



# MENTAL HEALTH RESOURCES



# Table of Contents

<b>Virtual Counseling/Hotlines</b> (For when in crisis)	2
<b>Mental Health Centers</b> (For Information and Referrals)	2
<b>Mental Health Tools</b>	3
<b>Podcasts</b>	4
<b>Search Tools</b>	5
<b>Other Resources</b>	5
<b>Support Groups</b>	6
<b>Therapy Services that Accept Medicaid Insurances</b>	7
<b>Therapy Services that are low-cost/sliding scale</b>	7



## Virtual Counseling/Hotlines (For when in crisis)

- Suicide Prevention Hotline: 1-800-273-8255
- NYC Well: free on-demand virtual counseling for stress, depression, anxiety, and drug or alcohol misuse
  - Call 1-888-692-9355
  - Text WELL to 65173
  - [Chat online](#)
- [Crisis Text Line](#) - provides 24/7 access to free, emotional support and information via text
  - Text HOME to 741-741
  - Serves young people ages 13-25 in any type of crisis
- [LifeNet](#) - free and confidential mental health and substance abuse information, referral, and crisis hotline services for New York City residents 24 hours a day / 7 days a week
  - Call 1-800-LIFENET
  - LifeNet also has other numbers (that can be found in the link above) for Spanish-, Cantonese-, and Mandarin-speakers, as well as for hearing impaired individuals.
- [Steve Fund](#): Text STEVE to 741741 (specifically for college students of color who are experiencing stress, anxiety, depression)
- [National Suicide Lifeline Chat](#) - Online emotional support, crisis intervention, and suicide prevention services; questions regarding safety, feelings of depression, etc. are asked, and guidelines on using service are provided
  - Active 7 days a week, 2pm-2am
- [Asian Mental Health Collective](#) - Hotlines for APISAA's
- [SAMHSA's National Helpline](#)
  - Call 1-800-662-HELP
- [National Alliance on Mental Health \(NAMI\) HelpLine](#)
  - Call 1-800-950-NAMI

## Mental Health Centers (For Information and Referrals)

- [Lifenet](#) - Located in FiDi.
- [Mount Sinai Adolescent Mental Health Center](#) - Located on the Upper East Side.
- [National Alliance for Mental Illness \(NAMI\) NYC](#) - Online.
- [Jewish Board of Family and Children's Services](#) (open to people from all backgrounds, located around the city. Note: the phone number is in the top right corner of the page.)
- [Reciprocity WellSpace](#) - Located in Chelsea. (offers online resources, meditation, acupuncture, massage, trauma therapy, sound healing & community meals to all New Yorkers in need of trauma support & recovery) - sliding scale costs, free for those who qualify
- [ThriveNYC resources](#) - Online.

- [HITE Site](#) - Online.
- [The Institute for Family Health](#) - Located in Manhattan and The Bronx.
- [Columbia University Care Access Project](#) - Located in Washington Heights.
- [Asian Mental Health Collective](#) - Online.
- [Center for Complicated Grief](#) - Online.
- [Center for Grief Recovery and Therapeutic Services](#) - Online.
- [GriefShare](#) - Online.
- [SAMHSA's National Helpline](#) - Online resources for Substance Use and Mental Health Services Administration.
- [CUNY Counseling Center](#) - Online. Counseling info for CUNY students.
- [Brooklyn Out of the Closet](#) - Boerum Hill, Brooklyn. (free HIV prevention counseling and testing)
- [Columbia Harlem Homeless Medical Partnership](#) - Harlem. (free primary care services, occupational and physical therapy, cognitive behavioral therapy program)
- [List of low-cost, affordable health care](#) - Online. List of low-cost or no-cost healthcare options.

