, Preconception Counseling, Postpartum Depression, Postpartum Psychosis, etc.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment.

**Insurance Providers:** Dr. Polania is out-of-network with insurance carriers, but she will provide a detailed invoice for insurance claims. It has been advised that the patient contact their insurance carrier for information about reimbursement. Payment is due at the time of service either by cash, check, or major credit cards.

**Cancellation Policy:** If the patient is unable to attend their scheduled appointment, they will need to contact Dr. Polania at least 72 hours prior to the appointment or the patient will be subjected to payment for the full session fee.

3. Dr. Amanda Itzkoff, MD, PLLC

DuMont Building  
515 Madison Avenue  
21<sup>st</sup> Floor  
New York, NY 10022  
Telephone # (917)982-2184  
Email: [amanda@psychiatristsnyc.com](mailto:amanda@psychiatristsnyc.com)  
Website: <https://psychiatristsnyc.com/contact/>

397 Bridge Street  
Brooklyn, NY 11201

276 5<sup>th</sup> Avenue  
New York, NY 10001

**Clinicians:** Amanda Itzkoff, MD.

**Hours of Operation:** Mondays -Thursdays from 8:00am-8:30pm at all three locations. Dr. Itzkoff provides evening hours for women who work full-time and are not available during the day and is currently adding one day per week for early morning hours between 7:30am-8:00am and half a day one day during the weekend.

**Services Provided For:** Psychotherapy, Pharmacology, Addiction Treatment, Ketamine Treatment, Brainsway dTMS, etc.

**Services Specialized in treatment for:** Mood Disorders, Anxiety Disorders, ADHD & ADD, Bipolar Disorders, Eating Disorders, PTSD Trauma Related illness, Addiction and Substance Abuse, Couples/Marriage Counseling, Reproductive Psychiatry, Depression, etc. The psychiatrist also offers Psychotherapy, Pharmacology, Addiction Treatment & Ketamine Therapy. *Dr. Itzkoff treats women who are suffering from a psychiatric episode first experienced during pregnancy.*

**Reproductive Psychiatry Specialty Area:** PMS & PMDD, Pre -Pregnancy Planning, Infertility Diagnosis, Assisted Reproduction, IVF, Adoption Pre-Natal Care, Postpartum Care, Medication Management, Miscarriage, Reproductive Loss & Grief, etc.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment for a consultation or fill out the referral form on Dr. Itzkoff website at: <https://psychiatristsnyc.com/practices-we-work-with/>

**Insurance Providers:** Dr. Itzkoff does not accept insurance but will provide each patient with a coded bill that may be submitted to their insurance carrier for reimbursement. Payment is due at the time of service either by cash, check, or major credit card.

**Cancellation Policy:** If the patient is unable to attend their scheduled appointment less than 48 hours' notice than the patient will be subjected to a cancellation fee equal to the regular appointment fee.

4. Long Island Perinatal Psychiatry  
165 N. Village Avenue  
Suite #102  
Rockville Centre, NY 11570  
Contact: Dr. Ariela Frieder  
Telephone # (646)760-6269  
Website: <https://longislandperinatalpsychiatry.com/>

\*\*\* *The psychiatrist is bilingual; she speaks English and Spanish.* \*\*\*

**Clinicians:** Ariela Frieder, MD.

**Hours of Operation:** Hours vary and are based on appointment.

**Services Provided For:** The psychiatrist treats women and men that suffer from perinatal psychiatric symptoms. Treatment of mood and anxiety disorders through medication management and psychotherapy is provided. Dr. Frieder also provides consultations for women with mental health issues associated to the different stages of the reproductive cycle (pregnancy, postpartum, hormonal contraception, premenstrual dysphoric disorder, PMS, and menopause).

**Services Specialized in treatment for:** Emotional and psychological problems during pregnancy, postpartum, perinatal losses, infertility, and premenstrual dysphoric disorder, etc.

**Scheduling an Appointment:** The patient will need to call the office to schedule an appointment. By appointment only.

**Insurance Providers:** Dr. Frieder accepts Oxford and United Healthcare as well as out-of-network benefits. The patient can also pay privately for his/her services with a credit card or health savings account, but the patient will need to call the office to inquire rates.

5. Collaborative Marriage & Family Therapy, PLLC (CMFT)  
280 Madison Avenue  
Suite #308  
New York, NY 10016  
Telephone # (917)331-0012  
Email: [info@collaborativemft.com](mailto:info@collaborativemft.com)  
Website: <https://www.collaborativemft.com/nyc-therapy>

**Clinicians:** Dana M. Galante, LMFT and team.

**Hours of Operation:** Mondays-Fridays; hours vary by appointment.

**Services Provided For:** Couples Therapy, Individual Therapy, Premarital Therapy & Perinatal Therapy.

**Services Specialized in treatment for:** Dana and her team use an integrated holistic approach in therapy including Family–Systems Theory, Biopsychosocial Model, Collaborative Language, Attachment Theory and Mindfulness. Collaborative Marriage & Family Therapy specializes in Maternal Health and family-building challenges that include planning a baby, coping with a loss, adjusting to parenthood and difficulties connecting with the baby.

**Scheduling an Appointment:** The patient can call the office to schedule a free consultation over the telephone or the patient can also request an appointment online at this link: <https://www.collaborativemft.com/contact-nyc-mft>

**Insurance Providers:** Collaborative Marriage & Family Therapy, PLLC works alongside many insurance companies for out-of-network benefits. Those insurance companies are Oxford, Empire Blue Cross Blue Shield and United Behavioral Health. Dana M. Galante, LMFT is the only provider in-network for most major insurance plans under Aetna. Please note: Payments are due at time of service unless a prior payment plan was arranged. If the patient is paying privately the facility accepts cash, check, or credit card.

**Fees for Private Pay:** Fees are based on either the patient's health insurance contracted rate or the therapist's level. According to Collaborative Marriage & Family Therapy, there are four levels of therapists at CMFT: Senior Licensed Therapist, Licensed Therapist, Associate Therapist, and Intern Therapist.

- 45-minute sessions range is from \$65-\$250. The cost is the same for couples, family, and individual therapy sessions.
- The Affordable Therapy Program is led by the master's degree-level intern; therapist fees average \$60 per 45 minutes and are based on financial need. A sliding fee schedule is also available.



## Inpatient Perinatal Psychiatry Services:

1. North Shore LIJ Zucker Hillside Hospital  
Perinatal Psychiatry Services  
75 -59 263<sup>rd</sup> Street  
Glen Oaks, NY 11004  
Telephone # (718) 470 – 4MOM  
(631)608-6667 – Suffolk County  
(516)470-4666 – Nassau County  
(718)470-4666 - Queens County

*\*\*\* As of 10/18/11 there is a waitlist to get into the Perinatal Unit but availability of care is based on volume of the facility at the time of the admission. \*\*\**

**Services Provided For:** Women experiencing behavioral health challenges during pregnancy and new motherhood who are in need of help to overcome a range of psychiatric disorders and raise healthy families. The treatment offered at the Perinatal Psychiatry Program may benefit a wide range of new expectant mothers including women with existing psychiatric disorders and treatment who are planning pregnancy, seeking one-time treatment to maintain stability during pregnancy, women struggling with unexpected pregnancy outcomes such as miscarriages, etc.

**Interventions Provided:** Initial telephone assessment, standardized rating scales, comprehensive evaluation medication and therapy, brief or long-term Individual Therapy (such as Interpersonal Therapy, Cognitive Behavioral Therapy and Supportive Psychotherapy). Perinatal Psychiatry Service Unit also provide Group Therapy, Couples Therapy, Medication Management and Parent–Child Bonding Coaching, etc.

**Perinatal Team:** Is a multidisciplinary treatment team of licensed professionals such as Psychiatrist, Nurse Practitioner (NP), Psychologists, Licensed Social Workers (SW), Child & Adolescent Psychiatrist, etc.

**Hours of Operation:** Referrals are accepted 24 hours X 7 days per week.

**Admitting onto Perinatal Unit:** The patient MUST go through Zucker Hillside Hospital Emergency Room to be medically cleared and then will be referred to the Perinatal Psychiatry Unit by the Hospitalists.

**Insurance Providers:** Accepts Medicaid, Medicare, and most major insurance plans. *Zucker Hillside Hospital does NOT accept Oscar insurance.*

## **Psychiatry & Addiction Urgent Care Centers:**

1. Zucker Hillside Hospital Crisis Center (Walk-in clinic) *Resource added as of 10/26/22*  
Elizabeth Sloman Building  
75-59 263<sup>rd</sup> Street  
First Floor  
Glen Oaks, NY 11004  
Telephone # (718)470-8300  
Website: <https://www.clockwisemd.com/hospitals/6977/visits/new>

*\*\*\* Zucker Hillside Hospital Crisis Center is located in the Sloman Building on the Zucker Hillside Hospital campus. The street entrance to their building is at 266-1, 76<sup>th</sup> Avenue Glen Oaks, NY. The hospital parking lot can be accessed at 75-59 263<sup>rd</sup> Street. \*\*\**

**Hours of Operation:** Walk-in hours are Mondays-Fridays from 9:00am-3:00pm. After 3:00pm the patient is advised to go to the Emergency Room (ER) for further evaluation.

**Services Provided For:** Urgent care for individuals experiencing mental and behavioral health issues as well as addiction. All appointments are in-person. If the patient needs a virtual or evening appointment, they are advised to call (718)470-8300. Zucker Hillside Crisis Center does not offer appointments for patients that are seeking long-term care.

**Services specialized in treatment for:** Mental and behavioral Health conditions as well as substance abuse. Psychiatric Nurse Practitioners, Licensed Social Workers, Mental Health Counselors, Psychiatrists and Psychotherapists are all on staff.

**Scheduling an Appointment:** The patient can check-in to hold their place in line at the following link: <https://www.clockwisemd.com/hospitals/6977/visits/new> prior to arriving at the Crisis Center.

**Insurance Providers:** Zucker Hillside Crisis Center accepts most major insurance plans including Medicare and Medicaid. Sliding scale options are available for those in need as well.

