

SAMHJA Provider Referral List

Last Updated August 2019

Psychiatrists										
Name	Address	Town	State	Zip	Phone#	Insurances accepted	Languages	Billing Scale	Specialization	Special hours
Anona, Lily OFAPA	22 Elm St., Lower Level	Morristown	NJ	07960	973-349-2555	Medicaid, Medicare		No	All psychiatric disorders, Addiction (opiates, illicit drugs, alcohol)	Evenings
Bhat, Jyothna	601 Ewing Street Suite A12	Princeton	NJ	08450	267-991-0108	Horizon BCBS/Ni Direct	Understand Tamil	Yes	Adolescent, CBT, Mindfulness, Couples, Anxiety, Depression, ADHD testing, DV, Family therapy, LGBTQ	Mondays and Tuesdays up to 7pm as final appointment time, Skype/telephone option available
Bird, Radhika: #99 Therapy and Assessment LLC	1300 NJ 35	Ocean Township	NJ	08753	732-908-7188	None	Gu	Yes	CBT, Anxiety, Depression, Family Therapy	Evening hours on Tuesdays and Wednesdays, Skype/telephone option available
Chokis, Komal	37 West 26th Street #301	New York	NY	10010	646-209-6196	NYU CHP/Cigna	Hi, Gu	No	Long term psychodynamic/psychoanalytic psychotherapy focused on trauma, race, gender, sexuality and other domains of identity and difference, use collaborative, interactive approach toward facilitating deep personal change and transformation.	Full time, Limited Evening hours
Ghosh, Mahya	182 Tamarack Circle	Skillman	NJ	08558	917-912-4720	BCBS		Yes	Child/Adolescent, ADD, Depression, Anxiety, CBT, Neuropsychological Evaluations	Closed Saturday/evenings, skype/telephone option available
Gowda, Nidagalla	3084 Route 27 Ste #7	Kendall Park	NJ	08834	732-230-3529	Most private insurances, Medicaid	Kan	No	Child/Adolescent and Adult Psychiatrist	Part time, Mon-Wed, Saturday Evenings Monday, Tuesday, Wednesday (9-11), Saturday 9-5
Haque, A F M	24 Jefferson Plaza Suite B	Princeton	NJ	08542	732-647-6000	None	Hi, Ben	No	Board Certified Child, Adolescent & Adult Psychiatrist	Evenings
Jain, Archana	20 Nassau St Suite 236	Princeton	NJ	08542	732-887-3454	None	Hi	Yes	Depression, Anxiety, Relationship Issues, Couples, LGBTQ, Trauma	Tue/Thursday evening hours
Khanna, Bindu	769 Northfield Avenue Suite L5 St. Paterson's Outpatient Mental Health 56 Hamilton	West Orange St. Paterson	NJ	07022 07505	973-262-1416	BCBS, Cigna, HIP of NY, Humana, Oxford Health, QsoCare	Hi, Malayalam, Gu	No	Psychiatrist, Pediatric, Adolescent & Adult	8-5pm at St. Joseph's
Patel, Satishkumar Behavioral Consultations L.L.C.	1520 US Highway 130 Suite 203	North Brunswick	NJ	08902	732-658-3870	Horizon BCBS Commercial, Aetna, Cigna	Hi, Gu	No	Psychiatry, Child & Adolescent Psychiatry	Variable hours, call to confirm, 2nd and 4th Monday each month closed, Sat 9-5, first Sat each month closed
Mahija, Vasudev	812 Northwood Ave Ste. 102	Linden	NJ	07036	908-486-6666	None	Hi, Si	No	Psychiatrist (Anxiety, Depression, etc.)	Part time (Tue-Thu), 10-6pm
Malik, Vikas, Wonder Years Psychiatric Services	26 Court Street Ste 816	Brooklyn	NY	11242	347-987-4233		Hi, Pun, Ur, Gu	No	Pediatric, TMS for Depression	Evenings/Saturday available, skype/telephone option available
Noam Zela	98 James Street Ste 301	Edison	NJ	08820	732-994-0100	Medicare Only	Hi, Urdu	No	Geriatric Psychiatry	Call to confirm
Sandhu, Jagadeesh S, Carrier Clinic	752 County Rd 601	Belle Mead	NJ	08502	908-281-1000	Aetna, BCBS Blue Card, Horizon BCBS	Hi, Pun	Yes	Adolescent Psychiatry	Monday-Friday 6-7:30pm, Saturday/Sunday 4-5pm, 6-7:30pm
Shah, Komal MD, Behavioral Health Services	281, Summerhill Rd Ste 103B	East Brunswick	NJ	08816	732-735-5898	Medicare, Aetna, Horizon BC/BC, Cigna	Gu, Hi	No	Psychotropic Medication Management Adult and Geriatric Psychiatry	Part time, yes
Shanker, Rinku	500 Morris Ave Ste. 313	Springfield	NJ	07081	908-679-9966	Out of Network		No	Child, Adolescent, Young Adult, CBT, DBT, Play Therapy	Yes
Singh, Gagandeep	505 Stillwells Corner Rd 312 Applegraph Rd	Freshkill Monroe Township	NJ	07728 08831	609-245-8550	None	Hi, Pun	No	Child/adolescent and adult psychiatry, evaluations, medical management, CBT	No evening/Saturdays available, other options available
Sinh, Vijayeta	19 W 34th Street, Penthouse Suite	New York	NY	10001	212-652-2216	None	Hi	No	CBT/DBT, Teens, Adults, and Couples	Evening/Saturdays, skype/telephone option available
Stafford, Rashmi, CEO Psychological Services	20 Nassau St Suite 511	Princeton	NJ	08542	215-497-0240	Horizon Blue Cross Blue Shield PPO	Hi, Gu	No	Anxiety, Depression, Life Transitions, Couple/Relationship Therapy, Domestic Violence, Stress	Full Time, Evenings available, Skype/telephone option available
Srinekar, Ajayta	Office center at Princeton Meadows Ste 212, 888 200 666 Plainsboro Road	Plainsboro	NJ	08536	609-936-9444	Medicare with medicaid, Aetna, Cigna, UHBM, private ins for all other HMO & PPO	Hi, Kon	No	Geriatric Psychiatry, College Mental Health	Full Time

