\*\* This list is provided simply as a reference to you and is not an exhaustive list of local providers. Always call your insurance company to check on reimbursement.

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| **Local Mental Health Agencies** |
| CenterstoneMultiple locations throughout middle Tennessee including Toll-free (888) 291-4357<https://centerstone.org/> Services* Outpatient counseling locations throughout Tennessee
* In-home behavioral support
* Medication management
* School-based therapy available in select schools throughout Tennessee (contact your school to inquire about availability)

*Payment Options:*TennCare, many private insurances accepted, call for more information | Mental Health Cooperative (Co-op)Multiple locations throughout middle Tennessee(615) 743-1555<https://www.mhc-tn.org/>Services* Outpatient counseling locations throughout Tennessee
* In-home behavioral support
* Medication management
* School-based therapy available in select schools throughout Tennessee

*Payment Options:*TennCare  |
| Allied Behavioral Health Solutions700 Craighead Street, Suite 105Nashville, TN 37204 (also location in Hermitage)(615) 292-3661alliedbehavioral@hushmail.com <https://alliedbehavior.com/> Services:* Outpatient counseling across lifespan
* Group counseling for various topics

*Payment Options:*TennCare, many private insurances accepted, call to ask | LifeCare Family Services1-877-937-5237<http://lifecarefamily.org/> Services* Locations in Nashville, Cookeville, Franklin, Lawrenceburg, Lebanon, Memphis, Murfreesboro, and Pulaski
* Outpatient counseling services
* In-home behavioral support options
* Medication management

*Payment Options:*TennCare, many private insurances accepted, call to ask |
| Vanderbilt Behavioral Health Child Adolescent Psychiatry Outpatient Clinic (CAPOC)1500 21ST Ave South, 2200 VAV (Village at Vanderbilt)Nashville, TN 37212(615) 936-3555Services* Outpatient counseling services
* Medication management

*Payment Options:*TennCare/CoverKids, Vanderbilt Aetna for psychiatry services | The Ross CenterLocations in Clarksville, Dickson, Nashville, & Hendersonville/Gallatin(615) 338-6341<https://www.rosscounselingandconsulting.com/>* Locations in Nashville, Hendersonville, Clarksville, Cool Springs
* Therapy and IOP

*Payment Options:*TennCare, BCBS, United, TriCare, Aetna, Magellan, Compsych, Value Options |
| New Directions Wellness Center1004 Hickory, Hills Ln #3, Hermitage, TN 37076(615) 601-0580<https://www.ndcacgroup.com/> Services:* Outpatient counseling
* Psychological testing
* Specializations in chronic pain and other medical conditions

*Payment Options:*TennCare and other commercial insurance accepted | Connect Counseling Services(931) 226-0730Locations in Mt. Juliet & ClarksvilleServices* Individual and family therapy
* Play therapy
* EMDR
* Dialectical Behavior Therapy

*Payment Options:* Some private insurance, Tricare, call for more information |
| Evelyn Frye Center(615) 385-4090310 25th Ave N, Suite 204Nashville, TN 37203<http://www.efrye.com> Services* Individual, family, and group counseling
* Psychological evaluations
* Medication management

*Payment Options:*Most private insurance accepted, call for more information | Heritage Medical Associates(629) 255-3584<https://www.heritagemedical.com/behavioral-medicine> Services:* Counseling in multiple locations (Vanderbilt area, Bellevue, Franklin, Green Hills) ages 4+

*Payment Options:*Most private insurance accepted, call for more information |
| Athena Consulting & Psychological Services LLC(615) 320-1155<http://athena-nashville.com/> Services* Counseling locations in Nashville, Murfreesboro, and Hendersonville
* Medication management
* Psychological evaluations

*Payment Options:*Most private insurance accepted, call for more information | Agape Counseling Center(615) 781-3000<https://www.agapenashville.org/counseling>Services* Outpatient counseling locations throughout Middle Tennessee

*Payment Options:*Most private insurance accepted, call for more information; also provides sliding scale  |
| Hendrick Counseling Services(615) 449-9611440 Park Ave.Lebanon, TN 37087<https://hendrickcounseling.com/>Services:* Individual and family counseling for children, adolescents, and adults
* Diagnostic evaluations
* Psychological testing
* Medication Management