2. Mindful Urgent Care

\*\*\*Updated as of 1/12/23 – WH Telephone # changed\*\*\*

510 Hempstead Turnpike

Suite #203

West Hempstead, NY 11552

Telephone # (516)559-4041

Fax # (949)861-3482

Email: [hello@mindfulurgentcare.com](mailto:hello@mindfulurgentcare.com)

Website: <https://www.mindfulurgentcare.com/>

68 South Service Road

Suite #100

Melville, NY 11747

160 Roadway (Financial District location)

16<sup>th</sup> Floor

New York, NY 10038

902 Broadway (Flat Iron location)

6<sup>TH</sup> Floor

New York, NY 10010

230 Park Avenue (Grand Central location)

3<sup>rd</sup> Floor (use Vanderbilt Avenue entrance)

New York, NY 10017

777 Westchester Avenue

Suite #101

White Plains, NY 10604

*\*\*\* Please note: Effective March 16, 2020, due to COVID-19, patient care has transitioned entirely to Telehealth video conferencing until further notice (that goes for all locations). Telehealth will be provided at no additional cost beyond the patient's standard copay, if applicable. \*\*\**



**Hours of Operation for West Hempstead Location:** Mondays-Fridays 8:00am-6:00pm & Sundays from 8:00am-6:00pm. The office is closed on Saturdays.

**Hours of Operation for Melville Location:** Mondays-Thursdays from 8:00am-6:00pm. The office is closed on Saturdays & Sundays.

**Hours of Operation for Financial District Iron NYC Location:** Mondays-Thursdays from 8:00am-6:00pm. The office is closed on Saturdays & Sundays.

**Hours of Operation for the Flat Iron NYC Location:** Mondays-Fridays from 8:00am-6:00pm. The office is closed on Saturdays & Sundays.

**Hours of Operation for the Grand Central NYC Location:** Mondays-Thursdays from 8:00am-6:00pm. The office is closed on Saturdays & Sundays.

**Hour of Operation for the Westchester Location:** Mondays-Thursdays from 8:00am-6:00pm. The office is closed on Saturdays & Sundays.

**Services Provided For:** Urgent care for individuals experiencing mental and behavioral health issues and addiction. *\*\*\*Mindful Urgent Care Center does NOT prescribe the following medications: Xanax, Klonopin, Ativan, Valium, Adderall, Vyvanse, Ritalin, Concerta and Ambien. Psychiatrist on staff is Ramsing Pardeshi, MD. \*\*\**

**Services specialized in treatment for:** Mental and behavioral Health conditions including anxiety, depression and addictions for teens, young adults, older adults, and the LGBTQ community as well as substance abuse. The Urgent Care Clinic also provides treatment support groups as prescribed by the treating physician.

**Scheduling an Appointment:** No appointments necessary. The patient will need to bring their photo ID and insurance card to the clinic. The clinic also accepts Cash and Credit Cards if the patient does NOT have insurance.

**Insurance Providers:** Most major insurances are covered including commercial plans, Medicare, Medicare Advantage, Exchange Plans, etc.

3. Stat Psych  
400 Horseblock Road  
Suite #H  
Farmingville, NY 11738  
Telephone # (631)233-9490  
Fax # (631)233-9494  
Email: [Statpsychny@gmail.com](mailto:Statpsychny@gmail.com)  
Website: <https://www.statpsych.com/>

**Hours of Operation for Farmingville Location:** Mondays-Fridays 10:00am-6:00pm. The office is closed on Saturdays & Sundays.

**Services Provided For:** Urgent care for individuals experiencing mental and behavioral health issues and addiction. Stat Psych performs comprehensive evaluations, provide appropriate referrals to therapy, and prescribe medications when appropriate.

**Services specialized in treatment for:** Mental and behavioral Health conditions including anxiety, panic attacks, depression, phobias, Bipolar Disorder, Posttraumatic Stress Disorder (PTSD), OCD, sleep disorders, paranoia, addiction, grief, and bereavement.

**Scheduling an Appointment:** The patient can walk in to be seen but it is encouraged for the patient to schedule an appointment. The patient will need to bring their photo ID and insurance card to the clinic.

**Insurance Providers:** Stat Psych accepts most major insurance plans.

4. Family Service League

Resource added as of 12/30/21

DASH (Diagnostic, Assessment and Stabilization Hub) Program

90 Adams Avenue

Hauppauge, NY, 11788

24 -Hour Hotline # (631)952-3333

Website: <https://www.fsl-li.org/>

*\*\*\* The DASH Program is currently dedicated to Suffolk County residents. For Nassau County residents who are struggling with their mental health and/or addiction issues, please contact Nassau County Mobile Crisis Intervention Team for Adults and Children at (516) 227 – 8255. NYC residents, please contact Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357. \*\*\**

**Hours of Operation for Hauppauge Location:** 24 hours x 7 days per week.

**Services Provided For:** Urgent care for individuals experiencing mental and behavioral health issues as well as addiction. The DASH Program will have social workers and nurses available around the clock for patients that are in crisis.

**Services specialized in treatment for:** Mental and behavioral Health conditions as well as substance abuse. Specialized nurse practitioners are able to write prescriptions if needed. Psychiatrist is also on call.

**Scheduling an Appointment:** The patient can walk in to be seen 24 hours x seven days per week, The clinic is dedicated to patients experiencing a mental health or substance abuse crisis. The provider or the Care Manager can complete the referral form on behalf of the patient. The referral form is located on the Family Service League website at: <https://www.fsl-li.org/providers/>. Once the form is submitted to Family Service League a medical professional will contact the patient once they receive the referral, and the provider will be notified of DASH's outreach.

**Insurance Providers:** DASH accepts most major insurance plans including Medicaid. DASH also offers a sliding scale for out-of-pocket costs.

## **List of Hospitals with Psychiatric Units by County (provided by NAMI):**

*Resources was added as of 12/29/21*

### **Nassau County:**

1. Nassau University Medical Center (NUMC)  
2201 Hempstead Turnpike  
East Meadow, NY 11554  
Telephone # (516)572-0123
2. Mercy Medical Center  
1000 N. Village Avenue  
Rockville Centre, NY 11570  
Telephone # (516)705-2525
3. St. John's Episcopal Hospital South Shore  
327 Beach 19<sup>th</sup> Street  
Far Rockaway, NY 11691  
Telephone # (718)869-7000
4. Mount Sinai South Nassau Communities Hospital  
One Healthy Way  
Oceanside, NY 11570  
Telephone # (516)632-3000
5. Zucker Hillside Hospital (LIJ Campus)  
75 – 59 263<sup>rd</sup> Street  
Glen Oaks, NY 11004  
Telephone # (718)470-8100



**Suffolk County:**

1. Stony Brook University Medical Center  
6 Technology Drive  
Setauket/ East Setauket, NY 11733  
Telephone # (631)444-2790
2. Brookhaven Hospital  
101 Hospital Road  
Patchogue, NY 11772  
Telephone # (631)654-7100
3. Huntington Hospital  
270 Park Avenue  
Huntington, NY 11743  
Telephone # (631)351-2000
4. Syosset Hospital  
221 Jericho Turnpike  
Syosset, NY 11791  
Telephone # (516)496-6400
5. John T. Mather – Psychiatric Emergency Room  
75 N. Country Road  
Port Jefferson, NY 11777  
Telephone # (631)473-1320
6. South Oaks Hospital  
400 Sunrise Highway  
Amityville, NY 11701  
Telephone # (631)264-4000
7. Eastern Long Island Hospital  
201 Manor Place  
Greenport, NY 11944  
Telephone # (631)477-1000

**New York City:**

1. Jamaica Hospital Medical Center  
8900 Van Wyck Expressway  
Jamaica, NY 11418  
Telephone # (718)206-6000
2. Flushing Hospital Medical Center  
4500 Parsons Blvd  
Flushing, NY 11355  
Telephone # (718)670-5000
3. NYC Health + Hospital (formerly known as Elmhurst Hospital)  
79-01 Broadway  
Elmhurst, NY 11373  
Telephone # (718)334-4000
4. NYC Health + Hospitals/Queens (formerly known as Queens Hospital) Psychiatric ER  
82-68 164<sup>th</sup> Street  
Jamaica, NY 11432  
Psychiatric ER Telephone # (718)883-3575

*For more information on resources above please click on the link below:*

<https://namiqn.org/resources/mental-health-resources-and-important-phone-numbers/>

### **Perinatal Education Center located at Good Samaritan Hospital:**

1. The mother's Circle of Hope  
Good Samaritan Hospital  
1000 Montauk Highway  
West Islip, NY 11795  
Telephone # (631)376-4444  
Website: <https://goodsamaritan.chsli.org/perinatal-education>

### **The following classes are offered at the Perinatal Education Center located at Good Samaritan Hospital:**

**First Time Around Prepared Childbirth (Lamaze) Course:** It is available as five 2 ½ hour weekday evening classes or one 8-hour weekend superclass. The cost of the class is \$125 per couple.

- Topics covered in this class include stages of labor, common routines and procedures, pain relief options, the coach's role during labor and care of mom and baby. Couples will also take a tour of the Maternity Department and learn the Lamaze breathing and relaxation techniques that will help them during their labor.

**Second Time Around Labor Refresher (Lamaze) Class:** It is available one 3 ½ hour class; the fee of the class is \$60 per couple.

- This class helps mothers, and their coaches reinforce the breathing, relaxation techniques and labor support that they learned from their first birth. Helpful methods for easing sibling rivalry will also be discussed in this class. Second Time Around Lamaze class can also help couples change what they did not like about their first birth experience and help make the birth of their next child an exciting time.

**Early Pregnancy Class:** It is one class that is free of charge.

- This class helps expectant couples learn how to manage their pregnancy and provides them with the knowledge to feel comfortable and secure with their new role in life. Topics covered in this class will include fetal growth and development, body changes during pregnancy, discussion of common tests and procedures and prenatal nutrition as well as exercise.

**Caring for your Baby Class:** It is available one 2 ½ hour class; the fee for the class is \$20 per couple.

- This class helps expectant couples prepare for their new roles by providing important information on infant nutrition, health maintenance, common illnesses and the instructor will explain to the expectant couple how to bath, diaper, and dress the baby.

**Grandparents' Class:** It is available one 2-hour class; the fee for the class is \$20 per couple.

- This class is dedicated to preparing the expectant grandparents for their special role discussing current practices in childbirth, advances in infant nutrition and childcare, how to baby – proof their home, etc.

**Breastfeeding Your Baby Course:** One 3-hour classes; the fee for the class is \$30 per couple.

- This course provides practical information to guide the expectant couple toward a successful nursing experience. Topics include positioning the baby, getting started, avoiding common problems pumping and storing milk.

**New Mother's Support Group:** Five 1-½ hour classes; Free of charge.

- A free 8-week support group that meets once per week for women that are experiencing depression or anxiety related to pregnancy and/or childbirth.

