



Tampa Therapy Referral List

<i>Providers</i>	<i>Contact Info</i>	<i>Age Range</i>	<i>Insurances</i>	<i>Specialties</i>
Talk Therapy Therapist / Social Worker / Counselor/ Behavior Specialists				
Empowering Mental Health Counseling Services <u>Providers:</u> Kelly Snee, LCSW	<u>Address:</u> 3433 Lithia Pinecrest Rd, Ste #138, Valrico, FL 33596 PH: (813) 444-2216 E: Info@empowermhs.com <u>Website:</u> https://empowermhs.com/ <u>Services:</u> Florida, Texas, and Georgia *Telehealth Only	<u>Serves:</u> -Adolescent -Adults	<u>Insurances:</u> -Aetna -Cigna -BCBS -UHC -Florida Blue -Oscar -Oxford <u>Payments:</u> Initial Visit: \$200 Follow ups: \$135	<u>Therapy:</u> -CBT Therapy -Mindfulness Based Therapy -Solution Focused Therapy -Emotionally Focused Therapy -Interpersonal Therapy -Person centered Therapy -Strength based Therapy -Trauma Focused Therapy <u>Specialties:</u> -Anxiety/Depression -Mood Disorders -Grief/Loss -Trauma/PTSD -Adjustment Disorder -Life Transitions -Family conflicts/Parenting -Coping Skills

Ashley Vigil-Otero, Psy.D. Providers: Dr. Ashley Vigil-Otero, Psy.D	Address: 701 W. Azeele St. Ste A, Tampa, FL 33606 PH: (813) 530- 5859 Website: Dr. Ashley Vigil-Otero *IN Person & Virtual	Serves: -Children 8+ -Teens -Adults	Insurance: -Self Pay Pricing: Therapy: \$200 and hour Testing: \$250	Therapy: -Consultations -Adult Psychotherapy -Children, Teen, and Family Therapy -Parent Support Psychological Testing: -Gifted Testing Specialities: -Anxiety -Depression -Chronic Stress -Overachievement -Women's issues -LGBTQ+ and Sexual Identity -Adjustment Difficulties -Parenting -Work/Life Balance
W.A.R.R.I.O.R. Providers: Dr. Alexis Charrys Psy.D., M.S., M.A., LMHC-QS	Address: 3005 Lithia Pinecrest Rd, Valrico, FL 33596 PH: (813) 291-4660 E: office@warriorheal.com Website: https://warriorheal.com/the-practiceunseling-serving Tampa Bay. *IN Person & Telehealth	Serves: -Adults -Military	Insurance: -Tricare East -Cigna -UHC -Aetna Pricing: Initial Visit: \$250 Counseling: \$200 Short session: \$100 Crisis session: \$250 Consults: \$80	Therapy: -Behavior Therapy -CBT -REBT -CPT -ERP Specialties: -Military Related Issues -Depression/Anxiety -Trauma/PTSD -Domestic violence
Ashley Lass, Psy.D. P.A.	Address: 3005 Lithia Pinecrest Rd. Valrico, FL 33511 PH: (813) 789-3709 *Telehealth Only	Services: -Adults	Insurance: -Tricare -Gary Woods & Associates *Medicaid*	Speciality: Adult Female Issues

Handled with Care Counseling Providers: Nichole Venegas, JD, MA, RMHCI	Address: 710 Oakfield Drive, Brandon, Florida 33511, United States PH: (813) 263-5777 https://handledwithcarecounseling.com/	Teenagers Young Adults Adults	Self Pay	Relationship Issues Anxiety/OCD Social Anxiety PTSD First Responders/Military Depression Race-Related Stress Grief Body Image Self esteem Trauma- EMDR Religious/Spiritual Safe Space Professional Athlete Pressures
Gina Aguinaga LCSW Providers: Gina Aguinaga	Address: 3502 Henderson Blvd, Tampa, FL 33606 PH: (813) 545-2088 Website: https://www.ginaaguinaga.com/ *IN Person & Telehealth	Serves: -Children -Adolescents -Adults	Insurance: -HSA -Self Pay	Therapy: -Individual, Family Counseling -Divorce Counseling Specialties: -Anxiety/Depression -OCD -Divorce -Family Conflict -Adolescent Issues -Adjustment -Relationship Issues -Childhood Trauma -Women Issues -Parent Support, Education, Planning
Counseling Center of Tampa Bay Provider: Cindy Hardwick, LMHC	Address: 4913 Van Dyke Road, Lutz, FL 33558 PH: (813) 748-8719 Fax: (813) 961-5919 E:floridacindy14@gmail.com Website: http://www.counselingcenteroftampabay.com/	Serves: -Children -Adolescents -Adults	Insurance: -Accepts most major Insurances -EAP	Therapy: -CBT -Neuro-Linguistic Programming -Anger Management -Hypnotherapy Specialties: -Work Related Issues -Conflict Resolution -Stress Management -Anxiety/Depression

