

SAMHAJ Provider Referral List

Psychiatrist

Last Updated On 3/18/2016

Name	Address	Town	State	Zip	Phone#	Insurances accepted	Languages	slid. Scale	Specialization	Special hours
Abkari,Shashikala	65 N Maple Ave	Ridgewood	NJ	07450	201-612-5222	Horizon, BCBS, UBH, Oxford, Medicare	Hin, Tel	No	Psychiatrist	Part time, Evenings only Tue & wed 5:30-8:30 pm
Arora, Lily	22 Elm St, Lower Level				973-349-2505	None		No	Drug/Alcohol addictions, psychodynamic psychotherapy	Evenings
Bonnet, Phillip L	1086,Taylorville Road	Washington Crossing	PA	18977	215-321-8321			No	orthomolecular Psychiatrist	
Gowda, Nidagalle	3084 Route 27, STE #7	Kendall Park	NJ	08824	732-230-2529	None	Hin, Kan	No	Child/Adolescent and Adult Psychiatrist	
Haque, A F M	24 Jefferson Plaza, Suite B	Princeton	NJ	08540	732-647-6000	None	Hin, Bengali	No	Board Certified child, adolescent & adult Psychiatrist	Evenings
Indukuri, Satya	276 Main Street	Metuchen	NJ	08840	201-233-1177	Aetna, Cigna & BCBS	Hin, Tel	Yes	CBT, Anger Management & Couple Therapy	Part Time Friday-Full Day Saturday-10 to 2 pm
Khanna, Bindu	769 Northfield Ave. Ste LL5	West Orange	NJ	07052	973-262-1416	Yes	Hin, Mar, Gu	No	Psychiatrist, Pediatric, Adolescent & Adult	All evenings, weekends for emergency
Palkhiwala, Bharati	748 Filmore Court Paramus, NJ 07652	Paramus	NJ	07652	201-445-0981	AETNA, BCBS, UBH,Cigna	Hin, Mar, Gu	Yes	Adult Psychiatry	Monday Evening (5:00 to 8:00pm)
Patel, Satishkumar Behavioral Consultations L.L.C.	1520 US Highway 130, suite 230	North Brunswick	NJ	08902	732-658-3870	Aetna, Cigna, Horizon BCBS of NJ, Magellan, Value Options	Hin, Gu	No	Psychiatry, Child & Afolescent Psychiatry	Mon, Wed & Fri Evenings. Weekend Hrs are variable
Makhija, Vasudev	812 Northwood Ave. Ste.#102	Linden	NJ	07036	908-486-6666	None	Hin, Si		Psychiatrist	
Mehta, Varsha B	14 Village Ct	Hazlet	NJ	07730	732-888-1533	BCBS, Aetna, Cigna, Qualcare, Medicare & Megnacare	Hin, Gu	NO	Psychiatry	Full Time
Nizam Zeba	98 James Street				732-494-0100	Medicare Only	Hin, Urdu	NO	Geriatric Psychiatry	
Patrawala, Kanan		Summit	NJ	07901	908-598-0390	mcare	Hin, Gu	No	Geriatric & Adult	
Peddu, Vijaya	75 Veronica Ave. Ste# 202	Somerset	NJ	08873	732-729-1200	Yes	Tel	No	Psychiatrist - Adult,child and Adolescent	Full Time
Sandhu, Jagwinder	194 N Harrison St	Princeton	NJ	08540	609-751-6607	Aetna	Hin, Pun	Yes	Adult, Chil/Adolescent, ADHD, Mood disorders	Part time
Singh, Gagandeep	34 East Main Street	Freehold	NJ	07728	609-245-8550	None	Hin, Pun	No	Child/ Adolescent, CBT Therapy Psychopharmacology & Addiction	Part time
Svinekar, Ajanta	Bldg 200, 666 Plainsboro Rd	Plainsboro	NJ	08536	609-936-9444	Medicare with medigap, Aetna, Cigna, UHBH, private pay for all other HMO & PPO	Hin, Kon	Yes	Geriatric Psychiatry	Full Time

