Tele-counseling Referral Information

Thank you for inquiring about the behavioral health services offered at Student Counseling Services (SCS) at the Wellness Center, CUNY Graduate Center. At this time, the SCS offers consultation and referral services. Below is a brief list of tele-counseling clinicians, agencies, and centers. Please note that this list has been compiled through staff recommendations and student feedback. We also know that many factors affect how a given client-therapist pairing turns out, including client expectations, mutual agreement on the goals and methods of therapy, and personality variables. If you find that the clinicians we have suggested are not a good match for you, we will be glad to give you additional referrals.

If you have health insurance that covers behavioral health services, please confirm with your chosen clinician that they are in-network providers. You should also contact your insurance carrier and inform them that you will be seeking services with an in-network clinician. They may require your clinician to pre-authorize services before your initial session. **If you have NYSHIP insurance, then your behavioral health carrier is Beacon Health Options.**

**Exclusive New TeleHealth Offering for Students with NYSHIP Insurance:** Speak with a doctor from the comfort of your home or schedule a virtual visit with a therapist. The Empire Plan will be covering these visits at no cost to you. Please go to [www.livehealthonline.com](http://www.livehealthonline.com) to register and enter coupon code NYSHIP when you get to the payment screen. For more information visit: [https://www.empireblue.com/nys/](https://www.empireblue.com/nys/)

**The National Grad Crisis Line** - 1-877-GRAD-HLP(472-3457)
National, free, confidential crisis hotline for graduate students. Also available through Skype (international).

**SAMHSA’s Disaster Distress Helpline** – 1-800-985-5990 or text 66746 to connect with a trained crisis counselor

**Institute for Psychoanalytic Training and Research (IPTAR)**
*Insurance: Beacon Health Options (NYSHIP) insurance, GHI (non-HMO), Emblem Health, HIP (non-HMO), sliding scale.*
1651 Third Avenue (between 92nd and 93rd Streets)
Suite 205
New York, NY 10128
212-410-0821
[https://iptar.org/iptarclinicalcenter/](https://iptar.org/iptarclinicalcenter/)

**Anne Fox, PHD**
*Insurance: Beacon Health Options (NYSHIP), Aetna, Empire BCBS*
300 Cadman Plaza West, 12th Fl
Brooklyn, NY
917-403-7488
Michelle Perepiczka, PhD, LMHC
*Insurance: Beacon Health Options (NYSHIP), Aetna, Cigna, Empire BCBS, UHC, and many others.*
260 Madison Avenue (38th), 8th fl.
NYC 10016
212-470-7264
dr.perepiczka@gmail.com

Phyllis Krauser, LCSW-R
*Insurance: Beacon Health Options (NYSHIP), Cigna, GHI, Medicare.*
49 West 24th Street
Suite 507
New York, NY
347-344-9506
phylliskrauser@gmail.com

Cal Flachner, LCSW – *On Thursdays, GC students pay as they wish*
*Insurance: Aetna, Cigna, and most other insurances except UHC/Oxford, GHI, and HIP.*
32 Prospect Place
Brooklyn NY 11217
AND
928 Broadway Suite
807
New York, NY
212-673-6153
calphlachner@gmail.com

Philip Bender, PhD
*Insurance: Out of network, sliding scale “pay-as-you-can” for virtual support group addressing self-isolation & coping w. pandemic*
875 6th Avenue,
Ste. 1705
New York, NY 10001
(347) 395-4315
Philipbenderphd@gmail.com
www.philipbenderphd.com

Melissa Corpus, PhD
*Insurance: Beacon Health Options (NYSHIP), UHC, Aetna, Empire BCBS, Cigna, Anthem, and sliding scale.*
303 5th avenue (31st Street)
Suite 1707
347-731-5921

Norma Southworth, PhD
*Insurance: Beacon Health Options (NYSHIP), Aetna, BCBS, Oxford, United, Magellan.*
19 West 34th street
212-877-0039

Barbara Seruya, PhD
*Insurance: Beacon Health Options (NYSHIP), Empire, UBH, Aetna, 1199.*
99 Madison Avenue
Suite 605
917-453-9597