Tampa Bay DBT <u>Providers:</u> <u>LMHC:</u> -Ashton Heckmann -Lauri Shannon -Dr. Caroline Perjessy -Krystle Rinberger -Sierra Shannon <u>LCSW:</u> -Kelly Turner -Allen Jones	<u>Address:</u> 6938 West Linebaugh Ave Suite 101 Tampa, FL 33625 PH: (443) 621-0976 Fax: (813) 265- 0586 E:kturnertampabaydbt@gmail.com <u>Website:</u> https://tbdbt.com/	<u>Serves:</u> - Adolescents 14+ -Adults	<u>Insurance:</u> -Out of Network Provider <u>Pricing:</u> Free Consultations Varies by Provider	<u>Therapy:</u> -DBT -RO-DBT -DBT-PTSD -Family, Group, Couples Counseling <u>Specialties:</u> -Anxiety/Depression -Relationship Issues -BeHavior Issues -Eating Concerns -Relationship Difficulties
Barrows Psychology <u>Providers:</u> Dr. Patti Barrows, Ph.D	<u>Address:</u> 3450 E Fletcher Ave Ste 300 Tampa, FL 33613 PH: (813) 978-9392	<u>Serves:</u> -Adults	<u>Insurance:</u> Fee for Service	<u>Specialties:</u> -Depression -Anxiety -PTSD -Weight loss
Complete Ketamine Solutions of Tampa	<u>Address:</u> 13801 Bruce B Downs Blvd Ste 203, Tampa, FL 33613 PH: (813) 632- 3223 Fax: (813) 632- 3224 E:tampa@completeketaminesolutions.com <u>Website:</u> https://completeketaminesolutions.com/locations/tampa-fl/ *IN Person Appointments	<u>Serves:</u> - Adolescents 13+ -Adults	<u>Insurance:</u> -Superbill -Advanced Care -Care Credit -Self Pay -HSA/FSA <u>Pricing:</u> Free Consultation Mood Series: \$2,300 Pain Series: \$2,700 Boosters: 1H - \$325 2H - \$475 3H - \$675 4H - \$875 6H - \$1,275 8H- \$1,475	<u>Therapy:</u> -Ketamine assisted Psychotherapy -Spravato Treatment -Power Infusions and Treatments -Weight Loss Treatment <u>Specialties:</u> -PTSD -Anxiety/Depression -Weight Loss -PTSD -Treatment Resistant Depression -Mood Disorders -Chronic Pain

John Bosworth MA, LMHC <u>Providers:</u> John Bosworth	<u>Address:</u> 1211 N. Westshore Blvd. Suite 111 Tampa, FL 33607 PH: (727) 510-7942 <u>Website:</u> https://bozcounseling.com/ *IN Person & Telehealth	<u>Serves:</u> ALL AGES	<u>Insurance:</u> -Sliding Scale (if eligible) <u>Pricing:</u> Free Consultations Individual Sessions: \$200 Group Sessions: \$200	<u>Therapy:</u> -Individual/Group -Family counseling -CBT -Mindful Based Therapy -REB Therapy <u>Specialties:</u> -Stress Management -Substance Use -Anxiety/Depression -Behavior Issues -OCD -Mood Disorders -Men's Issues
Counselor Barb <u>Providers:</u> Dr. Barb LoFrisco Counselor, PhD, LMFT, LMHC, ABS	<u>Address:</u> 14499 N Dale Mabry Hwy # 164, Tampa, FL 33618 PH: (813) 404-9215 E:barb@counselorbarb.com* <u>Website:</u> https://counselorbarb.com/ *IN-Person & Telehealth	<u>Serves:</u> -Adults -Seniors	<u>Insurance:</u> -Aetna -Cigna -UHC <u>Pricing:</u> Free Consultations Individual Sessions: \$175 Couples Sessions: \$200 Discernment Counseling: \$300 Follow ups: \$300	<u>Therapy:</u> -Individual/Group Therapy -Couples Counseling -Sex Therapy -Discernment Counseling <u>Specialties:</u> -Couples Issues -Recovery from betrayal -Intimacy Issues -Anxiety/Depression -Self-esteem problems
Megan Desrosiers, LMHC. LCMHC, MCAP <u>Providers:</u> Megan Desrosiers	<u>Address:</u> 3502 Henderson Blvd Ste 204, Tampa, FL 33609 PH: (727) 589-8664 E:mdesrosiers@southtampatherapist.com <u>Website:</u> https://southtampatherapist.com/ *In-person & Telehealth	<u>Serves:</u> -Ages 11 & up	<u>Insurance:</u> -Out of Network -Self Pay	<u>Therapy:</u> -Individual Therapy <u>Specialties:</u> -Self Esteem -Grief/Loss -Codependency -Communication Skills -Childhood Trauma -Stress Management -Trust Issues -Depression/Anxiety -Eating Disorders

