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Finding A Therapist

Psychotherapy services require a very personal connection with a provider. It is common to go through a trial-and-error process to find a provider who is a good “fit” for you or your loved one. The important thing is to find a therapist that you trust and feel you can work with.

Health Insurance Network

If you have public or private medical insurance, call your insurance provider (the number is usually on the back of your insurance card), and verify the type of mental health coverage you have. Ask the insurer to point you to a list of mental health providers that are in your insurance network. Be sure to find out if you will be responsible for paying any portion of the cost. Most insurance providers will have their network of providers online. That said, the network lists are not always up to date, so be prepared for that.

Community-Based Clinics

If you have Medicaid, Medicare, or you are underinsured or uninsured, OMH-licensed community-based mental health clinics can be an accessible option. These clinics are referred to as Mental Health Outpatient Treatment and Rehabilitative Services (MHOTRS) and are run by non-profit community-based organizations. There are community clinics in most neighborhoods across New York City. They offer individual therapy, psychiatric treatment, and some even offer peer-based services and case management. There are several hundred community-based clinics across all five boroughs of New York City.

[Bronx Clinics](#)

[Brooklyn Clinics](#)

[Manhattan Clinics](#)

[Queens Clinics](#)

[Staten Island Clinics](#)

Online Directories for Private Practices

While many therapists accept insurance, they may limit the insurance providers they accept. Many do not accept insurance at all. Some therapists who do not accept insurance will have a sliding scale fee. Out of pocket costs for therapy in New York City range from \$65 to \$300 per session. Below are some recommendations for finding a private therapist.

Online directories have the most comprehensive lists of private therapists available. You can filter therapists by zip code, insurance accepted, conditions treated, treatment modality, and even languages. While the most widely known directory is [psychologytoday.com](https://www.psychologytoday.com), there are other directories that are equally useful. Here are some others:

- [Alma](#)

- [Asian Mental Health Collective](#)
- [Black Emotional and Mental Health](#)
- [Black Men Heal](#) (8 free sessions)
- [Brightside Health](#)
- [Calmer](#)
- [Good Therapy](#)
- [Growththerapy](#)
- [Backpack](#)
- [Inclusive Therapists](#)
- [InnoPsych](#) (therapy for people of color)
- [Latinx Therapy](#)
- [Manhattan Alternative](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Open Path Collective](#)
- [Therapy Den](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Therapy Tribe](#)

During the pandemic, many online telehealth apps became available. Most of these services run on a subscription model that is less costly.

- [BetterHelp](#)
- [Calmer](#)
- [Online-Therapy.com](#)
- [ReGain](#)
- [TalkSpace](#)
- [Teen Counseling](#)

For an in-depth review of these apps, [click here](#).

Training Institutes

Another option is to explore a university or postgraduate training center to receive therapy from counseling students who have comprehensive supervision by licensed therapists. Often, these programs will offer significantly discounted rates for therapy, or they will have a sliding scale fee. In addition, if you are looking for a full psychological evaluation many of these training centers offer this service at a discounted rate. Some training institutes in New York City include:

- [Blanton Peale Institute and Counseling Center](#)
- [Center for Modern Psychoanalytic Studies](#)
- [Center for Psychological Services at St. John's University](#)
- [Columbia University Dean Hope Clinic](#)
- [CUNY Psychological Center](#)
- [The Gestalt Center](#)
- [Institute for Contemporary Psychotherapy](#)
- [Institute for Human Identity](#)
- [Karen Horney Clinic](#)
- [National Institute for the Psychotherapies](#)
- [New York Psychoanalytic Society and Institute](#)

- [New York Counseling & Clinical Social Work Services](#)
- [NYU Steinhardt Center for Counseling and Community Wellbeing](#)
- [Pace University McShane Center](#)
- [Psychoanalytic Psychotherapy Study Center](#)
- [William Alanson White Institute](#)
- [Together CBT](#)

Strategies for Your Search

- **Be patient in your search.** In recent years, the need for mental health treatment has outpaced the number of therapists available.
- **Add yourself to as many wait lists as you can.** Some therapists or clinics may have a waiting list. It's wise to put yourself on a wait list while you search for an immediate solution to your mental health treatment needs.
- **Schedule consultations.** Call or email therapists you're interested in. Ask the therapist if it's possible to schedule a 15-minute consultation to see if you and the therapist are a good fit. It is okay if the first therapist you talk to isn't a good fit. Keep in mind that it does take time to create a relationship with your therapist, however, a consultation can eliminate bad matches.
- **Join one of [NAMI-NYC's support groups](#) for peers or family members.** These are peer-led groups that can offer support and connection with others who are also struggling with a mental health challenge. While our groups are not a substitute for professional treatment, they can be a great supplement to treatment and can offer support while you are engaged in your search.

About NAMI-NYC

At the National Alliance on Mental Illness of New York City (NAMI-NYC), we assist thousands of families and individuals affected by mental illness annually through free education, support, and advocacy.

NAMI-NYC offers [mental health classes](#), [support and social groups](#), [family mentoring](#), and a [Helpline](#) with translation services in 180+ languages. Our support services are free regardless of income, insurance, or immigration status. Contact our Helpline M-F from 10am to 6pm and we'll connect you to NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

Phone: 212-684-3264

Text: 212-684-3264 (same as phone number)

Chat with us through our website: <https://naminycmetro.org/helpline/>