Updated 4/14/2020 CD
New Pathways Counseling Center
Insurance: Beacon Health Options (NYSHIP), Aetna, BCBS, Cigna, Empire, GHI, HIP, Magellan, Medicare, MHNet, Performax.
148 Park Place
Brooklyn, NY 11217
(718) 398-1962
http://www.newpathwaysny.org

Lana Ifraimova, LCSW
Insurance: Beacon Health Options (NYSHIP) insurance, Cigna, United/Oxford, BCBS, Emblem, HIP.
26 Court Street
Suite 710
Brooklyn, NY 11242
(Tues/Weds)
AND
681 Argyle Road
(Ditmas Park)
Brooklyn, New York
11230
(Mon/Thurs)
917-498-4450

Sharyn Levine, LCSW
Insurance: Beacon Health Options (NYSHIP), Aetna. For Cigna, BCBS, UHC will bill as out-of-network.
109 W 27th St.
Suite 8A
New York, New York 10001
646-431-8695

Jan Levine, LCSW
Insurance: Beacon Health Options (NYSHIP), Aetna, Optum, Oxford, UBH, UHC, and sliding scale.
347 Fifth Avenue, Suite 1007
NYC
212-502-3447
DrAlexLLevine@gmail.com

Lauree Mitchell, PhD
Insurance: Beacon Health Options (NYSHIP), UHC, sliding scale.
34 Plaza Stret, Suite 109
Brooklyn, NY 11217
718-399-6852

David Bergstein, LMHC
No Insurance; Sliding Scale
19 West 34th Street
212-532-2640
Samuel Aymer, Ph.D.
No Insurance; Sliding scale
280 Vanderbilt Avenue
(btwn. Dekalb and Lafayette)
Brooklyn, NY 11205
(718) 638-2340

Michelle Chu, Psy.D.
Sliding scale and out-of-network provider
19 West 34th Street
New York, NY 10001
drmichellechu@gmail.com

Hannah Emmerich, LCSW-R
16 East 41st
#St 3E
New York NY 10017
(917) 748-0072

Michele Frank, LCSW
Insurance: Beacon Health Options (NYSHIP) insurance, Aetna, Cigna, UBH, GHI.
19 W 34th Street
Suite 1200
New York, NY 10001
212-352-0988

The Clinicians Collective
Insurance: Beacon Health Options (NYSHIP), and various others.

Center for Optimal Living
303 Fifth Avenue
Suite 1407
info@cfol.org
212.213.8905
https://www.centerforoptimalliving.com/

Institute for Contemporary Psychotherapy (ICP)
Insurances: Emblem, HIP, Medicaid, Oscar, and HealthFirst. If uninsured, special student rate.
33 W 60th
4th Floor
New York, NY 10023
212-333-3444
www.icpnyc.org

Eleni Toumarides
Insurance: Beacon Health Options (NYSHIP), Aetna, Fidelis
380 Lexington Avenue
New York, New York 10168
(646) 553-6346
Surrenca Albert, PsyD

No insurance; out-of-network, and sliding scale (reduced rate for students)
110-20 71st Avenue
Forest Hills, NY 11375
646-580-6242
Dr.SurrencaTAlbert@gmail.com

Mindful Urgent Care (Medication Provider Only)

Insurance: Beacon Health Options (NYSHIP), and most other insurances. Sliding scale offered as well.
39 W 29th St. #1100
New York, NY 10001
(212) 505-2240

160 Broadway – 16th Floor, Suite 160
New York, NY 10038 (516) 506-0847
https://www.mindfulurgentcare.com

**DISCLAIMER: As a result of the COVID-19 crisis and the need to compile this list quickly, please note that the below tele-counseling agencies and counselors have not been vetted by the SCS.**

Comprehensive Therapeutic Services (CTS) - Beacon Health Options (NYSHIP) insurance & others

Six offices in NYC metro area / 5 boroughs
Midtown Manhattan Office: 124 E 40th ST, NYC
212-658-0977
https://www.cts-nyc.com/
info@cts-nyc.com

Individual, couples, family, groups, teletherapy

Insurance accepted:

- BCBS
- Beacon Health Options
- Cigna
- Emblem/GHI/HP
- Fidelis
- MetroPlus
- Magnacare
- Oscar
- Oxford
- Value Options/Infinity

If your insurance doesn't provide you coverage for treatment, we will work with you on a case-by-case basis to provide cost effective treatment options that fit your budget. Fees are assessed on a sliding-scale and range from $75 - $250 per session.