**Infant Massage Classes:** Four 1-½ hour classes; \$50 for one person or \$70 per couple (the cost of the class includes massage oils).

- The class is designed to teach parents the soothing technique of infant massage. Parents learn to relieve gas and colic, recognize, and relieve tension as well as fussiness and foster a special way of communicating with their baby.

**Big Brother/Big Sister Class:** one 1-¼ hour class; \$20 per family.

- This class is dedicated to children ages 3 and up to help older brother and sisters to feel important and learn their special role in the family. Big brothers and sisters will learn how to be a “mother’s helper” and will be taught how a baby grows inside mommy, newborn safety and how to help diaper and hold a baby. At the completion of the class, graduates will be taken a tour of the newborn nursery and receive official Big Brother/Big Sister certificates to make them feel special!

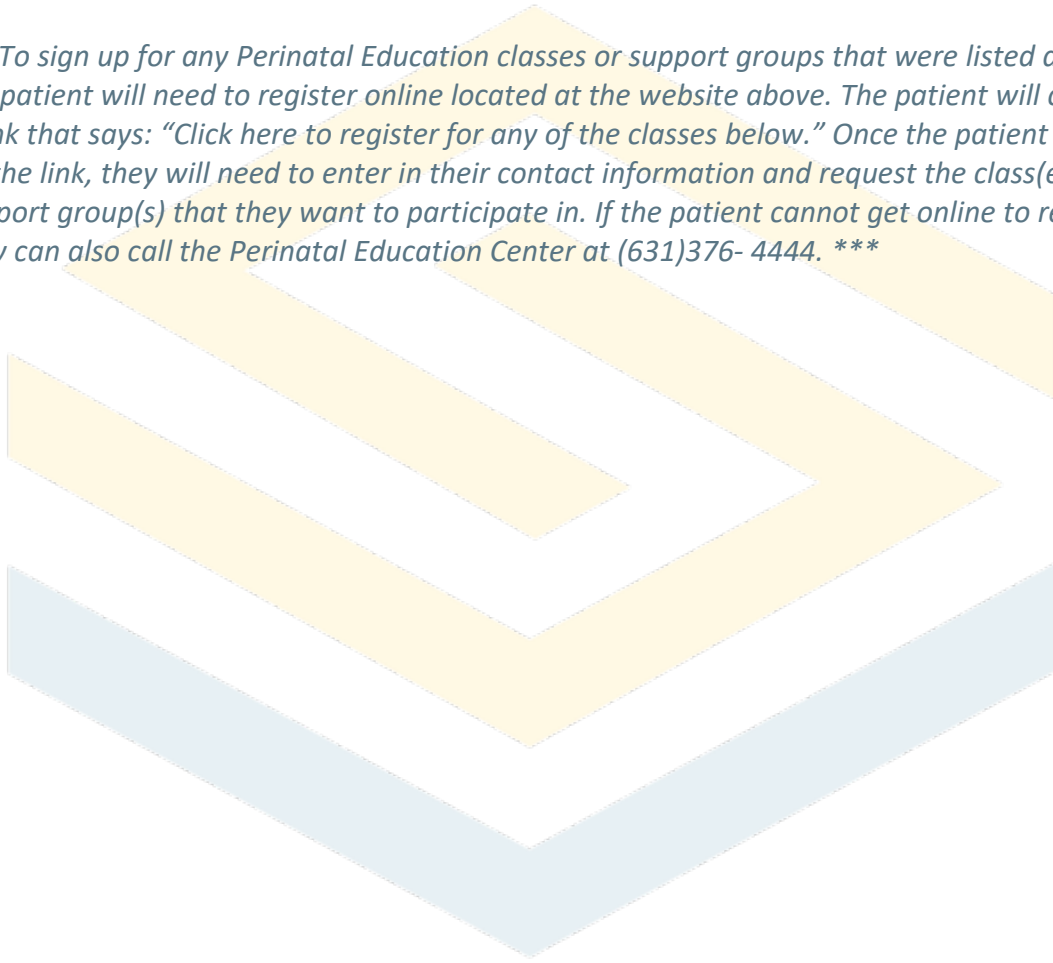
**Breast Pump Rentals:** Hospital grade Breast Pumps rented on a weekly or monthly basis.

- Individual service and education on fitting and use provided by a health care professional.

**Breastfeeding Café:** Free weekly support group

- Bring your baby to this free weekly support group led by a Certified Lactation Consultant. In an informal, offsite location, participants receive information support to help ensure breastfeeding success! Topics vary based on group member's interests. Hands on assistance is offered if needed.

*\*\*\*To sign up for any Perinatal Education classes or support groups that were listed above, the patient will need to register online located at the website above. The patient will click on a link that says: "Click here to register for any of the classes below." Once the patient clicks on the link, they will need to enter in their contact information and request the class(es) or support group(s) that they want to participate in. If the patient cannot get online to register, they can also call the Perinatal Education Center at (631)376- 4444. \*\*\**



## **Support Groups:**

### **New Mom Support Groups:**

1. Elite Counseling and Wellness  
Contact: April Masciana, LCSW, PLLC  
Telephone # (917)268-4567  
Cell Phone # (631)449-5430  
Email: [admin@elitecounselingandwellness.com](mailto:admin@elitecounselingandwellness.com)  
Website: <https://www.elitecounselingandwellness.com/group-therapy>

**Hours of Operations:** The office is open 7 days per week (day & evenings are available). Please note: The practice is fully remote and provides solely virtual support for their patients.

**Insurance Providers:** Unfortunately, insurance does not cover the cost of the support groups, but Elite Counseling & Wellness will work with out-of-network benefits. If the patient has benefits, they will accept the copay fee upfront and wait for reimbursement from the insurance company. If the patient does not have out-of-network benefits with their insurance carrier, then the first session is \$20 for new participants and \$50 for each consecutive group.

**Classes are Held:** The new mom support groups run on Monday evenings at 7:00pm for 1 hour. The LGBTQ & Teen Support Group will run for 8 weeks and will meet once per week for 1 hour. To register for the support group the patient can call, text or email April directly. Her contact information is listed above. April will respond to the patient within 24 to 48 hours of reaching out. The patient can also book an appointment directly through Elite Counseling & Wellness portal at <https://elitecounselingandwellness.clientsecure.me>.

**Individual Therapy:** Elite Counseling & Wellness also provides Individual Therapy. The rates for individual therapy are approximately \$100 per session but some patients pay 50%–60% of that upfront, depending on their plans. Individual Therapy is provided once per week for 50 minutes.

**Services Provided:** New Mom Support Group, LGBTQ & Teen Support Group as well as Individual Therapy is provided.

**Cancellation Fee:** All cancellations require at least 24 hours' notice. Cancellations or no-shows received less than 24 hours will be charged 50% of the patient's service fee.

2. Momsupport.org  
Contact: Jessica Shapley, LMSW, CIH, CMT  
Telephone # (347)875-7123  
Email: [Jessica@momsupport.org](mailto:Jessica@momsupport.org)  
Website: <https://www.momsupport.org/>

**Hours of Operations:** If a patient is interested to participate in the support group for new mothers or any other services that Momsupport.org has to offer it is advised to contact Jessica Shapley directly at (347)875-7123.

**Insurance Providers:** Unfortunately, insurance does not cover the cost of support groups. Some of the support groups are administrated by Jessica and others are through a Prenatal Yoga Center therefore they may be a small fee to join the support group. The facilitator will let the patient know if there is a fee when she calls to register for the group. Momsupport.org offers a sliding scale for parents that are interested in sleep consultation and parent counseling.

**Classes are Held:** The next round of support groups will be held in the Fall of 2020-2021. *Due to the pandemic, the support group for new mothers as well as sleep consultation and parent counseling are all virtual.*

**Mom Support Group for new mothers:** Jessica Shapley facilitates a weekly discussion for mothers and babies that range from newborn to 6 months. The support groups address postpartum issues in safe and nonjudgmental environment. Some of the topics that are addressed in the support group are:

- Mom and baby wellness.
- Sleep and isolation.
- Self-image.
- Staying at home or working outside the home.
- Childcare issues.
- Body image issues.
- Balancing the baby's needs with the family's needs.
- Nursing and bottle feeding.
- Managing family life.
- Functioning without any personal space.
- Prenatal support
- Support to second time mothers.

**Services Provided:** The support group for new mothers connects new parents on the same journey and participants will learn strategies to deal with the challenges of being a new parent. The support group will also allow participants to meet other moms and babies in the neighborhood. Momsupport.org not only provides mom support groups but they also offer sleep consultation and parent counseling.



3. The Single Parent Resource Center, Inc.  
228 East 45<sup>th</sup> Street  
5<sup>th</sup> Floor  
New York, NY 10017  
Contact: Erica Fraser  
Telephone # (212)951-7030 Ext. 242.  
Email: [efraser@sprcnyc.org](mailto:efraser@sprcnyc.org)  
Website: <http://www.singleparentusa.com/Our-Programs.html>

**Hours of Operations:** The office is open Mondays – Fridays from 10:00am–5:00pm. The office is closed on Saturdays & Sundays however, all support groups are fully remote at this time.

**Insurance Providers:** The Mother’s Group is free!

**Classes are Held:** The Mother’s Group runs for 5 weeks and generally will be held on a Tuesday or Wednesday morning via Zoom. The next group is scheduled to start in October 2020. For more information, please contact Erica Fraser via email. Her contact information is listed above. Erica will follow up with the patient to provide the details of the group. She will check in individually prior to the group starting. All participants who wish to move forward with Erica’s group will be provided with a Zoom link and will join on the date and time provided.

**Services Provided:** Mother’s Group is currently being provided at this time.

#### **Breastfeeding Support Groups:**

1. St. Charles Hospital  
200 Belle Terre Road  
Port Jefferson, NY 11777  
Contact: Eileen LaMana, Facilitator  
Telephone # (631)474-3700

*\*\*\* The Breastfeeding Support Group is free and open to all mothers that are nursing. \*\*\**

2. Stony Brook School of Medicine  
6 Technology Drive  
East Setauket, NY 11733  
Contact: Maureen Rogers  
Telephone # (631)444-7650

*\*\*\*Group meets weekly on Mondays from 6:30pm–8:00pm ONLY open for mothers who delivered their baby at Stony Brook Hospital. \*\*\**

3. New York–Presbyterian Brooklyn Methodist Hospital  
Wesley House Room 3K -C  
501 Sixth Street  
Park Slope Brooklyn, NY 11215  
Telephone # (718)780-3000

*\*\*\*The support group is ONLY open to mother's who delivered their babies at New York–Presbyterian Brooklyn Methodist Hospital. The group is on Tuesdays from 2:30pm-3:30pm.\*\*\**

4. South Nassau Communities Hospital  
Lactation Resource Center  
One Healthy Way  
Oceanside, NY 11572  
Telephone # (516)377-5310

**Hours of Operations:** Patient will need to call South Nassau Education and Support Department at (516) 377–5310 to register for classes.