Anne Eason PH.D <u>Providers:</u> Dr. Anne Eason Ph.D	<u>Address:</u> 608 W Horatio St Ste B Tampa, FL 33606 PH: (813) 404-2900	<u>Serves:</u> -Children -Adolescent -Adults	<u>Insurance:</u> -Self Pay <u>Pricing:</u> Individual Session: \$180	<u>Therapy:</u> -Individual Therapy -Psychoanalytic Psychotherapy -Parent-Child Interactions -Parental Training/Coordination -CBT <u>Specialties:</u> -Anxiety/Depression -Life Transitions -ADHD -Relationship Issues -School Issues -Women's Issues -Educational Disabilities -Adoption -Coping Skills -Mood Disorders
Lamb Psychological Services <u>Providers:</u> Dr. Karan Lamb, Psy.D	<u>Address:</u> 2801 W. Busch Blvd, Suite 200, Tampa, FL 33618 PH: (813) 321-7800 <u>Website:</u> https://www.lambpsychservices.com/ *IN Person & Telehealth	<u>Serves:</u> -Children -Adolescents -Adults	<u>Insurance:</u> -Superbill -Out of Network <u>Pricing:</u> Intake Session: \$190 Follow Ups: \$165	<u>Therapy:</u> -Individual, Group, Family Counseling -CBT -Exposure and Prevention Therapy -Acceptance Based Approaches -Evidence Based Interventions <u>Specialties:</u> -Anxiety/Depression -OCD/Phobias -BFRB -Thought Patterns -Communication Improvement -Goal Setting -Coping Techniques -Parental Training

April D. Mohnshine LCSW <u>Providers:</u> Mohnshine, April LCSW	<u>Address:</u> 17407 Bridge Hill Court, Suite A Tampa, FL 33647 PH: (813)-600-2932 <u>Website:</u> https://aprildmohnshine.com/	<u>Serves:</u> -Children - Adolescents -Adults	<u>Insurance:</u> -Self pay	<u>Therapy:</u> -Individual, Group, Family Psychotherapy -Couples Therapy <u>Specialties:</u> Depression/Anxiety -Mood Disorders -Grief/Loss -Trauma -Academic Difficulties -Adoption -Social Skills -Relationship Issues -Divorce -Women's Issues -ADHD -Behavioral Issues
South Tampa Counselors Group <u>Providers:</u> Sandra Seeger LMHC	<u>Address:</u> 3502 Henderson Blvd #217, Tampa, FL 33609 PH: 813-205-8834 E:sseeger.sandra@aol.com *IN Person & Telehealth	<u>Serves:</u> -Children 12+ - Adolescents -Adults	<u>Insurance:</u> -Self pay -Superbill - Sliding scale (if eligible)	<u>Therapy:</u> -Individual, Couple, Family Counseling -Addiction Therapy -Life Coaching -EDMR -Family Systems -CBT -Motivational Therapy -Accelerated Resolutions Therapy <u>Specialties:</u> -Women's Issues -PTSD/Trauma -ADHD -Psychodrama -Child/Adolescent Issues -Relationship Issues -Divorce -Grief/Loss -OCD