Ilyse Spertus - Beacon Health Options (NYSHIP) insurance & sliding scale fee
425 Madison Ave. Suite 1502, New York, NY, 10017, United States
646-942-6712
ilyse@ilysespertus.com
http://www.ilysespertus.com/
In addition to checking credentials, each potential provider needs to complete a case study exam by a licensed clinician and be evaluated in a video interview. The result of this rigorous 4-5 week process is that only about 15% of the therapists who apply to work through BetterHelp are accepted to the platform. Provider won't be able to make any official diagnosis, to fulfill any court order or prescribe medication. It generally takes around 24 hours to be matched with a counselor, and on some occasions might take a little longer depending on which qualifications and expertise you prefer in a counselor.

You can get counseling in four ways:

- Exchanging messages with your counselor
- Chatting live with your counselor
- Speaking over the phone with your counselor
- Video conferencing with your counselor
Our privacy and confidentiality standards are by far more advanced than what is required by law or regulations, so you can feel safe and comfortable.

- You don't need to identify yourself (see more about staying anonymous here).
- Everything you tell your counselor is protected by strict federal and state laws.
- We don't cooperate or work with any insurance companies or employers, so nothing needs to be shared, reported, or filed with them.
- You can always click the "Shred" button next to each message that you've sent so it will no longer show in your account.
- All the messages between you and your counselor are secured and encrypted by banking-grade 256-bit encryption.
- Our servers are hosted in an "A Grade" facility, ensuring the best-in-class security and protection.
- Our browsing encryption system (SSL) follows modern best practices, providing world class online security and encryption.
- Our databases are encrypted and scrambled so they essentially become useless in the very unlikely event that they are being stolen or inappropriately used.

If you wish for any of your information or records to be released to a third party, please let your counselor know. Your counselor will send you an authorization form that you will need to fill and sign before your information can be released.

myTherapyNYC - In-network for Empire BCBS, out-of-network provider for all other insurances
928 Broadway, Suite 405/806
NYC 10010
646-449-0491
info@mytherapynyc.com
https://mytherapynyc.com/teletherapy/

Individual, Couples, LGBT, Trauma Treatment, & Various Support Groups

At myTherapyNYC, we use VSee for Teletherapy. VSee is a HIPAA-compliant telehealth app that is making telemedicine simple and secure for healthcare users around the world. Our therapists offer treatment sessions for psychotherapy by telephone, Facetime, or Skype if you are out of New York City or are unable to attend your regularly scheduled sessions. You will be charged your usual rate for your telephone or video chat session.

After an initial free phone consultation to discuss how we can help you, we will place you with the therapist that is best suited to your needs.

Our NYC therapists utilize an eclectic approach to therapy. We draw on various theoretical models, including Relational, Interpersonal, Psychodynamic, Gestalt and Cognitive-Behavioral Therapies.

You can pay with cash, check (made payable to “My Therapy NYC”), credit card, or PayPal for sessions at the time of service, unless an alternative payment arrangement has been negotiated prior to the session.

In addition to weekly appointments, we will charge an amount for other professional services you may need at an hourly cost; such as report writing, telephone conversations lasting longer than 15 minutes, attendance at meetings with other professionals you have authorized, preparation of records or treatment summaries, and the time spent performing any other service you may request of us. If you become involved in legal proceedings that require our participation, you will be expected to pay for our professional time.

We can discuss fees during your free phone consultation. For clients unable to afford our full fee, we offer a limited number of appointments at a reduced, sliding-scale rate. Our sliding scale is based on financial need and availability. We accept all forms of payment including cash, checks, PayPal, and credit cards.