*Payment Options:*Most private insurance accepted, call for more information | Like You Counseling ServicesStephanie Upchurch, LPC, MHSP(615) 696-44504515 Harding Road Suite 101Nashville, TN 37205 (also provides tele-therapy)<https://likeyoucounselingservices.com/>Services:* Counseling for children, adolescents, therapy
* Specialty in anxiety, disordered eating, and OCD

Payment Options:Accepts Cigna and has had success contracting with other insurances—call for more information |
|  Willow Tree Counseling (931) 614-85221816 Memorial CircleClarksville, TN 37043<http://www.willowtreecounseling1.com/home.html>Services:* Individual and family therapy

*Payment Options:*Aetna, TriCare, Tri-West, Magellan Behavioral Health, BCBS, Humana | Jewish Family Service, Toni Jacobsen, LCSW(615) 356-4234801 Percy Warner Blvd., Suite 103Nashville, TN 37205<http://jfsnashville.org/> Services:* Counseling for children, adolescents, adults, families

*Payment Options:*Aetna and most private insurance, call for more information |

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|  **Individual/Private Practice** |
| Timothy Stambaugh, MA2105 Edward Curd LnFranklin, TN 37067(615) 791-7342Services:* Individual counseling for children and adolescents

*Payment Options:*Aetna, BCBS, Cigna, Humana, and MultiPlan; call to ask | Michelle Reising, PhD104 East Park Drive, Suite 208Brentwood, TN 37027(615) 370-4977* Individual counseling for children and adolescents

*Payment Options:*TennCare Select, CoverKids |
| Kenneth Lass, PhD331 22nd Ave N., Suite 2Nashville, TN 37203(615) 320-1481Services:* Individual counseling for children and adolescents

*Payment Options:*Aetna, BCBS, Cigna, First Health, Humana, MultiPlan; call to ask | Christopher Robb Karcher, PsyD510 East Iris Drive, Suite BNashville, TN 37204(615) 463-9804, extension 3Services:* Individual counseling for children, adolescents, and adults

*Payment Options:*Aetna, BCBS, Humana, Magellan, Medicare, TennCare, Value Options; call to ask |
| Christine Pierozzi-Matsuek, LCSW129 Haven Street Suite D1Hendersonville, Tennessee 37075 (615) 219-0342<https://www.therapy4kidz.biz/Home.html>* Individual therapy for children, adolescents, and families

Payment Options:Aetna, Cigna, Humana, BCBS TN, TriCare, Magellan; call to ask | Brentwood Counseling Associates5200 Maryland Way, Suite 102Brentwood, TN 37027(615) 377-1153<https://brentwoodcounseling.com/> Services:* Several counselors offering adolescent and adult therapy

*Payment Options:*Some masters-level clinicians on Cigna and TriCare, call to ask |
| Susan Han, PhD106 Mission Court, Suite 106Franklin, TN 37067(615) 339-8679Services:* Counseling for children, adolescents, and families

*Payment Options:*BCBS, Magellan Behavioral Health | Tiffany Davis, LCSW376-6 Herron DriveNashville, TN 37210(615) 601-1735<https://www.tiffanydavislcsw.com/>Services: * Outpatient counseling for ages 4-18YO and adults
* Specialized in working with children 10 and younger

*Payment Options:* Aetna, BCBS , Magellan, Beacon HealthUnited Behavioral Health, Cigna, and self pay option |
| Margaret Flynn, LPC-MHSP376-6 Herron DriveNashville, TN 37210(615) 419-1262* Outpatient counseling for older adolescents, adults, and couples

*Payment Options:*Aetna, Cigna, BCBS, Magellan, and self pay option | Sarah Malanchuk, LPC376-6 Herron DriveNashville, TN 37210(615) 538-7518* Outpatient counseling for children and adolescents, 12-18 YO, and adults

*Payment Options:* Cigna, BCBS, United Behavioral HealthUlliance EAP, and self pay option |
| Shana Reece, PhD278 Franklin Road, Suite 240Brentwood, TN 37027(615) 933-2793Services* Counseling: children, adolescents, adults
* Psychological evaluations

*Payment Options:*Aetna and most private options  | Joe McLaughlin, PhD104 East Park Drive, Suite 208Brentwood, TN 37027(615) 370-4977* Counseling: children and adolescents

