Mental Health Counseling Services External Referrals

**Bronx**

Einstein Community Health Outreach (ECHO) Clinic  
Address: 1894 Walton Avenue  
Bronx, NY 10453  
Phone: 718-583-3060  
Website: www.einstein.yu.edu  
Services: Individual therapy.  
Languages: English, Spanish, other languages offered through interpretation line  
Fee Information: Sliding scale, $35 minimum per session.

Institute for Family Health: Center for Counseling  
Address: 2590 Frisby Avenue – 1st Floor  
Bronx, NY 10461  
Phone: 718-239-1610  
Website: www.institute2000.org  
Services Provided: Individual therapy.  
Languages: English, Spanish, other languages offered through interpretation line  
Fee Information: Low cost

North Central Bronx Hospital: Behavioral Health Services  
Address: 3424 Kossuth Avenue, 4th Floor, 4B-01  
Bronx, NY  
Phone: 718-519-3440  
Website: www.nyc.gov  
Services Provided: Individual and group therapy; Insurance enrollment  
Languages: English, Spanish, other languages  
Fee Information: Low cost. Sliding scale, $20 minimum without insurance. Accepts most insurance;

**Brooklyn**

Interborough Developmental and Consultation Center  
Website: http://www.interborough.org/  
- Flatbush: 1623 Kings Highway, Brooklyn, NY 11229  
  Phone: 718-375-1200  
- Crown Heights: 921 East New York Ave, Brooklyn, NY 11203  
  Phone: 718-778-0485  
- Williamsburg:  
  819 Grand Street, Brooklyn, NY 11211  
Phone: 718-388-5176  
Languages: Russian, Spanish  
Fee Information: Sliding Scale. Accepts 1199, Aetna, Affinity, AmeriChoice, AmeriGroup, Center Care, Empire Blue Cross/Blue Shield, Empire Plan, Fidelis, GHI, Health Plus, HealthFirst, HIP, Magnacare, Neighborhood Health, MetroPlus, Oxford, Wellcare, Multiplan, Medicaid
Community Counseling and Mediation (CCM) Brooklyn
Address: 25 Elm Place, 2nd Floor
Brooklyn, NY 11201
Phone: 718-802-0666
Website: ccmnyc.org
Services Provided: Individual therapy.
Languages: English, Spanish, others upon request
Fee Information: Sliding scale, $35 minimum per session without insurance. Accepts: Medicaid and Medicare.

Manhattan

Blanton Peale
Address: 8 West 30th Street, 2nd Fl.
New York, NY 10001
Phone: 212-725-7850
Website: http://blantonpeale.org/
Services: Comprehensive Mental Health Services
Fee Information: Sliding Scale. Accepts: Aetna, Affinity, Americhoice, Amerigroup, Careplus, Cigna PPO, Elderplan, Emblem Empire Plan, Empire Blue Cross/Blue Shield, Fidelis, Guardian, HealthFirst, Health Plus, Health Net, Health Integrated, Medicaid, Metroplus, Multiplan, GHI, Neighborhood Health, United Healthcare, UBH, Tricare/Unicare, Value Options, Vida, Student Plans: Student Resources and Gallagher Hoster

Adolescent Health Center at Mount Sinai
Address: 312-320 East 94th Street
New York, NY 10128
Phone: 212-423-3000
Website: http://www.mountsinai.org/patient-care/service-areas/adolescent-health-center/services/counseling-and-mental-health
Services Provided: Comprehensive Medical Services. Ages 10-22
Fee Information: Free (if not insured)

Community Counseling and Mediation (CCM)
Address: 115 West 31 Street, 5th Floor
New York, NY 10001
Phone: (212) 564-6006
Website: ccmnyc.org
Services Provided: Individual therapy.
Languages: English, Spanish, Others
Fee Information: Sliding scale, $35 minimum per session. Accepts: Medicaid and Medicare.
Family Health Center of Harlem  
Address: 1824 Madison Ave (at 119th Street)  
New York, NY 10035  
Phone: 212-423-4200  
Website: www.institute2000.org  
Services Provided: Individual therapy.  
Languages: English, Spanish, Bangladeshi  
Fee Information: Sliding scale: $30 minimum for intake. Accepts: EasyChoice, Emblem, Empire Blue Cross/Blue Shield, HealthFirst, 1199, Aetna, Cigna, Amerigroup, MagnaCare, Medicaid, Metroplus, Multiplan, Oxford, United Health Care.

Sanctuary for Families  
Address: New York, NY (Multiple locations)  
Phone: 212-349 - 6009 EXT. 221  
Website: www.sanctuaryforfamilies.org  
Services Provided: Individual and group therapy, legal assistance including health insurance enrollment.  
Languages: English, Spanish, French, Urdu, Mandarin and Cantonese  
Fee Information: All services free.

QUEENS

Asian Outreach Center  
Address: 81-14 Queens Boulevard  
Elmhurst, NY 11373  
Phone: 718-889-9699  
Website: www.childcenterny.org  
Services Provided: Counseling  
Languages: Bengali, Cantonese, Mandarin, Punjabi, English, Gujarati, Hindi, Korean, Marathi, Spanish, Urdu  
Fee Information: Low cost. Sliding scale, $25 minimum per session.

Bleuler Psychotherapy Center  
Address: 104-70 Queens Blvd. Forest Hills, NY 11375  
Phone: 718-275-6010  
Website: http://www.bleulerpsychotherapycenter.org/  
Languages: Spanish, Russian, Farsi, Hebrew, French & Italian  
Fee Information: Sliding Scale. Accepts: Medicaid, GHI, HealthFirst, Fidelis, MHN, HIP, Health Plus, Value Options, Beacon, Metroplus, Various Union Insurances, Empire, Affinity