TalkSpace
https://lp.talkspace.com/try

Updated 4/14/2020 CD
Talkspace is the most convenient and affordable way to connect with a licensed therapist — all from the privacy of your device. Send your therapist text, audio, picture, and video messages at any time, and they will respond daily, 5x/week. If you’re looking for the “face-to-face” therapy experience, we also offer Live Video Sessions so you and your therapist can plan to connect in real-time.

Our national network features thousands of licensed therapists across all 50 U.S. states and Canada. On average, Talkspace therapists have 9 years of experience as professional mental health care providers, and have been carefully vetted and trained to use our platform. You’ll be prompted to answer a few questions about yourself and your preferences for therapy, and our matching algorithm will suggest three potential therapists. Choose the one that’s the best fit for you, and follow the steps to set up your Talkspace account.

Your Talkspace “room” is available 24/7 so you never have to wait to share what’s on your mind. Message your therapist whenever something comes up — whether you’re commuting, at the office, or lying in bed. For all Live Video Sessions, you and your therapist will schedule an appointment in advance. All communication is hosted on the Talkspace platform.

Talkspace is a subscription service, offering various plans so you can customize your treatment in a way that’s right for you. Plans range from $65 to $100 per week, but there are no contracts and you can cancel your plan anytime.

**Let’s Talk Psychological Wellness, P.C. - In-network with Aetna, out-of-network for others**

153 W 27th Street, New York, NY 10001  
1-917-283-0738  
office@talkingforwellness.com

We work with adults from all over New York City and the surrounding areas. Our treatment services cover a range of issues, such as:

- Therapy for Anxiety and Panic
- Therapy for Relationship Issues
- Therapy for Depression
- Therapy for Trauma and PTSD
- Therapy for Grief and Loss
- Couple’s Counseling
- Premarital Counseling
- Therapy for the LGBTQ+ Community

Individual Therapy, Couples Therapy, Pre-marital therapy, Group Therapy and Teletherapy. We are open 7 days a week and offer daytime, evening and weekend appointments. We understand your work demands. We can offer appointment times that accommodate your schedule. We are open 8 a.m. – 10 p.m. Monday through Friday. 10 a.m. – 6 p.m. on Saturday and Sunday.

Would you like to learn more about us? Let’s Talk Psychological Wellness was founded by Dr. Nathilee Caldeira and is home to a diverse team of outstanding experts and compassionate caregivers. Our service providers also come from a wide variety of cultural, ethnic, gender, and sexual identities.

**Pride Counseling (LGBT focused)**  
https://www.pridecounseling.com/  
contact@pridecounseling.com

The service is provided by independent providers who work directly with you. These providers are not employees of Pride Counseling and the site doesn't oversee them professionally. Our mission is to build, maintain, and support a
platform that lets users and counselors communicate effectively, and to facilitate this channel so they can get the most out of their interaction.

Counselors on Pride Counseling are licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), or licensed professional counselors (LPC). All of them have a Masters Degree or a Doctorate Degree in their field. They have been qualified and certified by their state's professional board after successfully completing the necessary education, exams, training and practice.

After you sign up, we will match you to an available counselor (usually within 24 hours). All of our counselors specialize in the LGBTQ community but different counselors have different approaches and areas of focus. The cost of counseling through Pride Counseling ranges from $40 to $70 per week (billed monthly). You can cancel your membership at any time for any reason.

ReGain (Couples Therapy/Individual Therapy focused on improving relationships)
https://www.regain.us/
contact@regain.us

Regain is an online relationship counseling platform. We change the way people get help facing relationship challenges by providing convenient, discreet, and affordable access to a licensed therapist. Regain makes professional counseling available anytime, anywhere, through a computer, tablet or smartphone. Regain may be used by individuals or couples seeking counseling for relationship or marital issues.

Counselors at Regain are licensed, trained, experienced, and accredited psychologists (PhD / PsyD), licensed marriage and family therapists (LMFT), licensed clinical social workers (LCSW), or licensed professional counselors (LPC or LPCC).

The cost of counseling through Regain ranges from $40 to $70 per week (billed monthly). You can cancel your membership at any time for any reason.