

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

Compiled by Christine Alvarez on 6/6/20 to be shared

Please send feedback to [christinealvarez54@gmail.com](mailto:christinealvarez54@gmail.com)

Please note: No one has paid to be listed here

### Criteria to be placed on the list

- Professionally licensed (we do not validate the licensure), therefore peer support groups are not listed under therapy
- Accepting new patients (as of publication of list)
- Specializing in trauma and/or PTSD through training
- Have worked previously with First Responders and/or Healthcare workers
- Geographically in NYC metro area (when the PAUSE is lifted, you may wish to begin f2f sessions) Note: Clinicians must be licensed in in the state where you live
- Fee must either bill insurance, be sliding scale, practice submits insurance for you, or be \$200 or less for 1-hour session (and you submit for reimbursement). Support groups or group therapy are usually free to \$30/session
- Clinicians who are multilingual will be noted.
- Clinicians/practices with trauma specialties can be found on the Psychology Today website at <https://www.psychologytoday.com/us/therapists/ny/new-york> and are too numerous to be listed separately. They are listed by specialty, location (including out-of-state if you live in NJ or PA), insurance.
- Group therapy/support, and hotlines are listed separately.
- At this time, all are doing their therapy by videoconferencing.

### List of Credentials

CRC	Certified Rehabilitation Counselor
DSW	Doctor of Social Work
LCSW	Licensed Clinical Social Worker (Must have MSW)
LCSW-R	LCSW with 3 years of supervised experience eligible to charge insurance at a "reimbursable" authorized rate
LMHC	Licensed Mental Health Counselor (Board Certified with Masters in Counseling)
LPC	Licensed Professional Counselor (Board Certified with Masters in Counseling)
MSW	Masters in Social Work
NBC-HWE	National Board Certified Health & Wellness Coach
NCC	National Certified Counselor (Board Certified, Masters with min. 3000 hrs. Experience)
PsyD	Doctoral degree in Psychology, with orientation towards clinical work (Psychologist)

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

For a further explanation of differences between credentials and training required for them, see links here:

<https://www.humanservicesedu.org/lcswslpcorlmhc.html>

<https://www.apa.org/ptsd-guideline/patients-and-families/psychotherapy-professionals>

### **How do I choose a therapist?**

Do you need a person who understands you at a personal level in terms of your sexual orientation, race, ethnicity, language, faith, veteran status, other?

Do you have another possible issue/concern in addition to trauma/PTSD such as substance abuse, sexual assault, physical pain or injury, or other for which you want your therapist to have additional training or experience?

Is there a specific type of therapy you are seeking? Many websites use all kinds of terms which you may not have heard of, so you can find brief descriptions here:

<https://blog.zencare.co/therapy-types/>.

However, the American Psychological Association has its recommendations for PTSD <https://www.apa.org/ptsd-guideline/treatments/>, as well as for anxiety, depression, etc.

Do you need a person who accepts your insurance or, can you pay a co-pay for out-of-network or, can you pay and wait for reimbursement?

Once you have figured out #1-4 or decided these are not important to you, make sure you are comfortable with the therapist through an initial meeting and your first sessions.

Are you seeking a support group? When does it meet?

Do you need in-patient level assistance instead (are you afraid you will hurt yourself, someone else, or are no longer in control?).

### **Individual Therapy (alphabetically)**

Practices/Practitioners who Reference Experience with First Responders/  
Healthcare Workers

*Kimberly Ahearn Young LCSW*

<https://www.kimahearnyoungpsychotherapy.com/>

Email: [kahearnyoung123@gmail.com](mailto:kahearnyoung123@gmail.com) Tel: (917) 749-4195

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

*David Amdurer Care Coordinator and Founder of Mindworx, and LCSW Staff*

David will connect you with a clinician at Mindworx

<https://www.yourmindworx.com/> [[yourmindworx.com](https://www.yourmindworx.com/)]

Email: [Dave@yourmindworx.com](mailto:Dave@yourmindworx.com) Tel: (347) 344-8460

*Dana Carretta-Stein LMHC, LPC; Lauren Arnau, LMHC; Stephanie Polizzi, LMHC*

<https://www.peacefullivingmentalhealthcounseling.com/firstresponders>

Email: [support@peacefullivingmhc.com](mailto:support@peacefullivingmhc.com) Tel: (914) 222-3983