## Mental Health Tools

- [Headspace App](#)
- [Body Scan Meditation](#)
- [iBreathe](#) - Simple guided breathing app
- [Self-Care Assessment](#)
- For when ["You Feel Like Sh\\*t"](#): Interactive mental health assessment & self-care checklist
- [Princeton University's U Matter Wellness Wheel](#) + [self-assessment](#)
- [Suicide Prevention Hotline resource guide](#)
- BTNY [Coping With Grief](#) Resources
- The Center for Complicated Grief - [Brief Grief Questionnaire](#)
- [Mental Health Screening Tools](#)
- [Stress Screener](#)
- [Interactive 'Where to Get Help' Tool](#)
- [Google Health Self Assessments](#)
- [NYC Well's App Library](#)
- [NYC Well's Covid-19 Digital Mental Health Resources](#)
- [NYC Low or No-Cost Medical Care](#)
- [Healthy CUNY](#) (resources & initiatives for students at CUNY)
- [Litesprite](#) - video game that helps users manage their health conditions
- Worksheets
  - [Stopping Stupid Thoughts](#) - try to get rid of negative or intrusive thoughts
  - [What's Underneath?](#) - try to understand what exact emotions you're feeling
  - [Physical Symptoms and Feelings Tracker](#)

## Podcasts

- [Radio Headspace](#)
- [Alaap with Bengali Mental Health Movement](#)
- [Black Mental Health Podcast](#)
- [Therapy for Black Girls](#)
- [En La Sale](#)
- [A Different Perspective](#)
- [Celeste the Therapist](#)
- [Mental Illness Happy Hour](#)
- [Motivation Mondays](#)
- [On Being](#)
- [Latinx Therapy](#)
- [Stories of Stigma: South Asian Mental Health](#)
- [The Full Well Podcast](#)
- [Disability Visibility](#)
- [Mental Health Mukbang - Asian Mental Health Collective](#)
- [Mind Your Mental](#)
- [The Anxiety Podcast](#)
- [The Happiness Lab with Dr. Laurie Santos](#)
- [The Hilarious World of Depression](#)
- [The Latinx Mental Health Podcast](#)
- [The Mindful Muslim Podcast](#)
- [The Positive Psychology Podcast](#)
- [The Trauma Therapist Podcast](#)
- [Thrive Spice - Asian American Mental Health](#)

## Search Tools

- [\(HITE\) Health Information Tool for Empowerment](#) - online directory offering info on health and social services available to low-income, uninsured, and underinsured individuals in the greater New York area; listings include services for youth and families, as well as mental health and substance-abuse resources
- [Inclusive Therapists](#) - directory of culturally responsive, social justice oriented therapists
- [Therapy for Latinx](#) - directory of Latinx therapists
- [National Queer and Trans Therapists of Color Network](#) - resources and directory for finding BIPOC queer and trans therapists.
- [National Asian American Pacific Islander Mental Health Association](#) - resources for Asian American and Pacific Islander service providers in all fifty states.
- [Behavioral Health Treatment Services Locator](#) - online source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems
- [Latinx Therapy](#) - national directory to find a Latinx Therapist
- [Asian Mental Health Collective](#) - therapist directory for APISAAs
- [The Center for Complicated Grief](#) - find a therapist that can help manage complicated grief
- [GriefShare](#) - search for a support group to ease the grieving process
- [Open Counseling](#) - search for free-to-low-cost mental health professionals available to you at a cost based on your income, also connects you to mental health centers and institutes
- American Psychiatric Association's [search feature](#) - look for psychiatrists in your area
  - Doesn't show prices, but you can filter to find psychiatrists that accept Medicaid
- [Open Path Psychotherapy Collective](#) - find low-cost therapy sessions (\$30-\$80 per session)
  - Can filter by language specialty, online vs in-office sessions, etc.
- [findhelp.org](#), previously known as Aunt Bertha - online search tool that can help people find various types of assistance, one of which is low-cost mental health services
- [National Association of Free and Charitable Clinics](#) - free and charitable clinics across the US provide healthcare to medically underserved in their community

## Other Resources

- [Reach Out USA](#) (middle school, high school, college)
  - Inspiring stories of teens living with depression, eating disorders, body image, bullying, stress, conflict, drugs, and alcohol and how they cope
- [ULifeline](#) (college)
  - Anonymous and confidential online resource for college students with information to help themselves or a friend