**Insurance Providers:** Free of charge.

**Classes are Held:** Second and fourth Tuesday of every month. The patient will need to contact South Nassau Education and Support Department to request the schedule for the next class.

**Services Provided:** Preparation for Breastfeeding Classes, breastfeeding and working, breastfeeding support groups, telephone support line, etc.

5. Mercy Medical Center  
1000 N. Village Avenue  
Rockville Centre, NY 11570  
Contact: Christine Foley  
Telephone # (516)705-2434  
Email: [Christine.Foley@chsli.org](mailto:Christine.Foley@chsli.org)

**Hours of Operations:** The patient does not have to pre-register for this support group. All mother and babies are welcome to join. Please contact Christine Foley via email if you have any questions prior to the support group meetings.

**Insurance Providers:** Free of charge.

**Classes are Held:** Weekly meetings every Wednesday morning from 10:30am-12:30pm located in the main hospital building on the mother/baby unit in Room 281.

**Services Provided:** Breastfeeding Support Groups.

6. Breast Feeding Mommy and Me  
Breastfeeding Resources  
64 Manhasset Woods Road  
Manhasset, NY 11030  
Contact: Beverly Rae, MSW, IBLCLC  
Telephone # (516)365-4877

**Hours of Operations:** Please contact Beverly Rae at [info@breastfeedingresources.net](mailto:info@breastfeedingresources.net) to register for the support group.

**Insurance Providers:** Single Session is \$20, 6-session package is \$95.

**Classes are Held:** Beverly will provide the patient the schedule for future dates when the patient registers for the support group. The Breastfeeding Support Group meets twice per month.

**Services Provided:** Prenatal Breastfeeding classes, office and home consultations, Breastfeeding Mommy and Me, Breast Pump Rentals, Breastfeeding Central App, etc.

*\*\*\*Beverly Rae has an app in the Apple Store called Breastfeeding Central. The App assists new moms to prepare for breastfeeding and it can help them get started. The app will also answer any questions the new mom may have. \*\*\**

7. NYU Winthrop Wellness Pavilion  
1300 Franklin Avenue  
Suite # ML5  
Garden City, NY 11530  
Telephone # 1-866-946-8476

**Hours of Operation:** Please call NYU Winthrop Wellness Pavilion at 1-866-946-8476 to register for the support group.

**Insurance Providers:** The class is free, as is parking.

**Classes are Held:** The class is on Wednesdays from 1:00pm-3:00pm but the schedule of the support group is subject to change.

**Services Provided:** Breastfeeding Support Group

8. Le Leche League of New York  
26-11 23<sup>rd</sup> Avenue  
Astoria, NY 11105  
Contact: Cassie, Facilitator  
Telephone # 1-803-606-2121

**Hours of Operation:** Please call Cassie at 1-803-606-2121 with any questions and/or concerns.

**Insurance Provider:** Free of charge.

**Classes are Held:** 2<sup>nd</sup> Friday of every month at 3:30pm but the schedule of the support group is subject to change.

**Services Provided:** Breastfeeding Support Groups.

### Infertility Support Groups:

1. Resolve: The National Infertility Association  
New York City General IVF Professional – led Support Groups  
Contact: Lori Metz, LCSW, CCM, BC-TMH  
Telephone # (917)655-9776  
Email: [lorimetz@ymail.com](mailto:lorimetz@ymail.com)  
Website: <https://lorimetz.net/>

**Hours of Operation:** N/A

**Insurance Providers/Fees:** The facilitator does request a payment for the group upfront and if the participant has insurance, it will be billed for possible reimbursement. Please note: The facilitator ONLY accepts Empire Blue Cross Blue Shield at this time. The cost is \$45 per session or \$360 for an 8-week session. Lori will screen the patient over the telephone to be sure that the support group is a good fit for their needs.

**Support Groups are held:** The General IVF Professional–Led Support Groups are virtually held via video chat. The schedule of the support group is based on the number of attendees that plan to participate in the group. The General IVF Professional–Led Support Group is typically prior to the start of the workday or during lunch time.

2. Resolve: The National Infertility Association  
Brooklyn RESOLVE Support Group for Infertility  
Contact: Katy  
Telephone # (646)670-0314  
Email: [InfertilityInsider@gmail.com](mailto:InfertilityInsider@gmail.com)

**Hours of Operation:** N/A

**Insurance Providers/Fees:** The Brooklyn RESOLVE Support Group for Infertility is free to join.

**Support Groups are held:** Brooklyn RESOLVE Support Group for Infertility meets on the first Monday of each month from 6:30pm-8:00pm, virtually on Zoom. Date & time is scheduled to change to accommodate all participant's schedules. Please email Katy to register for the support group.

3. Fertility for Colored Girls

Telephone # 1-773-273-9870

Email: [info@fertilityforcoloredgirls.org](mailto:info@fertilityforcoloredgirls.org)

Website: <https://www.fertilityforcoloredgirls.org/>

**Hours of Operation:** N/A.

**Insurance Providers/Fees:** Fertility for Colored Girls is free to join.

**Support Groups are held:** Due to the pandemic, the support group is virtually held on Fridays. Time is contingent on participant available. It has been advised that the participant contact [info@fertilityforcoloredgirls.org](mailto:info@fertilityforcoloredgirls.org) to request to attend. More information will be provided to the participant once they are connected to the team leader at the nearest location to their residence.

**Postpartum Support Groups:**

1. Nassau University Medical Center (NUMC)

2201 Hempstead Turnpike

East Meadow, NY 11554

Contact: Shelley Lotenberg

Telephone # (516)572-0123

Email: [shelly@numc.edu](mailto:shelly@numc.edu)

*\*\*\*Bilingual Pregnancy, Postpartum Depression and Anxiety Support Groups are on Fridays for 10 weeks. The sessions are 1 ½ hours and are also located at the Centering Pregnancy Suite on 1<sup>st</sup> floor of Nassau University Medical Center (NUMC). \*\*\**

2. Mount Sinai South Nassau

One Healthy Way

Oceanside, NY 11570

Contact: Janice Campbell, Parent – Child Education/Lactation Resource Center

Telephone # (516)632-4989

Fax # (516)336-2928

Email: [Janice.campbell@snch.org](mailto:Janice.campbell@snch.org)

**Hours of Operation:** N/A.

**Insurance Providers/Fees:** The Postpartum Support Group is free of charge.

**Support Groups are held:** Mondays virtually at 10:00am.

**Service Areas:** Nassau County, Suffolk County, and the tri-state area.

**Registering for the Support Group/Training Center:** Online registration is required and can be completed on Mount Sinai Nassau website located at:

<https://docs.google.com/forms/d/e/1FAIpQLSdgdbSjvOI3KbSORnYm2jOJE0JcQUP0uUYrbK8WkIjpdnGVZw/viewform>. Janice will reach out to the mother to introduce herself and will share the group link to join the support group.

3. Bellevue Women's Center  
2210 Troy-Schenectady Road  
Niskayuna, NY 12309  
Contact: Kelly Anderson  
Telephone # (516)347-3399  
Email: [andersonk@ellismedicine.org](mailto:andersonk@ellismedicine.org)  
Website: <http://www.ellismedicine.org/>

**Hours of Operation:** N/A.

**Insurance Providers/Fees:** Support Groups are free.

**Support Groups are held:** Bellevue Women's Center offers Postpartum Support Group that is held 3<sup>rd</sup> Thursday of each month from 1:30pm-3:00pm no pre-registration is required.

- **Postpartum Depression Support Group:** For moms during their first year after the birth of their child who are experiencing a Postpartum Mood Disorder or are struggling during the postpartum period. The Postpartum Depression Support Group also offers education, coping skills, and a safe environment for mothers to gather, share their stories and help each other through their recovery process. Mothers are welcome to bring their babies to the support group! The facilitator has experience with Perinatal Mood Disorders and has a Certificate of Completion in Perinatal Mood and Anxiety Disorders from Postpartum Support International (PSI).

4. The Nesting Place  
2043 Wellwood Avenue  
Farmingdale, NY 11735  
Contact: Laura Siddons  
Telephone # (631)318-3382  
Email: [info@fourthtrimestersupportcircle.com](mailto:info@fourthtrimestersupportcircle.com)  
Website: <https://thenestingplaceli.com/postpartum-support-series/>

**Hours of Operation:** N/A.

**Insurance Providers/Fees:** The support groups are all privately paid and are not through insurance.

**Support Groups are held:** The Nesting Place offers several support groups and classes for new moms. Those support groups consist of:

- **4<sup>th</sup> Trimester Support Circle:** This is a 6-week program that provides a safe space for moms to talk through their anxiety of motherhood. The support group is \$75 for virtual or \$100 for in-person sessions.
- **Postpartum Depression:** It is \$75 for a 6-week program for moms of babies that are 0-5 months of age. Each group is capped at 12 moms. During the initial meeting, the participants will take a Perinatal Depression Screening. If a patient has a high score from the Perinatal Depression Screening, the facilitator will refer the participant to another vendor for additional support. The group discusses how the mom is feeling emotionally, physically, and mentally.
- **Prenatal Education Series:** \$475 per couple for an in-person 6-week class, \$250 for a virtual 6-week class. The series includes Infant and Child CPR, Childbirth Education 101, Tools & Coping Skills for Labor, Infant Feeding Preparation and Newborn Care.
- **Breastfeeding Support Group:** Is a support group for pregnant and mothers that are breastfeeding to discuss pitfalls, successes, and best practice to reach the mother's breastfeeding goals. This group is led by Laura Mortiz, Lactation Consultant. The class cost \$5 which goes towards a donation to the center.