*Minerva Guerrero PhD LMHC (bilingual in Spanish)*

<https://www.mindmattersmhc.com/therapy-for-medical-professionals-and-first-responders>

Email: [mguerrero@mindmatters.mhc.com](mailto:mguerrero@mindmatters.mhc.com) Tel: (914) 222-3295

*Institute for Contemporary Psychotherapy Trauma Studies Center*

<http://icpnyc.org/trauma/therapy-services/>

Email: [trauma@icpnyc.org](mailto:trauma@icpnyc.org) Tel: (212) 333-3444 ext. 105

*Sari L. Klar, LMHC*

<https://www.sariklartherapy.com> [[sariklartherapy.com](https://www.sariklartherapy.com)]

Email: [Sarilauren.lmhc@gmail.com](mailto:Sarilauren.lmhc@gmail.com) Tel: (516) 729-5850

*Long Island Behavioral Medicine, varied providers (Suffolk location)*

<https://www.longislandbehavioralmedicine.com/clinical-services/assisting-emergency-responders/>

Tel: (631) 656-0472

*Long Island Mind and Body (Nassau Location)*

<http://www.limindbody.com/> Tel: (516) 747-1470

*Carter Thornton, Licensed Psychologist*

<https://zencare.co/provider/therapist/carter-thornton> [[zencare.co](https://zencare.co)]

Email: [retrac@hotmail.com](mailto:retrac@hotmail.com) Tel: (646) 483-8246

*Alyssa Tortorella, LMHC*

<https://www.happyapplenyc.com/treatment-areas-therapy-counseling>

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

Tel: (646) 960-3345

*Carrie Whittaker LMHC, LPC, NCC*

<https://www.psychologytoday.com/us/therapists/carrie-l-whittaker-new-york-ny/230809>

<https://www.clwcounseling.com/about-me>

E-mail: [carrie.linzee.whittaker@gmail.com](mailto:carrie.linzee.whittaker@gmail.com) Tel: (914) 552-2179

For many other therapists that work with trauma/PTSD click on:

<https://www.psychologytoday.com/us/therapists/ny/new-york>

Enter your location at the top, and on the side, choose Trauma and your insurance company.

### Group Therapy and Support

*Happy Apple Center /NY Healthcare Workers Virtual Support Group*

<https://www.psychologytoday.com/us/groups/online-support-group-for-healthcare-workers-new-york-ny/170062>

<https://www.happyapplenyc.com/>

Alyssa Tortorella, LMHC

Tel: (646) 960-3345

*Sari L. Klar, LMHC/ [Health Care Provider Support Circle](#)*

<https://www.psychologytoday.com/us/therapists/sari-l-klar-long-beach-ny/292147>

Tel: (516) 246-2237

*Mindworx Treatment Center HCW Group*

<https://www.psychologytoday.com/us/treatment-rehab/mindworx-new-york-ny/746424?gid=170370>

<https://www.yourmindworx.com/>

*David Amdurer Care Coordinator and Founder of Mindworx and Licensed Staff*

Email: [Dave@yourmindworx.com](mailto:Dave@yourmindworx.com) Tel: (347) 344-8460

Lisa Berman MD (Psychiatrist)

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

Email: [info@lisabermanmd.com](mailto:info@lisabermanmd.com) Tel: (212) 724.1027

### *Mindful Urgent Care*

Amalea Seelig, PsyD

<https://www.mindfulurgentcare.com/mindfit-group-coaching/#mindfit-healthcare>

Email: [mindfit@mindfuluc.com](mailto:mindfit@mindfuluc.com) Tel: (516) 505-7200

Free right now, \$25 per session later, can be anonymous

### *Carter Thornton, Licensed Psychologist / Telehealth Support Group for HCW*

<https://www.psychologytoday.com/us/therapists/carter-thornton-hartsdale-ny/128971>

<https://zencare.co/provider/therapist/carter-thornton> [zencare.co]

