

## DID YOU KNOW?

63% of  
graduate  
students  
report  
feeling  
profound  
anxiety

25% of  
medical  
students  
are  
diagnosed  
with  
depression

# BLACK, INDIGENOUS AND PEOPLE OF COLOR FOCUSED MENTAL HEALTH PROVIDERS IN NYC

## WHY USE THIS RESOURCE?

Mental health resources can be an invaluable tool to help us balance our emotional, social, and physical well-being. Unfortunately, accessibility to mental health resources is not always equitable, with high costs, and cultural differences often impeding individuals from seeking access to care. Access to mental health resources can also be impeded by a lack of access to providers who share similar racial, ethnic, cultural, and gender identities. For some a shared identity may be an asset to establish a connection; keep in mind what is most important is to feel heard, validated, and supported.

In recognition of this, students at the Icahn School of Medicine at Mount Sinai have cultivated a list of BIPOC and LGBTQ+ mental health providers around NYC. We have also included other relevant information for students who are interested in seeking mental health care but are unsure where or how to begin.

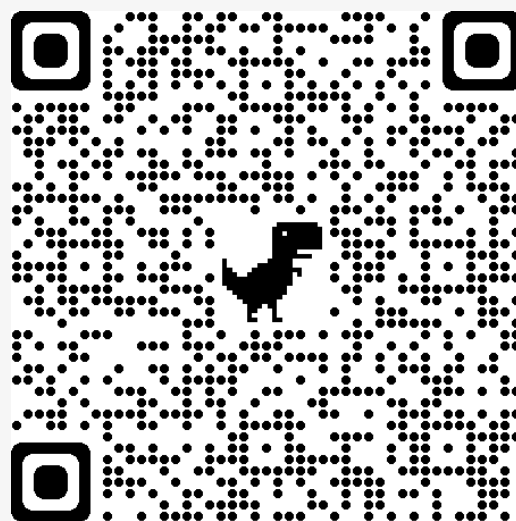
We hope that this list and the information provided will help you on your journey and make your time at Sinai a more fulfilling experience.

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## THE RESOURCE: PROVIDER LIST

Please use the QR code to the right to access the list of providers we've collected. You can also access the link here: **[shorturl.at/fAFW5](https://shorturl.at/fAFW5)**

\*All the providers listed in this document have agreed to be listed in this resource.



## TYPES OF LICENSE/TRAINING DEGREE

Source: <http://www.strisik.com/therapy/therapists.htm>

DEGREE	DESCRIPTION
<b>LICENSED PSYCHOLOGIST</b> PH.D., PSY.D. OR ED.D.	Psychologists have completed a master's and doctoral degree in psychology. They have received supervised clinical experiences, and have passed a psychologist's licensing examination.
<b>PSYCHIATRIST</b> M.D. OR D.O.	Psychiatrists are licensed medical doctors who have completed a four-year residency program in psychiatric medicine. In addition to providing counseling, psychiatrists can prescribe medication.
<b>LICENSED CLINICAL SOCIAL WORKER</b> L.C.S.W	Licensed Clinical Social Workers have completed a two-year master's degree in social work and have completed supervised post-degree experience.
<b>LICENSED PROFESSIONAL COUNSELOR</b> L.P.C	Licensed Professional Counselors have completed a two-year master's degree in either counseling or clinical psychology, and have received two years of supervised post-degree experience.
<b>LICENSED PSYCHOLOGICAL ASSOCIATE</b> L.P.A	Licensed Psychological Associates have completed a two-year master's degree in clinical or counseling psychology, and have received supervised post-degree experience.

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## DIFFERENT TYPES OF THERAPY

Before making the decision to start therapy, you may want to explore the different treatment modalities/methods. Think about what might work best for you. Below are descriptions of commonly used therapy approaches and modalities.

