



Community Wellness Resources Directory

Type of Community Mental Health Resource	Insurance Accepted?	Name of Organization/Provider	Location	Phone Number
Affordable/Low-Cost Counseling Services				
	Yes	South Oaks Comprehensive Outpatient Behavioral Services <i>*Groups available *Tell them you are BMCHSD student</i>	Amityville	631-608-5900
	Yes	YES Community Counseling Center	Massapequa and Levittown	516-799-3203 516-799-0313
	Yes	Southeast Nassau Guidance Center	Seaford	516-221-3030
	Yes	EPIC Mental Health Clinic	East Meadow	516-739-7733
	Yes	Wavelengths	Massapequa Park Garden City	1-800-871-5491
	Yes	North Shore Child and Family Guidance Center	Westbury	516-997-2926
	Yes*	New York Cognitive Therapy and Wellness Center <i>*Fair pricing policy</i>	West Islip and Rockville Center	631-321-7107
Autism				
	Yes	EPIC Intellectual/Developmental Disabilities Services	East Meadow	516-739-7733x125
	Yes*	Family Center for Autism at Life's WORC <i>*Accepts insurance for Applied Behavioral Analysis services and scholarships are available for programs</i>	Garden City	516-741-9000
	OON	NYU Langone Child Study Center -ASD Services	Lake Success	516-358-1808
	Yes	Fay Lindner Center for Autism & Developmental Disabilities	Glen Head	516-686-4400
	Yes	Stony Brook Autism Clinic	Stony Brook	631-632-2428
Bereavement				
	Yes/Free	Children's Bereavement Program through Hospice Care Network	Woodbury	516-832-7100
	Yes/Free	Center for Hope - Cohen's Children Medical Center	Hewlett	833-462-6436
	Yes	Marie Swiderski, LCSW-R	Wantagh	516-874-5802
Psychological Group Practices (CBT, DBT, etc.)				
	OON	Mid Island Psychology Associates	Jericho	516-719-6383
	OON	The Psychological Health Collaborative <i>*Groups available *OCD specialist</i>	Roslyn	516-466-2537

	OON	New York Behavioral Health	Rockville Center	646-599-3498
	OON	New View Psychology Group	Merrick	516-858-2877
	OON	Cognitive Behavioral Associates	Great Neck	516-858-4328
	OON	Long Island Behavioral Psychology	Cedarhurst	516- 206-0447
	OON	North Coast Psychological Services	Syosset	516-780-0111
	Yes	Abridged Psychology	Garden City	516-798-4070
	Yes	South Shore Counseling and Psychological Services	Wantagh, Amityville, and Great Neck	516-785-0323
	OON	NY Center for OCD and Anxiety Related Disorders	Uniondale	516-592-1686
	OON	Bio-Behavioral Clinic	Great Neck	516-487-7116
	Yes	J Corea Counseling	Garden City	516-280-7285
	Yes	South Shore Child Guidance Center	Freeport	516-868-3030
	Yes	Triangle Cognitive Therapy	Rockville Center	516-208-3792
	Yes	Long Island Psychotherapy	Roslyn Heights	347-772-8373
	No	Long Island Teletherapy	Cold Spring Harbor	631-498-6116
		PM Pediatrics	Virtual	516-738-5600
DBT Specific Programs				
	OON	Center for Cognitive and Dialectical Behavior Therapy	Lake Success	516-390-3525
	OON	Long Island DBT Group	Roslyn	516-627-6201
	Yes	Dialectical Behavior Therapy (DBT) program at Zucker Hillside Hospital	Glen Oaks	718-470-8100
	OON	New York Behavioral Health <i>DBT Group, as low as \$50/per session</i>	Rockville Center	646-599-3498
	OON	Wise Mind Psychological Services	Wantagh, Rockville Center	516-740-1950
Eating Disorder Treatment				
	OON	Dr. Jeffrey DeSarbo/ ED 180	Garden City	516-414-2545
	Yes	Eating Disorders Center (EDC) at Cohen Children's Medical Center	Queens	516-465-3270
	OON	Eating Disorder Treatment Collaborative	Jericho and Hauppauge	516-513-1284
	OON	Colombia Psychiatry Eating Disorders Clinic	New York	646-774-8066
	Yes	Center for Discovery	Hamptons	631-892-3688 844-936-0746
Family Mediation, Divorce, Separation				