*\*\*\* Support groups & classes are currently all virtual at this time however, by October 2020 the Nesting Place is scheduled to reopen their Farmingdale location. Some of the support groups/classes will continue to be available virtually but most of them will be in-person. \*\*\**

**Service Areas:** Nassau County, Suffolk County, and the tri-state area.

**Registering for the Support Group/Training Center:** Online registration is required and can be found at this site: <https://thenestingplaceli.com/schedule/>

5. Brooklyn PPD Support  
401 Court Street  
Brooklyn, NY 11231  
Contact: Melissa Paschke, LCSW, ERYT  
Telephone # (718)781-0363  
Email: [melissapyoga@gmail.com](mailto:melissapyoga@gmail.com)  
Website: <http://www.brooklynppdsupport.org/>

**Hours of Operation:** N/A.

**Insurance Providers/Fees:** The group has a private pay fee of \$35 per session however, the facilitator has flexible pay options. Payments are accepted by Venmo at Melissa-Paschke. Once Melissa receives a payment, she will send the participant a link to join the group.

**Support Groups are held:** Melissa holds one monthly support group by Zoom for pregnant and postpartum women experiencing signs of anxiety and/or depression. The participant will need to contact Melissa to request a schedule of the support groups that she offers each month.



### Perinatal Bereavement Support Groups:

1. Connecting Our Paths Eternally (COPE)  
P.O Box 1251  
Melville, NY 11747  
Contact: Michelle Graff, LCSW  
Telephone # (516)274-0540, (516)832-COPE (2673)  
Hotline # (516)364-COPE (2673)  
Fax # (516)362-2025  
Email: [michelle@copefoundation.org](mailto:michelle@copefoundation.org)  
Website: [www.copefoundation.org](http://www.copefoundation.org)

*\*\*\* If the patient is a new attendee to the support group, the patient MUST contact Clinical Director, Michelle Graff first at (516)274-0540 or by email at: [michelle@copefoundation.org](mailto:michelle@copefoundation.org) before attending the support group. \*\*\**

**Hours of Operation:** The COPE Hotline is available Mondays-Fridays from 9:00am-10:00pm, Saturdays & Sundays from 10:00am-3:00pm. *The Support Groups, Workshops, Therapies, etc. vary in hours based on the COPE Calendar.*

**Insurance Providers/ Fees:** The Support Groups are free of charge.

**Support Groups are Held:** Location varies based on where the patient resides. There are support groups for individuals that live in Nassau & Suffolk County as well as in New York City. Patients can look at the calendar for day, date, and time of the Support Groups that are offered. The COPE Calendar can be found at this site: <https://copefoundation.org/upcoming-events/>.

**Service Areas:** Nassau, Suffolk County & New York tri-state area.

**Services to Provide:** Support Groups for parents or children that are grieving the loss of a child(ren)/sibling. COPE is a non-profit organization that support families living with the loss of a child. There are various programs that help support the families going through a tragic loss. Those programs include Support Groups, Healing Workshops, Mediation, Yoga, Writing, Art & Music Therapy. COPE also provides a camp called Camp Erin NYC; it is a weekend bereavement camp for children and adolescents who have lost a loved one.

2. St. Killian Parish  
Guardian Angel Perinatal Support Group (G.A.P.S)  
485 Conklin Street  
Media Room  
Farmingdale, NY 11735  
Contact: Martha Weiss, LPN  
Telephone # (516)249-3314  
Email: [martha@stkilianfamily.com](mailto:martha@stkilianfamily.com)

**Hours of Operation:** Hours vary based on the time of the support group. It is advised to contact Martha for the schedule.

**Insurance Provider/Fees:** The support groups are free of charge.

**Support Groups are Held:** Patients will need to contact the facilitator to request a schedule for the day, date, and time of the support groups however, groups meet 1<sup>st</sup> Friday of every month (except July) from 7:30pm-9:30pm. Walk ins are welcome, no need to pre-register for this support group.

**Service Areas:** For Nassau and Suffolk County residents.

**Services Provided:** The support group is dedicated to parents whose babies passed away during pregnancy or infancy. The group offers comfort, understanding, friendship and bereavement support. G.A.P.S also offers phone support, monthly support group meetings, bereavement literature and a lending library available to patients.

3. National Council of Jewish Women New York (NCJW NY)  
Pregnancy Loss Support Program  
Contact: Naomi Skop Richter, Director of Community Programs  
241 West 72<sup>nd</sup> Street  
New York, NY 10023  
Telephone # (646)884-9464  
Email: [plsp@ncjwny.org](mailto:plsp@ncjwny.org)  
Website: [www.pregnancyloss.org](http://www.pregnancyloss.org)

**Hours of Operations:** Due to the pandemic the practice is fully remote, and the support groups are provided through a virtual platform. The date and time of the support groups are based on the participants availability.

**Insurance Providers/Fees:** The support groups are at no cost to the patient, they are free.

**Support Groups are Held:** Support group scheduling is based on enrollment. As per Naomi, the support group is approximately 8 to 10 people per group.

**Monthly First Trimester Miscarriage Peer Support Group** is held first Thursday of every month from 6:30pm-7:45pm. This group typically runs for 1 hour and 15 minutes. The participant is

required to speak with a counselor over the phone prior to starting the group. The counselor performs a brief intake on the participant to ensure that are the best fit for the group.

**General Support Groups for Perinatal Loss** is a 6-week program that is facilitated by two trained volunteers who themselves suffered a pregnancy loss. The participant initially works with a counselor to complete an intake prior to starting the group. Depending on the group's availability, it typically begins between 6:00pm and 6:30pm and runs for approximately 2 hours. The sessions consist of the same small group of the participants who gather for six weekly evening meetings. At each meeting, a brief presentation is followed by an open discussion guided by the facilitators.

- Coping with grief.
- The response of family, friends, clergy, and the medical community to the loss.
- The impact of a loss might have on the couple's relationship.
- Dealing with anger, jealousy, and guilt.
- Facing another pregnancy.

**Service Areas:** New York City for in-person Support Groups. Nassau County, Suffolk County and tri-state area for virtual support groups.

**Services Provided:** Pregnancy Loss Support Program (PLSP) for Miscarriage, Stillbirth and Newborn Death is guided by a licensed social worker with extensive experience in pregnancy loss. PLSP has professionally trained volunteers, who participated in their program following their own pregnancy losses, provide personal and prompt nationwide telephone counseling for men and women. Both male and female volunteers are available. *Please note: Both support groups are based on a Peer Support Model and are NOT considered professional therapy.*

4. The Mount Sinai Hospital  
1468 Madison Ave  
New York, NY 10029  
Contact: Laurie Chameides, LCSW  
Telephone # (212)241-4685  
Email: [laurie.chameides@mountsinai.org](mailto:laurie.chameides@mountsinai.org)

**Hours of Operations:** Contact Laurie Chameides directly at (212)241-4685 to register for the support groups, which are held in the evenings from 6:00pm-7:30pm.

**Insurance Providers/Fees:** The support groups are funded through grants and donations so there is no fee to the patient.

**Perinatal Bereavement Support Group:** This group meets every other week for 7 sessions. It is a closed group which means a new group begins when the current one is complete. Based on the current availability of the group, there can be a wait of up to 3 months.

**Monthly support group for women & couples:** This support group is dedicated to women and couples who have terminated wanted pregnancies following prenatal diagnosis. This is an open group therefore new members can join at any time.



**Service Areas:** New York City for in-person support groups. Nassau County, Suffolk County and Tri-state area for virtual support groups.

**Services Provided:** Both support groups are typically held at the hospital but due to the pandemic they are now available on a virtual platform. Both support groups will return to the hospital once it is safe to do so. The facilitator will inform the participants of any changes to the schedule or location of the groups.

5. North Shore University Hospital  
300 Community Drive  
Manhasset, NY 11030  
Contact: Ivy Diamond, LCSW  
Telephone # (516)562-8533  
Email: [idiiamond@northwell.edu](mailto:idiiamond@northwell.edu)

**Hours of Operations:** The date and time of the support group is based on the participant's availability. If a patient is interested to participate in the Pregnancy and infant Loss Support Group, it is advised to contact Ivy Diamond at (516)562-8533 or Patricia Lundy at (516)562-8538 to register. For any additional information on the support group, it is best to contact the Social Work office at (516)562-8415 if Ivy or Patricia are unavailable at the time of the patient's call.

**Insurance Providers/Fees:** The support group is at no cost to the patient.

**Support Groups are Held:** Support group scheduling is based on enrollment. Pregnancy Loss Support Group typically runs for 6 weeks on Wednesday nights from 7:30pm-9:30pm. It is held 4 times per a year.

**Pregnancy and Infant Loss Support Group** consists of both couples and singles, though couple's participation is encouraged. The support group is dedicated to patients that have been through either a miscarriage, fetal demise, or termination for medical reasons or NICU death.

**Service Areas:** New York City, Nassau County, Suffolk County, and tri-state area for in-person and virtual support groups.

**Services Provided:** Ivy Diamond, LCSW is the facilitator at Northwell North Shore University Hospital in Manhasset. She facilitates the Pregnancy and Early Infant Loss Support Group at the hospital but due to the pandemic Ivy is currently working on running the support group virtually. *Please note: Once the support group is on a virtual platform the schedule is subject to change.*

6. Huntington Hospital  
270 Park Avenue  
Huntington, NY 11743  
Contact: Kasey Farber  
Telephone # (631)796-5636  
Email: [kfarber@northwell.edu](mailto:kfarber@northwell.edu)

**Hours of Operations:** The date and time of the support group is based on the participant's availability. If a patient is interested to participate in the Perinatal Loss Bereavement and Support Group, it is advised to contact Kasey to register at (631)796-5636 or the patient can email her at [kfarber@northwell.edu](mailto:kfarber@northwell.edu). *Please note: Registration is required to participate.*

**Insurance Providers:** The support group is at no cost to the patient.

**Support Groups are Held:** Support group scheduling is based on enrollment. Since the pandemic, all communication has been through a virtual platform. The group is held on the 2<sup>nd</sup> Wednesday of the month at 7:00pm and, some months, Huntington Hospital offers an additional group on the 4<sup>th</sup> Wednesday of the month as well.

**Services Provided:** Perinatal Loss Bereavement and Support Group is facilitated by Kasey Farber, LMSW. Kasey Farber is the Social Worker for Labor & delivery and Maternity at Huntington Hospital.

7. Bereavement Center of Westchester  
670 White Plains Road  
Scarsdale, NY 10583  
Contact: Marianne Walsh  
Telephone # (914)787-6158  
Email: [info@thebereavementcenter.org](mailto:info@thebereavementcenter.org)

**Hours of Operations:** The date and time of the support groups are based on the participant's availability. If a patient is interested to participate in any of the support groups, it is advised to contact Marianne Walsh at (914)787-6158 to register. Patients can also register on Bereavement Center of Westchester website located at <https://www.bcwtreehouse.org/contact/request-information/>. *Please note: Registration is required to participate in any of the support groups that the Bereavement Center of Westchester has to offer.*

**Insurance Providers:** The support groups are at no cost to the patient.

**Support Groups are Held:** Support group scheduling is based on enrollment. Since the pandemic, all communication has been virtual by telephone, FaceTime, Zoom, etc. There are three support groups that the Maggie Rose Perinatal Bereavement Center offers. That includes Perinatal Loss (twice per month), Pregnancy and Parenting After Loss (once per month) and Men's Only Support Group (once per month).