Therapist/counselors

Name	Address	Town	State	Zip code	Phone#	Insurances accepted	Languages	slid. Scale	Specialization	Special hours
Arhakos, Tara LPC, NCC	525 Miltoon Road Ste# 102	North Brunswick	NJ	08902	732-986-5323	Cigna,Magellan and Qualcare		Yes	Eating Disorders, Adolescents, Depression, anxiety and PTSD	Tues/Wed Eve and Saturday
Astor-Lazarus, Donna MSW, LCSW	98 Tamarack Circle	Skillman	NJ	08858	609-683-9122	None		No	CBT/DBT Adolescents, Young adults & Adults	Evenings & Weekends
Bittman, Justina M, LAC	545 Island Road, Suite 2B	Ramsey	NJ	7446	973-963-7367	Out Of Network	Malyalam	Yes	Child and Adolescent Therapy; Play Therapy, CBT, Brief Solutions-Focused Therapy	Full-time Private Practice, Evening Hrs
Bhatt Meera, MA. LPC. ACS	Center for Advanced Counseling	Somerville	NJ		732-824-1537	CIGNA, Aetna Out of Network Insurance accepted	Hin, Ma, Gu	Yes	Individual, Family and Couples Therapy. CBT and DBT Informed therapy. Experience with Anxiety, Depression, Suicidal Ideation/Behavior	Full Time, Saturday hours available Evenings available Wednesdays and Fridays
Choksi, Komal PhD - Clinical Psychologist	80 East, 11th Street,	NY	NY	10003	646-209-6196		Hin, Gu	Yes	works with all ages. Trauma, Anxiety, Depression, Eating disorders, Bipolar & psychotic disorders	Evenings/Saturday
Desai, Ashish LCSW	285 Durham Avenue, Suite 2A				908-548-8533		GU		CBT, Family of Origin, Acculturation, Young Adults	Evenings/Saturday
Desai, Padma LPC, NCC	103 Carnegie Center, Suite 300	Princeton	NJ	08540	973-214-8094	Cigna, Aetna	Telegu	NO	Mood and Anxiety disorders, OCD, Addictions, Parenting & Relationship Support.	Evenings/Saturdays by Appointment
DiStefano, Donna	238 Raritan Avenue	Highland Park	NJ	08904	732-266-5154	Any plans with out of network coverage		Yes	Anxiety, Depression, Anger, Relationships, Drugs & Alcohol treatment, Adol/Adult/Woman's Issues, Parenting/Relationship issues.	Evenings. Mondays & Thursdays
Dutt, Komal	233 Mt Airy Rd	Basking Ridge	NJ	07920	732-979-4682	Yes	Hin, Pun	No	Mood and Anxiety disorders, Dialectical Behavioral Therapy, career issues & family problems.	One evening a week and morning hours (9am to 2pm).
Gillihan, Seth J. PhD,LLC	355 Lancaster Avenue, Bldg E2	Haverford	PA	19041	610-649-3265	None		No	Anxiety, Depression	Saturdays & Evenings
Khetarpal, Rupa MA, MSW, LCSW	328 Denison Street	Highland Park	NJ	08904	908-294-4391	BCBS of NJ All Plans, traditional and managed care	Pun, Hin, Ur & Bengali	Yes	Anxiety Disorders, Mood Disorders, Domestic Violence, sexual Abuse, Intergenerational conflicts & migration issues	Friday
Luthra, Gagan	33 Wood Ave South,	Iselin	NJ		732-491-7558	Yes	Pun, Hin		Psychiatry, Addiction, Couple Therapy, CBT, Brief therapy module	M-F 4:00 PM-8:00 PM SAT 8:00 AM-5:00 PM
McLean, Anita		Princeton	NJ	08542	732-319-9104	None	Hin		Psy.Disorders	Evening Hours, No Weekends