- Self-assessment tool and a direct link to New York State college counseling centers
- [Resilience and Emotional Well-Being Video Series](#) (middle school, high school, college)
  - UCSF Department of Psychiatry and Behavioral Sciences has put together a collection of short videos focused on ways we can protect and enhance our own emotional well-being.
  - The videos, which are available for free on YouTube, feature strategies and techniques shared by mental health experts at UCSF.
- [HealthUnlocked](#) - access to learn more about mental health or connect with others
  - Has online support groups for people dealing with anxiety and depression
    - [English-speaking peer-to-peer support group](#)
    - [Spanish-speaking peer-to-peer support group](#)

## Support Groups

- [NAMI-NYC Metro Support Groups](#) - Offers variety of support and social groups for those living with mental illness as well as for friends and family of those living with mental illness)
- [The LGBT Center's Support Groups](#) - Offers variety of support groups for LGBTQ identifying folks)
- [HealthUnlocked](#) - Access to learn more about mental health or connect with others
  - Has online support groups for people dealing with anxiety and depression
    - [English-speaking peer-to-peer support group](#)
    - [Spanish-speaking peer-to-peer support group](#)
- [Resource](#) on how to start a new support group
- [Alcoholics Anonymous](#) - Various support groups for those afflicted by substance use addictions)
- [Al-Anon](#) - Various support groups for those affected by someone else's substance use addiction
- [Co-dependents Anonymous](#) - Various support groups for those afflicted with codependency, folks with a desire for healthy and loving relationships
- [SLAA](#) - Sex and Love Addicts Anonymous is open to anyone who thinks they have a problem with sex addiction, love addiction, romantic obsession, codependent relationships, fantasy addiction and/or sexual, social and emotional anorexia.

## Therapy Services that Accept Medicaid Insurances

- [The Fifth Avenue Counseling Center](#) - A not-for-profit that offers high quality psychotherapy and medication mgmt to New Yorkers. Union Square.
- [Ryan Health](#) - Full health clinic with emotional wellness center that offers therapy services. Lower East Side and Upper West Side.
- [Puerto Rican Family Institute](#) - Multi program not-for-profit provides teletherapy and telepsychiatry. historically served hispanic populations but open to new patients regardless of racial identity.
- [Metropolitan Center for Mental Health](#) - A non-profit that provides psychotherapy in the Upper West Side and the Bronx and accepts medicaid
- [BCS Group](#) - Private practice with a variety of counselling services (telehealth), also has free support groups.
- [The Karen Horney Clinic](#) - A training institute for MSW and PHD post-grads (teletherapy)
- [Interborough](#) - A non-profit with locations across Brooklyn.
- [The Institute for Family Health](#) - Has various locations in the Bronx, Manhattan, and Brooklyn that provide behavioral health services in addition to primary care.
- [Valera Health](#) - Partners with Healthfirst (not eligible with other kinds of medicaid plans, only Healthfirst) to provide in-network teletherapy and medication management.
- [Henry Street Settlement](#) - Mental health care in the Lower East Side providing services in English, Spanish, two dialects of Chinese (Mandarin), French, Italian, and German.
- [Charles B. Wang Community Mental Health Center](#) - Comprehensive primary care including mental health services (assessment, medication mgmt, individual and group therapies) for all New Yorkers with a focus on Asian Americans. Chinatown and Flushing.

## Therapy Services that are low-cost/sliding scale

- [Training Institute for Mental Health](#) - intake flat fee of \$40, sliding scale thereafter based on income.
- [Reciprocity Wellspace](#) - Located in Chelsea. (offers online resources, meditation, acupuncture, massage, trauma therapy, sound healing & community meals to all New Yorkers in need of trauma support & recovery) - sliding scale or free for those who qualify.
- [Loveland Therapy Fund](#) - Organization that partners with mental health providers and covers the cost of 4-12 therapy sessions for black femmes.





- [Real Therapy](#) - Digital guided therapy, on-demand audio/video sessions, journal prompts, group therapy sessions; \$24/month but additional fee for one-on-one care.
- [Open Path Psychotherapy Collective](#) - Nonprofit organization that requires a one time membership fee of \$59, then offers individual therapy sessions between \$30-60.