**Services Provided:** Individual & couple sessions are provided as well as groups twice per month currently scheduled on Sundays from 11:00am-12:30pm. Siblings or other family support sessions are also available upon request.

### Adult Bereavement Support Groups

Adult Loss of Parent or Sibling Support Groups that are available in Nassau & Suffolk County.

1. Good Shepherd Hospice of Catholic Health Services

Mercy Medical Center  
1000 Northern Village Avenue  
Contact: Roger Sullivan, LCSW & Facilitator  
Telephone # (631)465-6332  
Email: [roger.sullivan@chsli.org](mailto:roger.sullivan@chsli.org)

\*\*\* Registration is required to attend, please call Roger Sullivan at (631) 465 – 6332. \*\*\*

2. Good Shepherd Hospice Administrative Office

110 Bi – County Blvd  
Suite # 114  
Farmingdale, NY 11735  
Contact: Carolyn Lisi-Haas, LCSW-R  
Telephone # (631)828-7629

\*\*\* The support group runs from January through February on Wednesday mornings from 11:00am – 12:30pm. Registration is required to attend, please call Carolyn Lisi-Haas at (631) 828-7629 to register. \*\*\*

3. St. Patrick's Catholic Church

9 Clinton Avenue  
Bay Shore, NY 11706  
Contact: Maribeth McKeever, LCSW-R  
Telephone # (631)828-7628

\*\*\* The support group runs January through February on Thursday evenings from 5:00pm – 6:30pm. Registration is required to attend, please call Maribeth McKeever at (631) 828– 628 to register. \*\*\*



### Covid Support Group:

1. NJ Project Hope Coping with Covid  
Circle of Hope  
Contact: 1-855-878-HOPE (4678)  
Website: <https://nyprojecthope.org/>

\*\*\* The support group is on Wednesdays at 4:00pm. The support group is confidential, anonymous, and free of charge. Crisis counselors will discuss general wellness, managing stress, resilience, coping strategies, myths/truths about the vaccine, the unpredictability of the future and other related subjects. To connect on Google Meet please enter code: VQP-IVKR-WCE. The hotline is available Monday-Friday from 9:00am-5:00pm.\*\*\*

### Various Support Groups for OB Patients:

*Resource added as of 4/11/22*

1. Hand to Hold NICU Babies & Parent Support  
13740 Research Blvd  
Suite #L5  
Austin, Texas 78750  
Toll-Free: 855-424-6428  
Parent Support Ext.1  
Online Store Ext.3  
Website: <https://handtohold.org/>

NICU Families-Current & Graduate  
Wednesdays at 1:00pm CST  
Thursdays at 6:00pm CST

Love & Loss: Virtual Support for Bereaved Families  
All families welcome  
Thursdays at 6:00pm CST

Bereaved Dads: 2<sup>nd</sup> & 4<sup>th</sup>  
Tuesday at 6:00pm CST

NICU Dads  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays at 6:00pm

High-Risk Pregnancy  
Tuesdays at 12:00pm CST





Virtual Support for Black NICU Families  
Thursdays at 1:00pm CST

Virtual Support for Families with Medically Complex Children  
3<sup>rd</sup> Wednesdays of the month at 1:00pm CST  
Register at: <https://www.cherishedmom.org/grieflossregistration/>

Cafecito con Familias NICU  
Seleccione la hora para registrarse  
1er Martes de cada mes at 6:00pm CST

*\*\*\*The Support Groups are virtual through Zoom. All Zoom meetings will lock after 15 minutes of start time to secure the group to only those registered. \*\*\**

2. Cherished Mom  
517 Leesburg, Road  
Telford, TN 37690  
Telephone # (423)742-6739  
Email: [info@cherishedmom.org](mailto:info@cherishedmom.org)  
Website: <https://www.cherishedmom.org/>  
Pregnancy & Postpartum Meet-Up Virtual Weekly  
Tuesdays at 11:00am EST  
Register: <https://www.cherishedmom.org/perinatalsupport-2/>

Perinatal Grief & Loss Support Group  
Facilitated by Lola Brognano, MSW, LCSW-Q8, PMH-C  
Every other week on Fridays at 4:00pm EST  
Register: <https://www.cherishedmom.org/grieflossregistration/>

## **Mental Health Support Groups/Training Classes:**

### **Mood Disorder Support Groups & Training Classes**

1. National Alliance of Mental Health (NAMI)  
1981 Marcus Avenue  
Suite # C117  
Lake Success, NY 11042  
Telephone # (516)326-0797, (718)347-7284  
Nassau County Residents Helpline: (516)227-8255  
Queens/NYC Residents Crisis Mental Health Service Line: 1-888-NYC-WELL  
NAMI's National Information Helpline: 1-800-950-NAMI

**Hours of Operation:** Hours vary based on the support group and/or the training classes the patient is interested in.

**Insurance Providers/Fees:** All support groups and trainings are free of charge and limited space available. The training classes range anywhere from one day training to 12 weeks depending on topic. *It is advised to contact NAMI as soon as possible if the individual is interested to take the class.*

**Support Groups are Held:** The location varies based on where the patient resides. There are support groups for individuals that live in Nassau & Suffolk County as well as in the New York tri-state area. Patients can look at the calendar for day, dates, and times of the support groups that are offered. The calendar of the support groups is located on NAMI's website at: <https://namign.org/calendar/>.

**Service Areas:** Nassau, Suffolk County and New York tri-state area.

**Services to Provide:** Support groups for patients and/or family members going through Mental Illness and need support from the community. There are various support groups that NAMI holds in different areas of New York as well as the location the support groups take place. Some of the support groups consists of Family Support Group, Whole Family Support Group, Support Group for Children of Mentally ill parents, etc. As for the training classes and presentations, NAMI offers Youth Mental Health First Aid, Family 2 Family Classes, what to do when stopped by the police, Peer to Peer Educational Program, Protecting Your Social Security and Medicaid Benefits When Returning to Work, etc.

**Registering for the Support Groups/ Training Classes:** For patients and/or their families that are interested to participate in the Support Groups/Training Classes they will need to call NAMI to register. Due to limited space, walk's in will NOT be able to participate in support groups nor training classes without registering.

2. Mood Disorder Support Group (MDSG)-New York  
P.O Box 2359  
New York, NY 10163  
Telephone # (212)533-6374  
Email: [info@mdsg.org](mailto:info@mdsg.org)

Beth Israel Medical Center Beth Pavilion  
10 Nathan D. Perlman Place  
New York, NY 10003  
Between 1<sup>st</sup> & 2<sup>nd</sup> Avenue & 15<sup>th</sup>, 16<sup>th</sup> Street

St. Luke's Roosevelt Adult Outpatient Clinic  
411 West 114<sup>th</sup> Street  
6<sup>th</sup> Floor  
New York, NY 10025  
Between Amsterdam & Morningside Drive

**Hours of Operation:** Both locations start at 7:30pm but doors open at 7:00pm. To attend a meeting the patient does NOT need to pre-register or to be a member of the group. The patient simply goes to the sign-in table and advise the volunteer that it is their first time attending the support group. The volunteer will direct the patient to the most appropriate group.

**Insurance Providers/Fees:** Insurance does NOT cover support groups however, there is a fee for this support group. Patients have an option to become a member of the organization or if the patient is NOT a member, they can contribute \$5 per support group as a donation to the organization.

*The organization does NOT turn anyone away even if they are unable to pay. To become a member, the fees are \$45 for 1-year individual membership, \$65 for 1-year family membership, and it applies to an unlimited number of family members. Membership entitles the patient to 1 year of free support group meetings and reduced fee on lectures (\$8 per lecture). The patient will also receive a reduced price on all books purchased at MDSG groups and lectures. If a patient is interested to become a member it is recommended to join by mail. The patient can send a check as well as a note stating they are interested to become a member to the address listed below:*

Mood Disorders Support Group  
P.O. Box 30377  
New York, NY 10011

*\*\*\* Once MDSG receives a payment for the membership they will mail a membership card to the patient's home. Please note: This is ONLY if the patient is interested to be a member, it is NOT a requirement to attend this support group. \*\*\**



**Support Groups are Held:** There are 2 different locations in Manhattan. Classes on the West Side are held on Wednesdays and support groups on the East Side are held on Tuesdays. Patients can look at the calendar for day, date, and time of the support groups. The link to the calendar is: <https://mdsg.org/support-group-calendar/>.

**Service Areas:** Manhattan (Upper West Side & East Side of Manhattan).

**Services Provided:** There are various support groups MDSG provides to patients. Those support groups include Under 30. Under 30 is a group for those individuals under the age of 30 (including teens) that discuss both Unipolar Depression and Bipolar Depression. There is a Unipolar Group that generally discusses depression, Bipolar Group discusses both depression as well as the mania. There is also a support group that helps family and loved ones connect to someone that is suffering from depression or bipolar disorder. Lastly there is a support group called Topic which discusses common themes prevalent in each group, such as medication, finding a therapist, recognizing, and managing triggers as well as finding structure through work and volunteering.

3. Long Island Council on Alcoholism and Drug Dependence (LICADD)

Nassau County Office & Executive Suites  
1025 Old Country Road  
Suite #221  
Westbury, NY 11590  
Telephone # (516)747-2606  
24 Hour Hotline # (631)979-1700  
Fax # (516)747-0714

THRIVE Recovery Community & Outreach Center  
1324 Motor Parkway  
Suite # 102  
Hauppauge, NY 11749  
Telephone # (631)979-1700  
Fax # (631)676-3114

877 East Main Street  
Suite # 107  
Riverhead, NY 11901  
Telephone # (631)284-9583



**Hours of Operation for Nassau County & Executive Offices:** Monday, Thursdays & Fridays from 8:30am-5:00pm, Tuesdays & Wednesdays from 8:30am-9:00pm, Saturdays from 9:00am-4:00pm (walk-ins welcome).

**Hours of Operation for THRIVE:** Mondays & Thursdays from 8:30am-9:00pm, Tuesdays, Wednesdays & Fridays from 8:30am-5:00pm and Saturdays from 9:00am-4:00pm.

