

MENTAL HEALTH REFERRALS				
Name	Location	Insurance	Contact	Notes
AGENCIES/CLINICS				
Ackerman Institute for the Family	Flatiron	Affinity, Amida Care, Beacon, Center Light, Child Health Plus, Emblem, Empire Blue Cross Blue Shield (except for policies starting with JLJ and JLH), Empire Plan, GHI, Health Exchange, Health First, HIP, Hudson Health Plan, Integra Fida Plan, Market Plus, Metro Plus, Metro Plus w/Fida, MHAP, Optum, Oxford, River Spring Fida Plan, Senior Whole Health Plan, United Behavioral Health, United Health Care, United Health Care - Community Plan, Value Options or sliding scale	https://www.ackerman.org/	
Amudim	Manhattan-also does phone	Free	https://amudim.org/services	
Center for Anxiety	Columbus Circle (ish)	Sliding scale	http://www.centerforanxiety.org/	
CMPS	Greenwich Village	Sliding scale	https://www.cmeps.edu/Therapy	
Cobb Psychotherapy	All over NYC	Out of Network/Pocket Blue Cross Blue Shield CHP	https://www.cobbpsychotherapy.com	
CUNY Psychological Center	w 135th	\$50 per session (but there are ways to apply for lower fee)	https://www.thepsychologicalcenter.org/individual-therapy/	
ICP	Columbus Circle	Oscar GHI GHI Medicaid HealthFirst HealthFirst Medicaid HIP HIP Medicaid Or sliding scale	http://icpnyc.org/	
IPTAR	UES	Beacon Emblem Health GHI (non-HMO) HIP Health Plan of New York (non-HMO) New York State Empire Plan ValueOptions or sliding scale	https://iptar.org/iptarclinicalcenter/	
Jewish Board	All over NYC	Most Insurances	https://jewishboard.org	
Open Path Collective	All over NYC	\$30-\$60 per session	https://openpathcollective.org/	
NIP	Columbus Circle	Aetna HealthFirst ValueOptions commercial plans: GHI HIP Emblem NY State Empire Plan (Not Blue Cross / Blue Shield) MVP or Sliding scale	https://niptherapy.org/treatment	
PPSC	Flatiron	Aetna NYU Marymount Student or Sliding scale	https://www.ppsc.org/treatment-services-1	
Relief	N/A	Referral Source	https://reliefhelp.org/	
Soho md	Remote - phone / video	It depends on the therapist. Their website says most accept: Aetna Cigna Optum (Oscar, Oxford Health Plans, UnitedHealthcare) Otherwise - fees vary but it is all decided up front.	https://www.sohomd.com/	
The William Alanson White Institute	UWS	Sliding scale - fees ranging from \$50.00 to \$150.00	http://www.wawhite.org/index.php?page=clinical-services	
TIMH	w 27th	Aetna or Sliding scale (range from \$40 - \$70). They will look at your income and monthly expenses in order to decide on the fee. They don't just price you based off full income alone.	https://www.timh.org/#about	
WSI	Greenwich Village	Sliding scale	http://www.wsi.org/treatment-center/treatment-center.html	
YU Clinic (Parnes Clinic Services)	Bronx	Sliding scale - fees generally range from \$5-\$40 for psychotherapy sessions	https://www.yu.edu/ferkauf/parnes-clinic/schedule-appointment	