

## **Employee assistance Program**

The employee assistance program at Mount Sinai - they do short term, confidential counseling:

Mount Sinai Upper East Side  
19 East 98th Street, 3rd floor  
New York, NY 10029

Phone: 212-241-8937  
Fax: 212-289-4627

[www.mountsinai.org/about/ms-fit/self-care](http://www.mountsinai.org/about/ms-fit/self-care)

## **Psychiatrists/Psychologists**

They don't take insurance and the following ones either take insurance or have a low cost fee:

Psychiatry

Mount Sinai Beth Israel  
212-420-2400 or 212-420-4135

Mount Sinai West (212.523.7668; 212.523.6714).

Dr. Shirke (private)  
212-505-5983

Dr. Ellen D Glass  
155 E 91st St  
New York, NY 10128  
(212) 348-3710

NYC Hotline:

1-888-NYC-WELL (1-888-692-9355) is a free, confidential help line for New York City residents. You can call 24 hours per day/7 days a week. The staff of trained mental health professionals help callers find mental health and substance abuse services. NYC Well is multilingual and multicultural:

1-888-NYC-WELL (1-888-692-9355)

1-888-692-9355 (Español)

1-888-692-9355 (†•¶)

711 (TTY for hearing impaired)

You can also text WELL to 65173 or go to NYC Well, an online resource for individuals, families and agencies in need of help and information.

Emergencies

"Emergencies" are life threatening, or potentially violent, situations that demand immediate response. In such instances, the public should summon police by calling "911."

Additional Resources

The SAMHSA Behavioral Health Treatment Services Locator is an on-line source of information for persons seeking treatment facilities in the United States or U.S. Territories for mental health and/or substance abuse/addiction problems.

Harlem Family Institute - low-fee

Clinical office at the Franciscan Community Center on West 97th St.

Call the Institute on: 212-920-7965

[harlemfamilyinstitute.org/hfi-therapy\\_progams.php](http://harlemfamilyinstitute.org/hfi-therapy_progams.php)

Therapy Center of New York takes insurance

212-725-0192

They have 2 offices in manhattan and also Westchester

[therapycenterofny.com](http://therapycenterofny.com)

Blanton Peale Ctr

(212) 725-7850

William alanson white inst

20 Wes 74

212 873-7070

Fee scale insurance

Dr Robin &assoc

212-586-3777

61 west 62 st suite 4F

Elvin Ruiz

57 W 57th St

808

646-558-5299

The 5th Ave Counseling Center

50 W 23rd St

9th floor

212-989-2990

New York Psychiatric Services

225 Broadway

1605

212-693-4010

Payne Whitney Resident Clinic. 1-888-694-5700.

Psychiatric Institute Residents Clinic. 212-543-3439

Komal Choksi, PhD  
80 East 11th Street, #510  
New York, NY 10003  
Tel: 646.209.6196

Insurance: None but flexible with my fee and also work with patients' out of network insurance benefits.

Specialties: I see those struggling with anxiety, depression, and relationship conflicts, I also see individuals with conflicts stemming from diversity and acculturation issues, trauma and abuse, body image and disordered eating, bipolar and psychotic illnesses, and personality disorders.

Marley Oakes, PhD  
Tel: 646.483.1481

Insurance: Will be taking Medicare, Aetna, and will assist people with securing out of network benefits.

Specialties: Adults around depression, anxiety, grief and loss and specialize in coparenting after divorce/separation. Starting a mixed gender divorce group.

Location: Currently in the village, will be moving a few blocks, close to union square-accessible from most trains.

Olga Poznansky, PhD  
24 East 12th Street  
Suite 4G  
New York, NY 10003  
Tel: 646.436.1407

Insurance: BCBS

Specialties: Work with adults and children

The Psychological Center at City College  
138th Street and Convent Ave  
New York, NY 10031  
Tel: 212.650.6602

Insurance: The clinic doesn't take insurance but operates on a sliding scale fee. The highest the clinic charges for sessions is \$40 per session. We've gone as low as \$3 per session.

Specialties: Treat adults and children as well as offer psychological testing. All patients are seen by a graduate student who is a clinician in training and supervised by a licensed psychologist. We also have an in-house psychiatrist for psychopharm purposes.