Therapists/counselors

Name	Address	Town	State	Zip code	Phone#	Insurances accepted	Languages	Billing Scale	Specialization	Special hours
Agarwal, Vandhava PhD, LPC	15 Warren St #407	Jersey City	NJ	07302	248-250-0833	None	Hi, Ma	Yes	Adolescent/Pediatric, Open for all issues across various age groups	Part time, able to accommodate clients based on need, once a month pro bono, skype/telephone option available
Ahluwalia, Tara LPC, Mindful Moments LLC	440 South Main Street Suite 6	Milltown	NJ	08850	732-986-5323	Out of network		Yes	Caregivers, Depression, Emotional Eating, Life Transitions, Self-esteem, Stress and anxiety, women's issues, sexual/sexual issues	Monday 12-3p-8pm, Tuesday 11am-8pm, closed Wed-Sun. Online sessions available
Aitor-Lazara, Donna LCSW	98 Tamarack Circle	Skillman	NJ	08858	609-683-9122	None		No	Psychotherapy, OCD, Bipolar disorder, ADHD, Panic and Anxiety disorders, interpersonal difficulties, self-esteem	Evenings & Weekends
BITMAN, Justina LPC, MindPsych Associates of NJ	545 Island Road Suite 2B	Ramsey	NJ	07446	201-995-1204 Ext. 4	Out Of Network	Limited Ma	Yes	Children, adolescent, teen, young adult, parents; CBT, DBT, Solutions focused therapy, Biofeedback	Full-time Private Practice, Evenings, Saturday mornings, skype/telephone option available
Naha Darji, MS, LPC We Rise Therapy & Wellness LLC	238 Hartman Ave	Highland Park	NJ	08904	973-370-2290	United Healthcare; out of network	Gu, Hi	Yes	Teen and Millennial women's issues	Evenings and Saturdays available, 1 Pro bono hour per month
Desai, Ashish LCSW, Be well counseling	285 Durham Avenue Building #6 Suite 2A	South Plainfield	NJ	07080	908-548-8533	Aetna, BCBS, Beacon, Cigna, Magellan, AmeriHealth	Gu	No	CBT, Family of Origin, Acculturation, Young Adults	Mon-Fri 9-2 and 4-8pm, Saturday 8-12pm
Desai, Padma LPC	40 West 13th Street	New York	NY	10011	973-214-8094	None	Tel	No	Psychosocial/Physical Therapy, Adults, Multicultural focus	Limited availability on Fridays
DiStefano, Donna	85 Hartan Avenue Suite 500	Highland Park	NJ	08904	732-266-5154	Medicare, Out of network		Yes	Counseling, Substance Abuse counseling, Psychotherapy	No Saturdays, some evenings, all by appointment only
Dutt, Komal	213 Mt Airy Rd	Basking Ridge	NJ	07920	732-979-4682	Yes	Hi, Pun	No	Mood and Anxiety disorders, Dialectical Behavioral Therapy, career issues & family problems.	One evening a week and morning hours (9am to 2pm).
Ghandi, Jaydeep LPC, LCDAC, ACS	30 Knightbridge Road Suite 525	Piscataway	NJ	08854	732-362-4003	Horizon Blue Cross Blue Shield, Cigna, AmeriHealth, UnitedHealthCare	Hi, Gu, Pun, Ma	Yes	Stress, Depression, Anxiety, Couple Therapy, CBT, DBT	Evening/Saturdays available, possible pro bono hours, skype/telephone available