Email: [retrac@hotmail.com](mailto:retrac@hotmail.com) Tel: (646) 483-8246

## **Hotlines for First Responders/Healthcare Workers**

*Safe Call Now: (206) 459-3020 for First Responders 24/7*

Experienced 1st responders trained in peer support with clinician back-up and extensive referral services

<https://www.safecallnowusa.org/>

*Frontline Helpline: Critical Coping Support for Healthcare Workers*

Email: [FrontlineHelpline@gmail.com](mailto:FrontlineHelpline@gmail.com) 11am-11pm Tue-Sun at (360) 768-6593

<https://namiswwa.org/frontline-helpline-critical-coping-support-for-healthcare-workers/>

## **Crisis Hotlines for Everyone**

*Crisis Text Line*— 24/7 crisis support for anyone from crisis counselors. Text Home to 741741, no referrals

<https://www.crisistextline.org/> has good information on website

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

*National Suicide Prevention Lifeline:* (800) 273-8255 (also Spanish)

Veterans Crisis line available, 24/7, referrals and connect to resources in your region

<https://suicidepreventionlifeline.org/>

National Hope Line Network: (800) SUICIDE (784 2433)

This reaches the National Suicide Prevention Lifeline

**NYC WELL/ NYC Mobile Crisis Unit: (888) 692-9355 24/7**

<https://nycwell.cityofnewyork.us/en/crisis-services/mobile-crisis-teams/>

Spanish and Chinese languages available, most others available

Apps available: <https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources/>

text 65173, on-line chat available

### Crisis Hotlines & Mobile Crisis Response Teams by County Residency

*Nassau County Residents Only:* Behavioral Helpline 24/7

Mobile Crisis Team 10AM – 11PM Telehealth, until end of PAUSE

Nassau County TALK: (516) 227-8255

<https://www.nassaucountyny.gov/1700/Crisis-Hotline-Services>

*Suffolk County Residents:* Response Crisis Hotline 24/7 Crisis Intervention / Suicide Prevention (631) 751-7500

<https://www.responsecrisiscenter.org/>

*Westchester County Residents:* Crisis Helpline 24/7 Call: 914 925 5959

(also Spanish) Mobile Crisis Response Team 7AM – 8PM by Telehealth until end of PAUSE Call: (914) 925-5959, also has referrals and connect to resources

<https://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team>

## SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL

### **DO NOT CALL**

[The Samaritans of New York](#) 24 hours / 7 days Suicide Prevention Hotline  
(212) 673-3000

"Currently our services are on hold. If you need assistance call NYC Well."

~~Share the Load Fire/EMS Helpline: 1-888-731-3473~~

~~"Thank you for calling American Addiction Centers. We will connect you to a navigator to discuss treatment options".~~

### In-patient and Treatment Centers

Addiction Treatment

*Long Island Center for Recovery*

*Danny Cervini, BA, Care Coordinator*

<https://www.longislandcenterrecovery.com/first-responders-addiction-treatment/>

Email: [Danny@LongIslandCenterRecovery.com](mailto:Danny@LongIslandCenterRecovery.com) or

[Admissions@LongIslandCenterRecovery.com](mailto:Admissions@LongIslandCenterRecovery.com)

Tel: 631 728 3100

Patients will be tested for COVID19 prior to admission.

### Listing of Centers

<https://www.psychologytoday.com/us/treatment-rehab/trauma-focused/11101>

## **SUPPORT GROUPS AND CLINICIAN REFERRAL LIST FOR EMS PERSONNEL**

### **NEW Information Added as of 06/26/2020**

#### **Free Frontline Medical / First Responders Support Group**

**Run by Neena Kumar & Heather Silvestri**

**To join send an email to [enlightenedpsychology@gmail.com](mailto:enlightenedpsychology@gmail.com)**

This is a group we have been running for some time and we occasionally have had paramedics or EMTs join.

#### **NYSOMH Coping Circles**

Initiative started by NYSOMH called coping circles, free groups for 6 weeks. They are aiming to include first responder groups.

**Link: <https://rc-1.nyspi.org/surveys/?s=4RLLLL33NA>**