**Hours of Operation for Riverhead Location:** Mondays – Saturdays by appointment only.

**Insurance Providers/Fees:** The support groups are free. All are welcome to attend and pre-registration is NOT required, just show up to the meeting!

**Support Groups are Held:** In various locations based on the support group the patient is interested in. The support groups are mainly at the Westbury or Hauppauge office. It is advised that the patient contact LICADD for an upcoming events calendar as it is subject to change. The link to upcoming events is located at: <https://www.licadd.org/programs-services/group-support/>.

**Service Areas:** Nassau, Suffolk County and New York tri-state area.

**Services Provided:** LICADD offers several support groups; some of those support groups consist of Family Support, Eating Disorders, Grief & Loss, Positive Recovery as well as Self-Help Support Groups. LICADD also offers Community Education and Prevention which includes Narcan Training. Narcan Training is open to anyone that is interested and is willing to learn. The individual does NOT have to be in the health care field to be trained.

## National Hotlines for Help:

1. Non – Profit Postpartum Support International (PSI) Helpline  
Telephone # 1-800-944-4773  
Text at 503-894-9453  
Website: <https://www.postpartum.net/>

\*\*\* The hotline offers real-time support for women that are struggling with potential maternal mental health disorders, including a Facebook group and telephone chat options. PSI has a national psychiatric consultation line that provides support to medical providers to get information to help their patients. The provider line is free, and it is staffed by national perinatal psychiatry experts. There are also support groups that women can join online by going to this site:

[https://www.supportgroupscentral.com/clt\\_addtllinks\\_meetings.cfm?rno=28&cid=17&CFID=660276&CFTOKEN=ca1695d489839d33-92D22113-C68D-BFE6-7BB85349C81B18A5](https://www.supportgroupscentral.com/clt_addtllinks_meetings.cfm?rno=28&cid=17&CFID=660276&CFTOKEN=ca1695d489839d33-92D22113-C68D-BFE6-7BB85349C81B18A5) \*\*\*

2. National Maternal Mental Health Hotline *New resource as of 5/12/22*  
Telephone # 1-833-943-5746  
Text #1-833-943-5746  
Website: <https://www.postpartum.net/>

\*\*\* The hotline is funded by the U.S. Health Resources and Services Administration (HRSA) and powered by Postpartum Support International (PSI). The hotline is available 24/7, 365 days a year. Services are offered in English as well as other languages by request. The patient does NOT need a diagnosis to reach out for help. \*\*\*

3. PSI Psychiatric Consultation Line  
Telephone #1-877-499-4773  
Website: <https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

\*\*\*Medical prescribers can call the free consultation line. Within 24 hours of calling the provider will be connected with an expert perinatal psychiatrist who can provide advice on diagnosis, treatment and medication management for preconception, pregnant and postpartum women. This is NOT an emergency hotline. \*\*\*

4. Postpartum Resource Center of New York  
Telephone # (Toll Free): 855- 631-0001, (631)422-2255 Hablamos Español hotline  
Postpartum Resource Center of New York  
Website: [www.postpartumny.org](http://www.postpartumny.org).

5. North Shore Child and Family Guidance Center  
Diane Goldberg Maternal Depression Program  
Telephone # (516)626-1971 Ext. 318

6. Women's Helpline  
Telephone # (631)853-8222

\*\*\* The Women's Helpline is available Mondays – Fridays from 8:30am–4:30pm. The Helpline provides emotional support for victims of domestic violence and enhance services to victims of sexual assault. The Helpline is bilingual. Calls will be anonymous and confidential. \*\*\*

7. The Zucker Hillside Hospital Prenatal Psychiatry Services  
Telephone # (516)470-4MOMS (4666)

8. National Domestic Violence Hotline  
Telephone # 1-800-799-7233  
Website: <https://www.thehotline.org/>

9. National Suicide Prevention Lifeline  
Telephone #988  
Telephone # 1-800-273-TALK (8255)  
Website: <https://suicidepreventionlifeline.org/>

\*\*\*The National Suicide Prevention Lifeline accommodates patients that speak a different language besides English. The hotline provides support in many different languages and can accommodate patients that are hard of hearing or are deaf. \*\*\*

10. National Alliance on Mental Illness (NAMI)  
Telephone #800-950-NAMI (6264)  
Text # NAMI to 741741  
Email: [info@nami.org](mailto:info@nami.org)

\*\*\* NAMI Crisis Helpline is available Mondays – Fridays from 10:00am – 10:00pm EST. Volunteer counselors answer your questions, offer support and provide practical next steps. \*\*\*

11. Nassau County Behavioral Health Helpline  
Telephone # (516)227-TALK (8255)

12. Mental Health Association of Nassau County Crisis Helpline  
Telephone # (516)504-HELP (4357)

13. Mental Health Association of Suffolk County Information & Referral  
Telephone # (631)226-3900



14. 24/7 Mental Health for Help in Queens  
Telephone # 1-888-692-9355

15. National Youth Crisis Hotline  
Telephone # 1 800-442-HOPE (4673)

16. National Runaway Safeline  
Telephone # 1 800 RUNAWAY or 1-800-786-2929  
Link to email at: <https://www.1800runaway.org/crisis-online-services/>

17. The Trevor Helpline  
Telephone # 1-866-488-7386, 1-866-4-U-TREVOR  
Website: <https://www.thetrevorproject.org/>

\*\*\* National crisis and suicide prevention helpline for LGBTQ youth. Nonjudgmental, trained counselors that listen and understand. \*\*\*

18. Veterans Crisis Line  
Telephone # 1-800-273-8255 (Press 1)  
Website: <https://www.veteranscrisisline.net/>

19. VA National Caregiver Support Line  
Telephone # 1-855-260-3274  
Website: [https://www.caregiver.va.gov/help\\_landing.asp](https://www.caregiver.va.gov/help_landing.asp)

\*\*\* There are Licensed Social Workers available to listen to the patient concerns, answer questions and connect the patient to resources coordinated at the VA in Northport. Support service is available Mondays – Fridays from 8:00am-11:00pm & Saturdays from 10:30am–6:00pm. \*\*\*

20. VA National Call Center for Homeless Veterans  
Telephone # 1-877-424-3838  
Website: <https://www.va.gov/homeless/nationalcallcenter.asp>

\*\*\* This service is dedicated to assist homeless Veterans, their families and community service providers to prevent Veteran's homelessness. The service is free, and confidential. \*\*\*

21. VA National Women Veterans Hotline  
Telephone # 1-855-829-6636

\*\*\*VA Employees can provide information about various benefits including health care services, homelessness, education and claims for female Veterans. \*\*\*

22. National Help Line for Substance Abuse  
Telephone # 1-800-262-2463

23. Alcohol Hotline

Telephone #1-800-331-2900

24. Poison Control

Telephone # 1-800-222-1222

25. National Council on Problems Gambling

Telephone # 1 800-522-4700 (available 24/7)

Text # 1– 800–522-4700

Website: <http://www.ncpgambling.org/>

26. SAMHSA Disaster and Distress Helpline

Telephone # 1-800-985-5990 (available 24/7)

Text # TALKWITHUS to 66746 (to connect with a trained crisis counselor)

Website: <http://www.disasterdistress.samhsa.gov/>

\*\*\* SAMHSA Disaster Distress Helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human–caused disaster. That includes tornadoes, severe storms, hurricanes, tropical storms, floods, wildfire, earthquakes, drought, or incidents of mass violence. \*\*\*

27. Child Protective Services (CPS)

Telephone # 1-800-342-3720

28. Adult Protective Services (APS)

Telephone # 1-844-697-3505

29. Response Crisis Helpline

Telephone # (631)751-7500

Telephone # (631)751-7423 for Spanish speaking counselors.

Website: <https://www.responsecrisiscenter.org/>

\*\*\* The hotline is dedicated to residents that live in Suffolk County especially for older adults. Response Crisis Hotline provides resources as well as counselors that are trained in crisis situations. Please note Spanish speaking counselors are available Mondays – Fridays from 5:00pm–10:00pm. \*\*\*

30. New York State Connection Helpline

Telephone # 1-800-345-KIDS (5437)

\*\*\* New York State adoption agencies help find permanent homes for children, so they are provided the opportunity to thrive and develop in a secure and devoted family. If the individual would like help in finding a family for their child, adoption will provide their child with a safe and loving home. \*\*\*

31. NY Project Hope Coping with COVID

Telephone # 1-844-863-9314

Website: <https://nyprojecthope.org/>

\*\*\* NY Project is New York's COVID – 19 Emotional Support Helpline. Counselors are available to provide emotional support, educational materials, and referrals to help people manage and cope with the changes brought on by the pandemic. The Emotional Support Helpline is free, confidential, and anonymous. It is available 7 days per week from 8:00am -10:00pm.\*\*\*

32. National Eating Disorders Association Helpline

*New resource as of 2/7/23*

Telephone #1-800-931-2237

### **Resources for Post-Traumatic Stress Disorder (PTSD) during childbirth:**

The resources below provide education to patients that have experienced a traumatic childbirth and are healing from their recovery.

1. Solace for Mothers

Website: <http://www.solaceformothers.org/>

2. Pattch (Prevention & Treatment of Traumatic Childbirth)

Website: <http://pattch.org/>

3. ICAN (International Cesarean Awareness Network)

Website: <https://www.ican-online.org/>

4. Homebirth Cesarean

Website: <https://homebirthcesarean.org/>

5. The Birth Trauma Association (BTA)

Website: <https://www.birthtraumaassociation.org.uk/>

6. Her Foundation

Website: <https://www.hyperemesis.org/>

7. Hand to Hold

Website: <https://handtohold.org/>

## **Resources for Sexual Health:**

*Resource added as of 11/10/21*

Centers for Disease Control and Prevention

Telephone # 800-232-4636

Website: <https://www.cdc.gov/sexualhealth/Default.html>

## **Need more information on Coronavirus Disease (COVID-19) during pregnancy and postpartum?**

Please click on the links below from the Center for Disease Control and Prevention (CDC) as well as The American College of Obstetrics and Gynecologists (ACOG) for guidance to protect yourself, your baby and family.