Therapist/counselors

Name	Address	Town	State	Zip code	Phone#	Insurances accepted	Languages	slid. Scale	Specialization	Special hours
Minhas, Bijay Masters LSW Certified Diversity Professional Life Coach Practitioner	MINHAS LIFE SERVICES www.minhaslifefervices.com	Morris Plains	NJ	07950	973-216-8608	None	Pun, Hin	Yes	Life coaching Parenting skills Women's personal development Preteen/Teen social emotional fitness programs Implicit bias, diversity, inclusion and intercultural competence training/presentations	Evening, flexible Hrs, Including Sunday
Moss, Laura LCSW		East Windsor	NJ	08520	(732) 979-2230	BCBS, Horizon, MHN, Tricare & Medicare		Yes	Adolescent, Child & Family Therapy	Monday Through Friday
Murthy, Vasu L.C.S.W Tri State Counseling	38, West 32nd St, Suite 1511	New York	NY	11001	917-215-2169/718-222-1701	BCBS, Cigna, UHC & other	Hin, Ur, Tel, Kan		Adolescent & Pediatric, CBT/DBT, Domestic Violence, Marital Therapy, Major Psychiatric Disorders, Depression and Anxiety	Late evening and Saturday hours may incur additional facility charge per visit @ 30 per visit on hours 7 pm to 9pm weekdays
Pandya, Parantap M.A.	Skype Phone, Consults and home Visits. www.familyproblemsolutions.com	Elizabeth	NJ	07206	908-994-7131		Hin, Gu	Yes	Crisis Prevention & Intervention, all general psychiatric problems, Marital & Divorce related problems.	Part time, Evenings, Sat and Sun
Saini, Suruchi LPC, NCC, CCTP	285 Durham Ave, Bldge # 6, Suite 2A	South Plainfield	NJ	07080	908-548-8533	Aetna, BCBS Magellen	Hin, Pun & Ur	Yes	Anxiety/Stress, Depression, PTSD, CBT, DBT, Holistic Approach	Saturdays.
	51 Veronica Ave	Somerset	NJ	00887	732-846-7000				Groups, Individual, family Therapy	Wed, Fri & Sat
	258 Newark St, Suite 205	Hoboken	NJ	07030	908-376-9036					Wed, Fri & Sat
Sharma, Greesh PhD.	699, West Trenton Avenue	Morrisville	PA	19067	215-295-3099	Most accepted	Hin, Gu, Ur	No	Clinical Psychology, Addiction & Marital Family Problems	Tues & Wed 11 am-7:15 pm
Vira, Rohini	50 Harrison Street, Suite 212A	Hoboken	NJ	07078	917-328-5926	Aetna, United	Hin		Couples Therapy, Behavioral issues with children and Family Therapy.	Saturday mornings. Weekdays until 5 pm.
Wadhvani, Sudha Psy.D	94, Vally Rd	Montclair	NJ	07043	973-868-4616	None		Yes	SA Adult & Families, Communication Issues in SA Families due to Aculturation	Friday Mornings, Tue/Thus and Sun evenings

Behavioral Healthcare Agencies

Please call to confirm the availability of South Asian providers

Name	Address	Town	State	Zip code	Phone#
Carrier Clinic	PO Box147, Rte 601	Bellemead	NJ	08502	908-281-1377
Helping Hand Behavioral Health	318 S. Pitney Rd	Galloway	NJ	08205	609-383-8668 ext 110
Princeton House	1460 Livingston Ave	North Brunswick	NJ	08902	732-729-3600/3636
Princeton House	905 Herrontown Rd	Princeton	NJ	08540	609-497-3300
Princeton House	1670 Whitehorse Hamilton sq Rd	Hamilton	NJ	08690	609-586-4788
Stress care of New Jersey	4122 Route 516	Matawan	NJ	07747	732-679-4500
UBHC	671 Hose Lane (W)	Piscataway	NJ	08854	732-235-6900
UBHC	4236, US 1	Monmouth Junction	NJ	08852	732-235-5910
UBHC	100 Davidson Avenue Ste # 203	Somerset	NJ	08873	732- 563-0033
UBHC	189 New Street	New Brunswick	NJ	08901	732-235-6800
UBHC	100 Metroplex drive	Edison	NJ	08817	732-235-8400
UCPC	117-119 Roosevelt Ave.	Plainfield	NJ	07060	908-756-6870

Abbreviations

Mcare-Medicare,	Ka-Kannada, Tel-Telugu
Mcaid-Medicaid,Ae-Aetna	Ta-Tamil, Ko-Konkani
BCBS-BlueCross BlueShield	Be-Bengali, Si-Sindhi
Ox-Oxford, Ma-Magellan	Ur-Urdu, Pun-Punjabi
Hu-Humana,Qu-Qualcare	Gu -Gujarati, Hin- Hindi
	Ma -Marathi, Sp - Spanish

[Intensive Family Support Services \(IFSS\)](#)

Services are available to any family, free of charge and regardless of whether or not the ill family member is receiving mental health Services

[Family Support Organisations \(FSO\)](#)

Provide Free services, support, advocacy, and education to families and caregivers of children with em <http://www.state.nj.us/dcf/families/csc/mobile/>

[For county based Adult crisis numbers please click here:](#)

<http://www.nj.gov/humanservices/dmhs/services/centers/>

[Mobile Response and Stabilization Services \(Children\):1-877- 652-7624](#)