



Mental Health Counseling Resources New York State Resource Guide

Disclaimer: This guide is intended to help individuals and families locate evidence-based mental health services throughout New York. Verify insurance, fees, and availability directly with each provider, as these may change.

1. Crisis Resources

988 Suicide & Crisis Lifeline

Call or Text: 988

Website: <https://988lifeline.org>

NYC Well

Call: 1-888-NYC-WELL

Text: WELL to 65173

Website: <https://nycwell.cityofnewyork.us>

2. Affordable & Sliding Scale Counseling

Manhattan Wellness

4.9/5 (113 reviews)

Website: <https://manhattanwellness.org>

Services: Individual, Couples, EMDR, Anxiety, Depression, Trauma.

Sliding Scale: Yes (\$40–\$75/session), reduced-rate therapy program, supervised clinical fellows.

myTherapyNYC

4.7/5 (130 reviews)

Website: <https://mytherapynyc.com>

Services: Individual, Couples, EMDR, LGBTQ+, Groups.

Sliding Scale: Limited availability and Pay What You Can program.

Balanced Mind Psychotherapy NYC

5.0/5 (31 reviews)

Website: <https://balancedmindofny.com>

Evidence-based: CBT, EMDR, ERP, Schema Therapy.

Sliding Scale: Limited reduced-fee telehealth appointments.



Mindful Care Psychiatry and Therapy

4.8/5 (296 reviews)

Website: <https://www.mindful.care>

Services: Therapy, Psychiatry, Medication Management.

Affordable self-pay options available (e.g., therapy sessions starting around \$50 depending on length).

3. Individual & Family Counseling

- Counseling Center Group of New York
- Thriving Center of Psychology
- Therapy In The City

4. Trauma Specialists

- Balanced Mind Psychotherapy NYC
- Manhattan Wellness
- myTherapyNYC
- Therapy In The City

5. Child & Adolescent Counseling

- Thriving Center of Psychology
- LifeStance Therapists & Psychiatrists New York

6. Couples Counseling

- Manhattan Wellness
- Counseling Center Group of New York
- myTherapyNYC

7. Psychiatry & Medication Management

- Mindful Care Psychiatry and Therapy
- LifeStance Therapists & Psychiatrists New York
- Thriving Center of Psychology

8. Telehealth Options

- Manhattan Wellness
- myTherapyNYC
- Mindful Care
- LifeStance

9. Questions to Ask Before Scheduling

- Do you accept my insurance?
- Do you offer a sliding scale?



- What evidence-based therapies do you use (CBT, DBT, EMDR, ACT, etc.)?
- Do you have experience treating my specific concern?
- Do you offer virtual appointments?
- What is your cancellation policy?
- Do you offer a free consultation?

Tips for Choosing a Therapist

The therapeutic relationship is one of the strongest predictors of successful outcomes. Look for a therapist who uses evidence-based treatments, has experience with your concerns, creates a respectful and collaborative environment, and is a good personal fit.

Jenni's Embrace LLC