GIBBON, Seth I, PhD, LLC	355 Lancaster Avenue, Bligg E2	Haverford	PA	19041	610-649-3265	None		No	Anxiety, Depression, OCD, PTSD, CBT, Mindfulness	Mon-Thu 8-6, Fri 8-4, Closed Weekends, Video Conferencing Available, Home visits if needed
Inhukari, Satya LPC, NCC, MS	795 Main Street, Hightstown NJ 07901, 33 Wood Avenue, Iselin, NJ 08830	Metschen	NJ	08840	201-488-5161	Horizon BCBS	Hi, Kan, Pun	Yes	Adult, Addictions, Couples, Anger Management, Anxiety, Depression, Psychosomatic, OCD	Mon-Fri 9-8pm, Sat 9-5pm
Kaur, Gurpreet EDD, LPC	212 Route 38 Suite 200	Moorestown	NJ	08057	609-923-9949	BCBS, Horizon, Aetna, AmeriHealth	Pun, Hi, Ur	Yes	Depression, Anxiety, Griefed, Holistic Approach	Evenings available
Luthra, Gagan	33 Wood Ave South	Iselin	NJ	08830	732-491-7558	Yes	Pun, Hi	No	Psychiatry, Addiction, Couple Therapy, CBT, Brief Therapy Module	Mon-Fri 4:00 PM-8:00 PM, Saturday 8:00 AM-5:00 PM

Therapists/counselors

Name	Address	Town	State	Zip code	Phone#	Insurances accepted	Languages	Billing Scale	Specialization	Special hours
Math, Shantia LCSW, Silver Lining Counseling LLC	601 Ewing St Suite B5	Princeton	NJ	08540	609-466-1743		Ur	Yes	Adults, Individual, Couple, and Family Counseling	No Evenings/Saturdays, Skype/Telephone option available
McLean, Anita	20 Nassau Street Suite 221	Princeton	NJ	08542	732-319-9104	None	Hi	No	Psychotherapy for Adolescents and Adults, Couple Therapy	Evening Hours, No Weekends
Minhas, Bijay MS, LSW, Certified Diversity Professional Life Coach Practitioner	SPLIT MINDS LIFE SERVICES www.mindsaservices.com 349 East Northwille Rd Suite L15	Morris Plains Livingston	NJ	07950 07939	973-216-8608	None	Pun, Hi	Yes	Life coaching Parenting skills Women's personal development Parent/Teen social emotional fitness programs Implicit bias, diversity, inclusion and intercultural competence training/presentations	Evening, Flexible Hrs, including Sunday
Moel, Laura MSW, LCSW	Family First LLC Cherry Brook Ln	East Windsor	NJ	08520	732-979-2230	BCBS, Horizon, MNH, TriCare & Medicare		Yes	Anxiety Disorders, Family Therapy, CBT, Body Oriented Psychotherapy	Monday-Friday
Murthy, Vasa LCSW, Tri State Counseling	38 West 32nd St Suite 1511	New York	NY	11001	212-494-0051	BCBS, Cigna, UHC, and others	Hi, Ur, Tel, Kan	No	Child, Adolescent, Adult, CBT/DBT, Domestic Violence, Marital Therapy, Major Psychiatric Disorders, Depression and anxiety	Monday-Sunday 8-6
Pandey, Parastap M.A.	338 Denison St	Highland Park	NJ	08904	908-994-7131	None	Hi, Gu	Yes	Crisis Intervention & Interventional, All General Psychiatric Problems, Marital & Divorce related problems.	Part time, Evenings, Sat and Sun, home visits, skype available