1. **Centers for Disease Control and Prevention (CDC):**  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
2. **The American College of Obstetrics and Gynecologists (ACOG):**  
<https://www.acog.org/patient-resources/faqs/pregnancy/coronavirus-pregnancy-and-breastfeeding>

## Licensed Therapist that provides Mental Health Service to Frontline Healthcare Workers:

### 1. The Emotional PPE Project

Email: [contaxct@emotionalppe.org](mailto:contaxct@emotionalppe.org)

Website: <https://www.emotionalppe.org/>

\*\*\* The Emotional PPE Project is dedicated to healthcare workers that are in need of Mental Health Services that have been impacted by COVID-19 crisis. The project provides licensed therapists who are volunteer mental health practitioners. All services through The Emotional PPE Project are free of charge, no insurance needed, are confidential and provide a flexible schedule to the frontline workers. Please visit this site for a list of Individual Therapists in New York: <https://www.emotionalppe.org/healthcare-workers/individual-therapy>. *The therapists are bilingual and are available in English, Chinese, French, German, Greek, Italian and Spanish.*

\*\*\*

### 2. Physician Support Line

Telephone # 1-888-409-0141

Email: [admin@physiciansupportline.com](mailto:admin@physiciansupportline.com)

Website: <https://www.physiciansupportline.com/>

\*\*\*Physician Support Line is a national, free, and confidential support line service that is provided by volunteer psychiatrists to offer peer support for physicians and medical students to help navigate through the pandemic. No appointments needed - services are free and confidential. Please note: This service is for peer support and not formal treatment by a therapist. \*\*\*

### 3. Project TEACH

Telephone #1-855-227-7272

Email: [info@projectteachny.org](mailto:info@projectteachny.org)

Website: <https://projectteachny.org/mmh/>

\*\*\*Project TEACH provides real time access to reproductive psychiatrists to address provider's questions about how to help their patients with maternal mental health concerns. For timely consultations in real time with reproductive psychiatrists please call Monday-Friday from 9:00am-5:00pm.\*\*\*

### 4. PeerRxMed

Email: <https://www.peerrxmed.com/joinus>

Website: <https://www.peerrxmed.com/>

\*\*\* The PeerRx Program is a free, peer to peer support group from those working in the healthcare field that emphasizes personal wellness. The PeerRx process works to connect people to others going through similar experiences to promote mutual growth. PeerRx is built around

*weekly, monthly, and quarterly check-ins with your partner to provide encouragement, support, and accountability. The program is also known as PRx90 process. \*\*\**

5. Death over Dinner

Website: <https://deathoverdinnerhealthcare.org/#about>

*\*\*\*Death over Dinner is a worldwide initiative that facilitates uncomfortable conversation about death. Department of Defense (DOD) recently released a Healthcare Edition to offer a safe space to talk about death, dying, end of life care, and the effects caring for these patients have on their personal lives. This service allows caregivers and healthcare workers to connect and bond with others over their shared experience and openly and honestly talk about death. \*\*\**

6. AMA Steps Forward

Telephone #1-800-621-8335

Website: <https://edhub.ama-assn.org/>

*\*\*\*AMA Steps Forward Transform your Practice offers a collection of engaging and interactive educational toolkits that are practical, actionable “how to guide” to transform and improve your Care Center. \*\*\**

7. The Postpartum Stress Center

*Resource added as of 5/26/22*

Telephone # (610)525-7527

Fax # (610)525-3997

Website: <https://postpartumstress.com/>

*\*\*\* The Postpartum Stress Center provides educational webinars, videos, and tools that are available for Health Care Professionals to participate in and learn from. The trainings are specialized in Professional Perinatal Training Program. Cost of the training may apply. \*\*\**

## **Podcasts dedicated to the journey of Parenthood and Maternal Mental Health (MMH):**

*Revised as of 8/3/22*

### **1. Mom & Mind**

The podcast is hosted by Katayune Kaeni, Psychologist, who is also a Certified Specialist in Perinatal Mental Health and Perinatal Mood and Anxiety Disorder. On her podcast she interviews moms, dads, experts, and advocates about how to cope, manage and recover from perinatal mood and anxiety disorders. The host is open and honest about the stigmas behind Maternal Mental Health.

Website: <https://momandmind.libsyn.com/>

Link to the Podcast: <https://podcasts.apple.com/us/podcast/mom-mind/id1125550872>

### **2. Everyday Motherhood**

The podcast is hosted by Christy Thomas, a Motherhood Coach for Self-Care and Positive Parenting. The host provides parents tips of self-care while parenting and walk away with a play idea to connect with their kids.

Website: <https://keepcalmmotheron.com/>

Link to the Podcast: [https://toppodcast.com/podcast\\_feeds/everyday-motherhood/](https://toppodcast.com/podcast_feeds/everyday-motherhood/)

### **3. The Birth Hour Birth Story Podcast**

The podcast is hosted by Bryn Huntpalmer, a mother of two and entrepreneur. The podcast talks about inspirational birth stories through pregnancy, trying to conceive experiences of first-time moms and mothers caring for multiple children. Every woman has their own personal journey through childbirth. The Birth Hour is all about building community and navigating a new role into motherhood.

Website: <https://thebirthhour.com/about/>

Link to the Podcast: <https://podcasts.apple.com/us/podcast/the-birth-hour-a-birth-story-podcast/id1041801905>

### **4. Motherhood and Mental Health**

The podcast is hosted by Haley Neidich, she is a licensed psychotherapist, mother and advocate for mother's and mental health. The podcast explores motherhood, Mental Health and Entrepreneurship with and for all self-identifying women.

Website: <https://www.haleyneidich.com/>

Link to the Podcast: <https://podcasts.apple.com/us/podcast/motherhood-and-mental-health/id1503914597>



## 5. Postpartum Stories

The postpartum story podcast is a place where parents can share their experiences through pregnancy and postpartum.

Website/Link to the Podcast: <https://postpartumpodcast.libsyn.com/>

## 6. The Modern Dad Podcast City Dad Groups

The Modern Dad Podcast City Dad Groups discuss issues that modern dads are facing as they try to navigate work, parenthood, relationships, and play.

Website/Link to the Podcast: <https://podcasts.apple.com/us/podcast/the-modern-dads-podcast/id639300938>

## 7. 4 Dads for Dads Podcast

A podcast made specifically for dads trying to navigate today's world. No topics are off limits as the hosts drive further into parenting, marriage, careers and having a life that may or may not be defined by fatherhood. The podcast is hosted by 4 lifelong friends that come to share different perspectives and approaches to their lives.

Website/Link to the Podcast: <https://podcasts.apple.com/us/podcast/4-dads-for-dads-podcast/id1493022896>

## 8. Brand New Father Podcast

Brand New Father Podcast shares real life stories, words of encouragement as well as the struggles, the wins and lessons learned.

Website/Link to the Podcast: <https://podcasts.apple.com/us/podcast/brand-new-father-podcast/id1075885262>

## 9. ThinkUp: Positive Affirmations and Motivation

ThinkUp is a Postive Affirmations and Motivation podcast to help you overcome challenges, achieve, goals and become the person you want to be. The ThinkUp podcast will shed some light on how to make your life a better and a more positive place for you to live in. Every week, influencers featured on the podcast will share their most powerful affirmations and techniques that helped them transform their lives.

Website/Link to the Podcast: <https://www.listennotes.com/podcasts/thinkup-positive-affirmations-and-i2mbUBXahyE/>

## **Meditation and Yoga Apps:**

Please note: There may be a cost to participating in these apps.

### **1. Yoga with Adriene**

Website: <https://yogawithadriene.com/>

Yoga videos: <https://yogawithadriene.com/free-yoga-videos/>

- Adriene Mishler is an international yoga teacher, actress, writer, and entrepreneur. Yoga with Adrienne provides high quality practices on yoga and mindfulness at no cost to support and inspire people of all ages, ethnicities, and backgrounds across the globe.

### **2. Headspace**

Website: <https://www.headspace.com/>

- Headspace provides guided meditation as well as mindfulness techniques that will help you find calmness, wellness, and balance in your life. The app also provides music, nature soundscapes, or storytelling sleep casts.

### **3. Breethe**

Website: <https://breethe.com/>

- Breethe is a guided meditation series of inspirational talks and master classes from mindfulness coach, Lynne Goldberg that will help you better navigate life's challenges and improve peace of mind. The app provides a sleep music playlist, nature sounds and bedtime readings that will help provide you a restful sleep.

### **4. Simple Habit**

Website: <https://www.simplehabit.com/>

- The app offers 5-minute exercises to help you get into consistent meditation. This app was also featured on the tv show Shark Tank in 2017.

### **5. Calm**

Website: <https://www.calm.com/>

- The app provides calming exercises, breathing techniques to help you relax and it even provides a calm kids section with meditation for kids between the ages of 3 and 17. Sleep stories section is featured with some actors such as Matthew McConaughey or Jerome Flynn to help you sleep.

### **6. Expectful** *Resource added as of 9/2/21 recommended by Dr. Smith – Levitin, MFM*

Website: <https://expectful.com/>

- The app is designed to provide 1:1 wellness support from experts in meditation, sleep, fertility, pregnancy, parenthood, nutrition and much more!

### **Additional Links to Share:**

1. Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)  
Website: <https://www.awhonn.org/>  
Email: [customerservice@awhonn.org](mailto:customerservice@awhonn.org)
2. National Perinatal Association  
Website: <http://www.nationalperinatal.org/>  
Email: [klove@nationalperinatal.org](mailto:klove@nationalperinatal.org)
3. American Pregnancy Association  
Website: <https://americanpregnancy.org/>  
Telephone #: 1-800-672-2296
4. National WIC Association  
Website: <https://www.nwica.org/>  
Telephone #: 1-202-232-5492
5. Office on Women's Health  
Website: <https://www.womenshealth.gov/>  
Telephone #: 1-800-994-9662
6. 2020 Moms  
Website: <https://www.2020mom.org/>
7. Blue Dot Project  
Website: <https://www.thebluedotproject.org/about>
8. Substance Abuse and Mental Health Services Administration (SAMHSA)  
Website: <https://www.samhsa.gov/>  
Telephone #: 1-800-662-HELP (4357), TTY: 1-800-487-4889

9. National Institute of Mental Health

Website: <https://www.nimh.nih.gov/health/topics/women-and-mental-health/index.shtml>

Telephone # 1-866-615-6464

10. National Alliance on Mental Illness (NAMI)

Website: <https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources>

Telephone #: 1-703-524-7600

11. The Sitting Moon

Website: <https://www.thesittingmoon.org/home>

Telephone # (817)303-9999

Email: [info@thesittingmoon.org](mailto:info@thesittingmoon.org)

\*\*\* The Sitting Moon is located in Fort Worth, Texas and services the DFW and surrounding areas. \*\*\*