- <https://www.psychologytoday.com/us/types-of-therapy>
- <https://mywellbeing.com/therapy-101/tag/types+of+therapy>

## QUESTIONS TO ASK A POTENTIAL THERAPIST

Finding the right therapist can be challenging and scary. You might feel inclined to settle with the first provider you speak to. However, we encourage you to ask questions that may help you identify whether this therapist is the right one for you. **Use your inquisitive nature to determine if this person will address your needs, and don't be afraid to tell the therapist what your needs are.** Below we have listed questions that we have found to be useful during this process:

1. **What are your pronouns? (if they have not already offered them)**
2. **Have you worked with individuals that have experienced similar concerns?**
3. **What will therapy sessions be like? What therapy modalities do you use?**
4. **How frequently will we meet?**
5. **What is your cancellation policy?**
6. **What is your experience in treating BIPOC, LGBTQ+, or clients with a disability?**
7. **What is your approach to treating issues such as racial trauma?**
8. **How do you practice cultural competency in your practice?**
9. **How comfortable are you with addressing microaggressions?**

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# MENTAL HEALTH RESOURCES AT SINAI

The Student and Trainee Mental Health (STMH) Program offers FREE services to all students and postdocs regardless of insurance. This includes initial evaluations, crisis intervention, short to intermediate-term psychotherapy, and pharmacotherapy. They can also provide referrals to alternate providers if needed. All services are confidential, and students should not receive bills from STMH. If you receive a bill in error, you should contact STMH immediately so that they may resolve it.

## Wellness Advisors

Med and grad students are assigned licensed social workers to act as wellness advisors. They are available for one-on-one and/or group wellness counseling.

## Crisis Hotline

For urgent or crisis situations, call 212-241-2400 (or 1-866-339-7725). This is a dedicated 24/7 hotline for Mount Sinai students and trainees provided in partnership with Vibrant Emotional Health

## Sinai Calm

Sinai Calm offers weekly courses such as yoga, meditation, art etc.

## THAW Social Workers

Acanthus Fairley and Rachel Potter are licensed clinical social workers who are available to grad students and postdocs for short-term counseling. Find their contact info, areas of expertise, and interviews describing how trainees can benefit from the help of a social worker at [this link](#).

## Office of Wellbeing and Resilience

You can find an infographic from this office that highlights mental health resources throughout the health system [here](#).

## Center for Strength, Resilience, and Personal Growth

This new center came about in response to the Covid-19 pandemic. They offer confidential sessions with social workers, workshops focused around building resilience, and a wellness hub app that you can use to monitor your mental health and connect with resources at Sinai (email [MS-CSRPG@mssm.edu](mailto:MS-CSRPG@mssm.edu) for a download link or more info). Find their website [here](#).

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# FINDING THE RIGHT THERAPIST CAN TAKE TIME

## AND HOW TO BREAK UP WITH YOUR THERAPIST

Do not feel discouraged if you have now realized that you and your therapist are not the best fit. You might have started therapy and realized that it's not helping you in the way you would like. Maybe you've tried voicing your needs and expectations, and it's still not working. People also change, and your needs will likely evolve over time. Telling your therapist that you would like to seek another provider can be hard, but it should not preclude you from seeking the best care for yourself. **Your therapist will not take this personally.** In fact, they can often refer you to another provider. Below are some tips and things to say to help you broach this topic with your therapist:

- "I really appreciate the work we've done together and your help through this time. However, I'm realizing now that I need something different. I'm wondering if you could refer me to someone who could provide...."
- "A few weeks ago I mentioned needing.... I don't think I'm getting it through our sessions. Could we discuss what my options are?"
- "I have been reflecting on my experience in therapy and at this time I would like to explore a few different options."

We want to highlight that while it can be beneficial to the therapist and yourself to explain why you are leaving, **you are not required to explain why you want to seek another therapist.**

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## FEEDBACK FORM

The form has bellow has been developed to collect feedback on the BIPOC Mental Health Providers list. We want to hear from you if you have found this resource to be helpful or not. We also hope this resource grows with time, so if you would like to recommend a provider please do so!

**<https://forms.gle/aJniPASHQVQrR1rk6>**