Tele-counseling

Michelle Chu, Psy.D.
19 West 34th Street,
PH
New York, NY 10001
drmichellechu@gmail.com (preferred)

Melissa Corpus, PhD
303 5th Avenue (31st Street) Suite 1707, NYC
347-731-5921

Institute for Psychoanalytic Training and Research (IPTAR)
1651 Third Avenue (between 92nd and 93rd Streets) Suite 205 New York, NY 10128
212-410-0821
https://iptar.org/iptarclinicalcenter/

New Pathways Counseling Center
148 Park Place
Brooklyn, NY 11217
(718) 398-1962
http://www.newpathwaysny.org

Norma Southworth, PhD
19 West 34th street, NYC
212-877-0039

Barbara Seruya, PhD
99 Madison Avenue, Suite 605
NYC
917-453-9597

Michele Frank, LCSW
19 W 34th Street
Suite 1200
New York, NY 10001
212-352-0988

26 Court Street
Suite 710
Brooklyn, NY 11242
(Tues/Weds)

681 Argyle Road
(Ditmas Park)
Brooklyn, New York 11230
(Mon/Thurs)
917-498-4450

Open Path Collective
1-800-268-2833
https://openpathcollective.org
BetterHelp

https://www.betterhelp.com/

440 N. Wolfe Rd,
Sunnyvale, CA 94085
contact@betterhelp.com

BetterHelp offers access to licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), and board licensed professional counselors (LPC).

Fees: Therapy sessions online typically range from $40-$70 (billed monthly-cancel anytime for any reason), and you can contact the therapist you're matched with as much as you need using unlimited messaging in between scheduled sessions.

In addition to checking credentials, each potential provider needs to complete a case study exam by a licensed clinician and a 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
https://mytherapynyc.com/teletherapy/
928 Broadway, Suite 405/806, NYC 10010
646-449-0491
info@mytherapynyc.com

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

NYC-based office with teletherapy option.

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.

Fees: 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.

Insurance: In-network for Empire BCBS, out-of-network provider for all others.
Comprehensive Therapeutic Services (CTS)
a therapy practice comprised of experienced licensed social workers, mental health counselors, and psychologists committed to helping you achieve a life that feels satisfying and rewarding.

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

Individual, couples, family, groups, teletherapy.

CTS therapists are certified to provide confidential therapy sessions remotely via:

- Phone or text message
- [Zoom](https://zoom.us) video-conferencing software

Insurance accepted:

- BCBS
- Beacon Health Options
- Cigna
- Emblem/GHI/HIP
- 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.
TalkSpace

https://lp.talkspace.com/try

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.

**Getting Started:** 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.

**Sessions:** 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.

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

Let’s Talk Psychological Wellness is proud to offer teletherapy services for adults from all over the State of New York. Our teletherapists are dedicated to helping you overcome adversity, reach your goals, and achieve a life full of joy and wellbeing.

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.

Insurance: In-network with Aetna, out-of-network for others.
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)

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who fits your objectives, preferences, and the type of issues you are dealing with. All of our counselors specialize in the LGBTQ community but different counselors have different approaches and areas of focus.

**Fees:** 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).

Fees: 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.

Dr. Chloe Carmichael
Licensed Psychologist
https://www.drchloe.com/

MetLife Building | 17th Floor
200 Park Avenue
New York, NY 10166
P: 212.729.3922
E: info@drchloe.com
Out of network provider. Does offer video /phone counseling.

Ilyse Spertus
425 Madison Ave. Suite 1502, New York, NY, 10017, United States
646-942-6712
ilyse@ilysespertus.com
http://www.ilysespertus.com/
Accepts Beacon Health Options, sliding scale. Her psychology today profile says that she offers online counseling.

Claudia Diez, PhD
200 West 57th Street
New York, NY 10019
646-933-2444
Out of network provider (cost per session is $200-$400) and her profile says that she offers online counseling.

**As a result of this crisis and the need to compile this list quickly, please note, that some of the telecounseling agencies and counselors on this list have not been vetted by The Graduate Center’s Student Counseling services **