

Counseling / Therapy Resources

The following have been collected based on colleague recommendations and research. They are offered as a resource only and should not be considered as an endorsement from NYCDA.

- NYC Well- <https://nycwell.cityofnewyork.us/> Call 1-888-NYC-WELL
- Text well to 65173
- Go to website and Chat

NYC Well is New York City's free, confidential support, crisis intervention, and information and referral service for anyone seeking help for mental health and/or substance misuse concerns, available 24 hours a day, 7 days a week, 365 days a year.

NAMI - National Alliance for Mental Illness (42nd St. & 5th Ave.) NYC:
<https://www.naminycmetro.org/>
NAMI Help Line: 212.684.3264

Close to Campus

- Institute for Family Health (17th St. btw 7th & 8th Ave.): <https://institute.org/>
Mental Health: <https://institute.org/health-care/services/behavioral-health/>
- New School Psychotherapy Program: [New School Psychotherapy Program | NSSR](#) -
 - The cost is \$20-\$50 per session and is based on family size and income.
 - 212.229.5700 x2478
- Cornell & Associates (17th St. btw 5th & Union Sq. W): <https://cornellmfts.com/>
- NYC Counseling (14th St. & 5th Ave.): <https://nycounseling.com/counseling-services/>
- Training Institute for Mental Health (27th St. btw 6th & 7th Ave.):
<https://www.timh.org/therapy-3/#therapy-1>
- Community Counseling and Meditation (31st St. btw Park & Lexington):
<https://ccmny.org/>

Online Therapy

- Better Help: <https://www.betterhelp.com/about/>
- Talk Space: <https://www.talkspace.com/online-therapy/>
 - Plans start at \$65 per week, including weekly live sessions and on-going messaging support.
- Get Cerebral: <https://getcerebral.com/>
- Live Well Practice: <https://livewellpracticeny.com/>

Serving the LGBTQ Community

- The Institute for Human Identity (26th St. & 8th Ave.): www.ihitherapy.org
- The Institute for Contemporary Psychotherapy and PCGS (Psychotherapy for Gender and Sexuality) program (60th St. btw 9th Ave. & Broadway): www.icpnyc.org
- Callen-Lorde & HOTT (Health Outreach To Teens) Program (18th St btw 8th & 9th Ave.): www.callen-lorde.org
- The Trevor Project: www.thetrevorproject.org. The Trevor Project is a national organization located in California. They have a toll-free crisis hotline. It is a place where students can call and speak to a crisis counselor as many times as needed. **Call the Trevor Lifeline at 1-866-488-7386 for immediate help. It is free, confidential, and available 24/7.**

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