	OON	Nassau Wellness	Garden City and Huntington	516-387-5143
	OON	Sid Jacobson JCC – Support Groups	Greenvale	516-484-1545x196
	Yes	North Shore Child & Family Guidance Center		
LGBTQ+ Affirming Care				
	Yes	Amanda Pagano LCSW <i>Individual and family counseling</i>	Garden City	516-665-7394
	Yes	Tracy Schachter LCSW-R <i>Individual and group counseling for trans and gender non-conforming youth</i>	Dix Hills	917-696-5960
	Yes	Heart & Soul Counseling <i>LGBTQ/Gender Therapy</i>	Wantagh and West Babylon	631-321-7011
	Sliding Scale	Pride Healing Center <i>Individual, family, and group (free) therapy</i>	Brookville	516-299-3211
	Yes	Dr. Carrie Diamond-Feldman <i>LGBTQIA+ Individual Therapy for adolescents</i>	Port Washington	516-350-0420
	No	Camp Ga'vah's LBGTO+ Youth Program	Wheatley Heights	516-634-4164
Private Practices (Individual Psychologists)				
	OON	Dr. Marlaena Corso	Melville and Seaford	631-512-2497
	OON	Dr. Laura Braider <i>Expertise in treating anxiety, tic disorders, and OCD</i>	Glen Oaks	718-470-8049
	Yes	Dr. Barbara Carey-Shaw	Brookhaven and Commack,	516-241-3276
	Yes	Dr. Dawn Solash	Merrick	516-526-1498
	Yes	Dr. Isabelle Gille	Merrick	516-379-5197
	OON	Dr. Lisa LoPinto	Lindenhurst	631-398-3494
	OON	Dr. Jennifer Ratas	Plainview	516-528-4209
	Yes	Dr. Gregory Haggerty	Massapequa	516-513-8194
Psychiatrists				
	Yes	Dr. Scott Albin & Associates	Roslyn	516-484-0135
	Yes	Dr. Liat Jarkon-Horlick	Old Westbury	516-686-1274
	OON	Dr. Kartachov	Massapequa	516-469-0638
	OON	Dr. Jennifer Sicignano	Garden City	516-512-1015
	OON	Dr. Summerville	Bayside, Hauppauge	718-225 3565
		Dr. Ray		516-225-5758
	Yes	South Oaks Comprehensive Outpatient Behavioral Services	Amityville	631-608-5900

		<i>Tell them you are BMCHSD student</i>		
Social Skills Groups				
	No	Friend Zone Kids	Rockville Center	516-569-2824
	OON	Psychological Health Collaborative	Roslyn	516-466-2537
	Yes	Abridged Psych – Social Survival Skills	Garden City	516-798-4070
Spanish Bilingual Services				
	Yes	Hispanic Counseling Center	Hempstead	516-538-2613
	Low Cost	Hofstra University Saltzman Center Child and Parent Psychotherapy Services Effective Parenting and Discipline Group (Spanish)	Hempstead	516-463-5234
	Yes	North Shore Child & Family Guidance Center	Westbury	516-626-1971
	Yes	Achieve Beyond – Pediatric Therapy and Autism Services	Melville	631-385-7780
	Free	Circulo De La Hispanidad – Adult and Child Programs	Hempstead	516-282-0145
	Yes	Long Island Psychotherapy	Roslyn Heights	347-772-8373
Substance Abuse				
	Yes	Tempo Group	Merrick	516-374-3671
	Free	Al-Anon/Alateen	Multiple locations	1-888-425-2666
	Yes	South Oaks Substance Use Disorder Outpatient Clinic	Amityville	631-608-5028
	Yes	Southeast Nassau Guidance Center – Chemical Dependency	Seaford Wantagh	516-679-9800 516-781-1911
University-Based Services				
	Low Cost	Nassau University Health/ NU Health Child and Adolescent Outpatient Behavioral Health Services <i>Groups available</i>	East Meadow	516-296-2670
	Low Cost	Hofstra University Child and Parent Psychotherapy Services Clinic at the Saltzman Center – Dr. Phyllis Ohr <i>Child and Parent Groups Available</i>	Hempstead	516-463-5660
	Low Cost	Winthrop-University Hospital - Dr. Bryson-Brockman Pediatric Behavioral Psychological Services	Mineola	516-663-4432
	Low Cost	C.W. Post Psychological Services Center	Greenvale	516-299-3211

“Insurance Accepted?” Column Explained

Yes = This means the provider accepts some insurance plan(s). Please contact the provider to find out if your specific insurance plan is accepted.

OON = Out of Network. This means that the provider does not participate in any insurance plans. If your insurance plan offers out-of-network benefits, you can receive reimbursement for up to 80% of the cost of each session, which may be similar to the cost of a co-pay. Ask the provider for a bill for service to submit to your insurance provider for reimbursement. If you are not sure if you have out-of-network benefits, check your insurance company’s website in the Summary of Benefits section or call your insurance company directly and they will be able to help learn about your benefits.

NOTE: Another option is for an individual/family to pay for therapy out-of-pocket (referred to as self-pay) as opposed to utilizing insurance. Self-pay rates are determined by the provider for specific services, so you must inquire with the provider about their rates if you plan to pay without insurance. Self-pay rates are not applied to an insurance deductible and no insurance claims are filed. Some providers offer “sliding-scale” therapy pricing, in which people with fewer resources are responsible for paying a lower fee.