\*\* 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** | |
| Centerstone  Multiple 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 Solutions  700 Craighead Street, Suite 105  Nashville, TN 37204 (also location in Hermitage)  (615) 292-3661  [alliedbehavioral@hushmail.com](mailto:alliedbehavioral@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 Services  1-877-937-5237  <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) 936-3555  Services   * Outpatient counseling services * Medication management   *Payment Options:*  TennCare/CoverKids, Vanderbilt Aetna for psychiatry services | The Ross Center  Locations 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 Center  1004 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) 226-0730  Locations in Mt. Juliet & Clarksville  Services   * Individual and family therapy * Play therapy * EMDR * Dialectical Behavior Therapy   *Payment Options:*  Some private insurance, Tricare, call for more information |
| Evelyn Frye Center  (615) 385-4090  310 25th Ave N, Suite 204  Nashville, 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) 449-9611  440 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 Services  Stephanie Upchurch, LPC, MHSP  (615) 696-4450  4515 Harding Road Suite 101  Nashville, 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) 614-8522  1816 Memorial Circle  Clarksville, 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) 356-4234  801 Percy Warner Blvd., Suite 103  Nashville, 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, MA  2105 Edward Curd Ln  Franklin, TN 37067  (615) 791-7342  Services:   * Individual counseling for children and adolescents   *Payment Options:*  Aetna, BCBS, Cigna, Humana, and MultiPlan; call to ask | Michelle Reising, PhD  104 East Park Drive, Suite 208  Brentwood, TN 37027  (615) 370-4977   * Individual counseling for children and adolescents   *Payment Options:*  TennCare Select, CoverKids |
| Kenneth Lass, PhD  331 22nd Ave N., Suite 2  Nashville, TN 37203  (615) 320-1481  Services:   * Individual counseling for children and adolescents   *Payment Options:*  Aetna, BCBS, Cigna, First Health, Humana, MultiPlan; call to ask | Christopher Robb Karcher, PsyD  510 East Iris Drive, Suite B  Nashville, TN 37204  (615) 463-9804, extension 3  Services:   * Individual counseling for children, adolescents, and adults   *Payment Options:*  Aetna, BCBS, Humana, Magellan, Medicare, TennCare, Value Options; call to ask |
| Christine Pierozzi-Matsuek, LCSW  129 Haven Street  Suite D1 Hendersonville, 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 Associates  5200 Maryland Way, Suite 102  Brentwood, 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, PhD  106 Mission Court, Suite 106  Franklin, TN 37067  (615) 339-8679  Services:   * Counseling for children, adolescents, and families   *Payment Options:*  BCBS, Magellan Behavioral Health | Tiffany Davis, LCSW  376-6 Herron Drive  Nashville, 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 Health  United Behavioral Health, Cigna, and self pay option |
| Margaret Flynn, LPC-MHSP  376-6 Herron Drive  Nashville, 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, LPC  376-6 Herron Drive  Nashville, TN 37210  (615) 538-7518   * Outpatient counseling for children and adolescents, 12-18 YO, and adults   *Payment Options:*  Cigna, BCBS, United Behavioral Health  Ulliance EAP, and self pay option |
| Shana Reece, PhD  278 Franklin Road, Suite 240  Brentwood, TN 37027  (615) 933-2793  Services   * Counseling: children, adolescents, adults * Psychological evaluations   *Payment Options:*  Aetna and most private options | Joe McLaughlin, PhD  104 East Park Drive, Suite 208  Brentwood, TN 37027  (615) 370-4977   * Counseling: children and adolescents   *Payment Options:*  TennCare Select, CoverKids |

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| **Private Pay Options** | |
| Green Hills Family Psych  2209 Abbott Martin Rd., Suite 100  Nashville, 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 Center  85 White Bridge Rd., Suite 302  Nashville, 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 Nashville  5409 Maryland Way, Suite 202  Brentwood, 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, PLLC  1604 Westgate Circle, Suite 220  Brentwood, 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) 436-0921  570 Bakers Bridge Ave  Franklin, 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 250  Nashville, 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 |
| PSYCHe  1200 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 Associates  5200 Maryland Way, Suite 102  Brentwood, TN 37027  (615) 377-1153  <https://brentwoodcounseling.com/>  Services:   * Several counselors offering child/adolescent (12+), adult, and group therapy   *Payment Options:*  Private pay for psychologists  Some masters-level clinicians on Cigna and TriCare, call for more information |
| Nashville Neuropsychology & Family Services, PLLC  2200 21st Ave. South, Suite 300  Nashville, 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 Center  155 Franklin Road, Suite 135  Brentwood, 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 reimbursement  Supervised trainees provided services at much lower cost, call for more information |
| Daystar Counseling  2801 Azalea Place  Nashville, 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, PhD  104 East Park Drive, Suite 208  Brentwood, TN 37027  (615) 370-4977  Services   * Counseling for children, adolescents   *Payment Options:*  Private pay |
| Alanna Truss, PhD  106 Mission Court, Suite 106  Franklin, TN 37067  (615) 697-9762  Services:   * 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, PhD  104 East Park Drive, Suite 208  Brentwood, TN 37027  (615) 370-4977  Services:   * Counseling for children, adolescents, and adults   *Payment Options:*  Private pay |
| Kelly Watson, PhD  104 East Park Drive, Suite 208  Brentwood, TN 37027  (615) 370-4977  Services   * Counseling for children and adolescents   *Payment Options:*  Private pay |  |