Professional Counseling & Supervision Services, LLC PHD, LPC, Board Certified NCC, ACS	145 Witherspoon St. Suite A7	Princeton	NJ	08540	609-433-6774	Out of network	Hin, Tam limited Pun, Ur, Ben, German	Yes	Adults, LGBT, DBT informed, LGBTQ, chronic mental health issues, life transitions, relationships, intergenerational conflict, acculturation, stress, bereavement, wellness and holistic health	Tue/Wed flexible timing, occasional Saturdays as needed
Rama's Counseling Inc	1000 Woodbridge Center Dr Suite 144	Woodbridge	NJ	07095	732-602-9000	Most accepted	Hin, some regional languages	Yes	Provides mental health and substance abuse counseling to all age groups to individuals and families	Saturday 9-2 early afternoon 3-5 week days. No Sundays. Skype/telephone options available
Saini, Surochi LPC, CCTP, TMH, Holistic Biofire LLC.	55 Venetia Ave 258 Newark St Suite 205	Somerset Hoboken	NJ	08867 07030	908-376-9036	Cigna, BCBS, Aetna, Self-Pay	Hin, Pun, Ur	Yes	Adults only. Works with Individuals, Couples, Families	Saturday and Evening availability, skype, pro-bono depending on need of patient
Vira, Rutani	223 Bloomfield Street 118	Hoboken	NJ	07030	917-310-5707	Aetna	Hin	No	Couples Therapy, Behavioral Issues with children and Family Therapy.	Saturday mornings. Weekdays until 5 pm.
Wadhvani, Sudha Psy.D	94 Valley Road	Montclair	NJ	07043	973-947-8895	None	Hin, Si	Yes	SA Adults & families. Communication issues in South Asian Families due to Acculturation	Friday Mornings, Tuesday/Thursday and Sun evenings

Behavioral Healthcare Agencies

> confirm the availability of South Asian providers

Name	Address	Town	State	Zip code	Phone#
Carver Clinic	252 Co Rd 601	Bulleezard	NJ	08502	908-281-1377
Helping Hand Behavioral Health	318 S. Piney Rd	Garwood	NJ	08205	977-997-9999
Helping Hand Behavioral Health	77 Oak Knolls Blvd	Chatham	NJ	08013	856-682-8000
Princeton House	1460 Livingston Ave	North Brunswick	NJ	08862	732-735-3600
Princeton House	905 Herrontown Rd	Princeton	NJ	08540	609-497-3300
Princeton House	300 Clocktower Dr	Hamilton	NJ	08860	(609) 688-2788
Penn Medicine Princeton House Behavioral Health	351 New Albany Rd	Moorestown	NJ	08057	856-779-2300
Stress Care of New Jersey	4122 County Rd 516	Madison	NJ	07747	732-679-4500
Stress Care of New Jersey	500 Park Ave	Manalapan Township	NJ	07726	732-679-4500
UWHC	671 Hose Lane W	Piscataway	NJ	08854	732-235-6900
Rutgers UWHC	4236 US 1	Princeton	NJ	08852	732-235-5910
UWHC	333 Cottage St	New Brunswick	NJ	08901	732-235-6800
UWHC	100 Metroplex Drive Ste 205	Edison	NJ	08817	732-235-8400
UWHC	117 Roosevelt Ave	Plainfield	NJ	07060	908-756-6870

Intensive Family Support Services (IFSS)

regardless of whether or not the family member is receiving mental health services

Family Support Organizations (FSO)

provide support and resources to families and caregivers of children with emotional behavioral and mental health needs

<http://www.state.nj.us/health/mentalhealth/>

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Abbreviations

Maam-Medicare	Ka-Kannada, Tel-Telugu
Muslim-Medical-Ae-Aetna	Ta-Tamil, Ko-Konkani
BCBS-BlueCross BlueShield	Be-Bengali, Si-Sinhali
Dr-Chford, Ma-Magellan	Ur-Urdu, Pun-Punjabi
Hu-Humana, Qu-Qualicare	Guj-Gujarati, Hin-Hindi
	Ma-Marathi, Sp-Spanish