John J. Hartman, Ph.D. <u>Provides:</u> Dr. John Hartman	<u>Address:</u> 300 S Hyde Park Ave # 150, Tampa, FL 33606 PH: (813) 787-2048 E:jjhartman2@gmail.com <u>Website:</u> http://www.johnjhartmanphd.com/ *Telehealth	<u>Serves:</u> - Adolescents -Adults -Seniors	<u>Insurance:</u> -Self Pay <u>Pricing:</u> \$350 per session	<u>Therapy:</u> -Psychoanalytic Psychotherapy <u>Specialties:</u> -Depression/Anxiety -Self Esteem -Personality Disorders Relationship Issues -Eating Disorders -School/Work CONflict -Suicidal Thoughts
Breakthrough Psychology Group <u>Providers:</u> -Dr. Lauren Stoker -Dr. Jordan Roddey	PH: (727) 223-1238 <u>Website:</u> https://www.breakthroughpsychologygroup.com/ *Telehealth		<u>Insurance:</u> -Aetna -UHC -Optum <u>Pricing:</u> Free Consultations Individual Therapy Without Insurance: \$150	<u>Therapy:</u> -CBT -Acceptance and Commitment -Mindfulness Based Cognitive Therapy -Emotionally Focused Therapy -Trauma Focused -Breathwork -CPT -Psychodynamic Therapy <u>Specialties:</u> -Women's Issues -Eating Disorders -Weight Management -Life Transitions -ADHD -Anxiety/Depression -Chronic Pain -Sleep Issues -Medical Stress -Relationship Issues -Family Conflict -Autism
Natalie Noel, LMHC	<u>Address:</u> 730 S Sterling Ave Suite 306 Tampa, FL 33609 PH: (813) 812-4940 E:info@anxietyocdspecialists.com *IN Person & Telehealth	<u>Serves:</u> -Teens - Adults	<u>Insurance:</u> -UMR -Out of Network <u>Pricing:</u> \$250 per session Sliding Scale (if eligible)	<u>Therapy:</u> -Exposure Response Prevention -Habit Reversal Training -Acceptance and Commitment Therapy -Individual, Group, Family Therapy <u>Specialties:</u> -OCD/Anxiety-Depression -PSD/Trauma

Psychological Testing & Talk Therapy

Psychologist, LMHC, LCSW, NPs, Behavior Specialists

Christopher A. Iler, Psy.D., P.A. <u>Providers:</u> Dr. Christopher A. Iler, Psy.D., P.A.	<u>Address:</u> 201 N. MacDill Avenue Tampa, FL 33609 PH: (813) 876-9401 Fax (813)876-0133 <u>Website:</u> http://www.driler.com/	<u>Serves:</u> -Children -Adolescents -Adults	<u>Insurance:</u> -Aetna -Cigna -Humana -Tricare -Payment Plans	<u>Therapy:</u> -Behavior management -Individual/Family Therapy <u>Psychological Testing:</u> -Personality Assessments -Court Mandated Evaluations -Learning/Cognitive Processing Evaluations -ADHD Testing -Gifted Testing -Behavioral/Emotional Evaluations <u>Specialties:</u> -ADHD -Self Esteem -Anxiety/Depression -Emotional/Behavioral Disorders -Family Conflict -Under-achievement
Center For Psychological Growth <u>Providers:</u> Dr. Gary Howell, Psy.D., P.C.	<u>Address:</u> 2109 E Palm Ave #201, Tampa, FL 33605 PH: (813) 419-7793 Fax: (866) 627-1040 E:info@centerforpsychologicalgrowth.com <u>Website:</u> https://www.centerforpsychologicalgrowth.com/ *IN Person & Teleheath	<u>Serves:</u> -Youth 10+ -adolescents -Adults	<u>Insurance:</u> -Humana -Tricare -BCBS -Cigna -Aetna -Oscar -UHC -Optum *FL HMO *Medicaid *Medicare <u>Pricing:</u> Psych Testing: \$400-\$1600 Individual Sessions: \$145-\$175 Group Sessions: \$15-\$30 Diagnostic Intake Eval: \$225	<u>Therapy:</u> -Individual Psychotherapy -Group/Couple Counseling -Hynotherapy -Medication Therapy <u>Testing:</u> -Psychological Testing -ADHD Evaluations -EAP Screening -Differential Diagnosis and General Psych Testing -Diagnostic Intake Evaluations <u>Specialties:</u> -LGBTQ Concerns/Support Anxiety/Depression -Mood Disorders -Grief/Loss -Life Transitions