*Payment Options:*TennCare Select, CoverKids |

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| **Private Pay Options** |
| Green Hills Family Psych2209 Abbott Martin Rd., Suite 100Nashville, TN 37215(615) 519-8960<https://www.greenhillsfamilypsych.com/> Services* Counseling for youth, parents, and families
* Medication management

*Payment Options:*Private pay; but can provide superbill for out of network billing | Nashville Child and Family Wellness Center85 White Bridge Rd., Suite 302Nashville, TN 37205(615) 238-9100<https://nashvillefamilywellness.com/> Services:* Counseling for youth, groups, parent, and family services
* Medication management

*Payment Options:*Private pay |
| Southeast Psych Nashville5409 Maryland Way, Suite 202Brentwood, TN 37027(615) 373-9955<http://southeastpsychnashville.com/> Services* Counseling for youth and group therapy, including social skills and DBT for adolescents

*Payment Options:*Private pay; but can provide superbill for out of network billing | Child & Family Counseling Center, PLLC1604 Westgate Circle, Suite 220Brentwood, TN 37027(615) 866-9676<http://williamsonfamilycounseling.com> Services* Counseling for youth, parents, families, and group therapy, including social skills, DBT, and mindfulness

*Payment Options:*Private pay |
| Arcadian Therapeutic Services (615) 436-0921570 Bakers Bridge AveFranklin, TN 37067<https://www.arcadiantherapy.com/>* Individual, couples, and family therapy
* Provides services for children and adults

*Payment Options:*Private Pay, but can provide superbill for out of network billing | The Village of Kairos 1451 Elm Hill Pike, Suite 250Nashville, TN 37210 (Franklin location also)<https://thevillageofkairos.com/>* Specialized in DBT
* Individual, group, and family therapy

*Payment Options:*Private Pay, but can provide superbill for out of network billing |
| PSYCHe1200 Division St. Nashville, TN 37203(615) 274-8400<https://psychepllc.com/>* Specialized in DBT
* Individual, group, family therapy
* Psychological testing

*Payment Options:*Private Pay, but can provide superbill for out of network billing | Brentwood Counseling Associates5200 Maryland Way, Suite 102Brentwood, TN 37027(615) 377-1153<https://brentwoodcounseling.com/> Services:* Several counselors offering child/adolescent (12+), adult, and group therapy

*Payment Options:*Private pay for psychologistsSome masters-level clinicians on Cigna and TriCare, call for more information |
| Nashville Neuropsychology & Family Services, PLLC2200 21st Ave. South, Suite 300Nashville, TN 37212(615) 933-3571<https://www.nashvilleneuropsychology.com/>* Neuropsychological and psychological testing
* Individual and group therapy

*Payment Options:*Mostly private pay, Dr. Klaver is paneled with BCBS | Nashville OCD & Anxiety Treatment Center155 Franklin Road, Suite 135Brentwood, TN 37027(615) 412-1155<https://www.ocdnashville.com/> Services* Counseling for children, adults, couples, and families for anxiety, OCD, and related conditions
* Evaluations for anxiety, OCD, and related conditions

*Payment Options:*Private pay; can help file for out-of-network reimbursementSupervised trainees provided services at much lower cost, call for more information |
| Daystar Counseling2801 Azalea PlaceNashville, TN 37204(615) 298-5353<http://daystarcounseling.com> Services* Individual and groups for ages 7 through high school
* Play therapists for ages 5 through ~7

*Payment Options:*Private pay; however, does offer sliding scale payment | Pam West, PhD104 East Park Drive, Suite 208Brentwood, TN 37027(615) 370-4977Services* Counseling for children, adolescents

*Payment Options:*Private pay |
| Alanna Truss, PhD106 Mission Court, Suite 106Franklin, TN 37067(615) 697-9762Services:* Counseling for youth and their parents, some adults
* anxiety and mood challenges, OCD, Tourette’s/tic, trauma

*Payment Options:*Private pay; can help file for out-of-network reimbursement | Ashley Pineda, PhD104 East Park Drive, Suite 208Brentwood, TN 37027(615) 370-4977Services:* Counseling for children, adolescents, and adults

*Payment Options:*Private pay |
| Kelly Watson, PhD104 East Park Drive, Suite 208Brentwood, TN 37027(615) 370-4977Services* Counseling for children and adolescents

*Payment Options:*Private pay |  |