

Resource/Referral List

If you are in crisis, please call 911, go to the nearest emergency room, or call the suicide prevention lifeline at 1-800-273-8255

General note:

Treatment modalities to look for to address PTSD: cognitive behavioral therapy (CBT), prolonged exposure (PE) therapy, eye movement desensitization and reprocessing (EMDR)

NAME	NUMBER	ADDRESS	NOTES
If you have insurance			
Visit your insurance webpage or call number on back of card to find a provider in your area			
Emergency Referrals/Resources			
Bellevue CPEP	(212) 562-4678	462 First Ave, Ambulatory Care Building – Ground Floor	
National Suicide Prevention Lifeline	1-800-273-8255		
Call 9-1-1 or take yourself to the nearest emergency room			
General Care Referrals			
NYU Primary Care Providers	(212) 998-4780		Looking for meds and no PCP at NYU: call your PCP or insurance for referrals
Anxiety and Depression Association of America		www.ADAA.org	"Find a Therapist" tool
Association of Behavioral and Cognitive Therapies		www.ABCT.org	"Find a Therapist" tool
Psychology Today		https://www.psychologytoday.com/us	"Find a Therapist" tool
Alma		https://helloalma.com/	Resource for finding therapists in the area who take insurance and are taking new clients
Anxiety/Depression Treatment Referrals			
NYU Psychiatry Associates	(646) 929-7950	1 Park Ave, 8 th Floor http://nyulangone.org/conditions/anxiety-disorders-in-adults/treatments/therapy-for-anxiety-disorders-in-adults	Diagnosis and treatment for anxiety, depression, OCD, and other mood disorders Out of pocket costs; can check to see if covered by insurance
Columbia University Anxiety Disorders Clinic	(646) 774-7000	1051 Riverside Dr, Unit #69 https://www.columbiapsychiatry.org/research-clinics/anxiety-disorders-clinic	Research and treatment for OCD and related disorders, Social Anxiety, Adult Separation Anxiety Disorder, Trauma and PTSD, Hispanic Treatment Program
Mood and Anxiety Disorders Program – Mt. Sinai	(212) 241-6539	1428 Madison Ave http://icahn.mssm.edu/research/map/research/participate	Research and Treatment
Weill Cornell Cognitive Behavioral Therapy Services	(888) 694-5700	525 E. 68 th St or 21 Bloomingdale Rd, White Plans 10605	Sliding scale available
Outpatient Treatment Referrals			
Bellevue Adult Walk-in Clinic	Walk In Clinic number: 212-562-5710	462 1st Ave (bw 27-28th St.) B-Care building, Ground floor, Rm 1027 Walk-in hours: 8:30am – 12pm Walk In Clinic number: 212-562-5710 http://www.nyc.gov/html/hhc/bellevue/downloads/pdf/outpatient-psych-info-5-languages.pdf	Takes patients on a first-come, first-serve basis. They offer psychotherapy, psychopharmacology, and group therapy by residents in psychiatry. Pricing: Sliding scale, should register with business/finance office
Dean Hope Center	tel: 212-678-3262	Thorndike Hall 6th Fl. 525 W 120th St. NY, NY 10027	This resource offers individual, couples, and family therapy in the Upper West Side. Services are provided by doctoral and master's students at Columbia Teacher's College.

			Intake: Free Therapy services: \$40 per session
Mt Sinai Residents Clinic	tel: 212-241-5947	When you call, the receptionist will perform a brief intake assessment. Someone will call you back to set up an appointment, which can be scheduled 7am-7pm M-Th and 7am-5:30pm on Friday's.	This clinic provides psychotherapy and medication management by psychiatry residents. Pricing: First appt: \$100; All additional appts: \$20
NYC Safe Horizon Counseling Center	347-328-8110	Visit https://www.safehorizon.org/	This resource provides counseling for victims of sexual trauma. They provide weekday, evening, and Saturday appointments in various locations in Manhattan as well as Brooklyn. Pricing: Sliding scale (Call for more detail)
Ferkauf Graduate School of Psychology Parnes Clinic	646-592-4399	https://www.yu.edu/ferkauf/parnes-clinic/schedule-appointment	Our fees generally range from \$5–\$40 for psychotherapy sessions and \$250 or less for child psychoeducational assessments.
Brooklyn			
Brooklyn: The Jewish Board	844-663-2255		This resource offers individual or group therapy as well as medication management. Services are provided by psychiatrists and therapists. They have various locations throughout Brooklyn and NYC in general. Their providers speak many different languages. Pricing: Sliding Scale: \$20+ based on income
MILITARY/VETERANS			
NYU Military Family Center	855-698-4677	If you are a veteran or a family member of a veteran, you may use this resource http://nyulangone.org/locations/steven-a-cohen-military-family-clinic	At the Steven A. Cohen Military Family Clinic at NYU Langone, we provide free, compassionate care for veterans and military families who are experiencing the long-term effects of all phases of military service and other life stresses, including relationship difficulties, school problems, and unemployment and relocation issues.
PTSD Clinical Trials / Research Studies in NYC Area			
To find treatment studies, see: www.clinicaltrials.gov			
Emotion Training Regulation Study (for COVID-related distress)		Link: https://www.emotionregulationtraining.com/	
PTSD studies at Columbia University		See: https://www.columbiapsychiatry.org/join-study/research-clinics/anxiety-disorders-clinic/ptsd-research-and-treatment-program/participation-research	
Mindfulness Resources			
Mindfulness Meditation New York Collaborative		http://www.mindfulnessmeditationnyc.com/	
Tibet House	212-807-0563	22 West 15th Street, New York, NY 10011 https://tibethouse.us/	Low cost meditation (not MBSR)