Rance L. Harbor, Ph.D. PLLC <u>Providers:</u> Dr. Rance Harbor Ph.D, PLLC	<u>Address:</u> 14502 N Dale Mabry, Suite 200 Tampa, FL 33618 PH: (813) 308-9075 Fax: (813) 962-7210 E:drharbor@ranceharbo r.com <u>Website:</u> http://www.ranceharbor.com/	<u>Serves:</u> -Children - Adolescents -College Students (Testing for ages 5+) (Therapy for adolescents and up)	<u>Insurance:</u> -Out of network	<u>Therapy:</u> -Individual Therapy -CBT -Anger Management -RTL Model <u>Psychological Testing:</u> -Psycho-Education Assessments -Psychological Assessments -504/IEP Plan Testing <u>Specialties:</u> -ADHD -Depression/Anxiety -Substance Issues -Learning Disabilities -School Issues -Executive Functioning -Behavior Disorders
Psychology With a Heart <u>Providers:</u> Dr. Barbara Feinberg	<u>Address:</u> 14502 N Dale Mabry Hwy Ste 200 Tampa, Florida 33618 PH: (813) 264- 7314 Txt: (813) 789-2941 E: DrBarb222@aol.com <u>Website:</u> https://www.drbarbcares.com/ <u>*Telehealth Only</u>	<u>Serves:</u> -Children 12+ - Adolescents -Adults -Seniors	<u>Insurance:</u> -Self Pay -BCBS *Medicare	<u>Therapy:</u> -Individual Psychotherapy -Creative Family Building /Infertility Support -Anger Management -Couples Therapy -Life Coaching <u>Testing:</u> -Egg Donor/Sperm Donor Personality Evaluations <u>Specialties:</u> -Anger Issues -Relationship Issues -Life Transitions -Mood Disorders -Depression/Anxiety
Tampa Bay Family Therapy Center <u>Providers:</u> -Jon Greenstein PhD -Kelly O' Brien PhD -Cheryl Pe Psy. S., NCSP	<u>Address:</u> 4144 N Armenia Ave, #301, Tampa 33607 PH: (813) 875- 8970 Fax: (813) 488- 6516 <u>Website:</u> https://tampabayfamilytherapycenter.com/ <u>*IN Person & Telehealth</u>	<u>Serves:</u> Children 3-18	<u>Insurance:</u> -Cigna -Aetna -BCBS -UHC <u>Pricing:</u> Individual Sessions: \$200 Couple Sessions: \$200	<u>Therapy:</u> -Individual/Group Therapy -Family Therapy -Marital Therapy -School Consultation -CBT -Pharmacologic Interventions -Behavior Interventions <u>Psychological Testing:</u> -Psycho-educational Testing -Diagnostic Evaluations -School Consultations

				<u>Specialties:</u> -Social Awareness -Anger Management -Mood Management -Problem-solving -Behavior Issues -Interpersonal Skills -Communication Skills -ADHD/ Emotional Difficulties
Wholistic Pediatrics and Family Care <u>Providers:</u> <u>MD:</u> David Berger <u>Nurse Practitioner:</u> -Jenna Repking -Rachel Kubal -Patsy Werts -Catherine Nutting <u>Physician Assistant:</u> -Ethan Levy	<u>Address:</u> 3405 W Fletcher Ave, Tampa, FL 33618 PH: (813) 960-3415 Fax: (813) 960-3465 E:info@WholisticReLeaf.com <u>Website:</u> https://wholisticfamilycare.com/ *IN Person Appointments	<u>Serves:</u> -Babies -Children -Adolescents -Adults -Seniors	<u>Insurance:</u> -Self Pay	<u>Testing:</u> -Urine Testing -Heavy Metals -Detoxification Process <u>Specialties:</u> -Adult Wellness -Holistic Care -Pediatric Primary Care -Women's Health -Lactation Support -Hyperbaric Oxygen Therapy -Chronic Health Conditions -Autism -PANDAS -Neurological Development
Pediatric Epilepsy & Neurology Specialists <u>Providers:</u> <u>MDs:</u> -Jose Ferreira -Carmen Ferreira -Lisa Calvo -Rubens Garcia -Michael Enriquez <u>Nurse Practitioners:</u> -Felicia Ferreira -Lizbeth Arroyo -Kristin Fritch -Juliana Arbelaez Valenzuela -Carron Schweiger <u>LMHC:</u> -Felicia Ferreria	<u>Address:</u> 508 S. Habana Ave., Suite 340, Tampa, FL 33609 PH: (813) 873-7367 Fax: (813) 875-9722 E:info@pensoftampabay.com <u>Website:</u> https://www.pensoftampabay.com/ *IN Person & Telehealth *Speaks Spanish and French	<u>Serves:</u> -Children -Adolescents	<u>Insurance:</u> -Accepts most major insurance plans *Medicaid	<u>Therapy:</u> -Solution Focused Therapy -Psychotherapy <u>Psychological Testing:</u> -Psychological Assessments -IQ Testing -ADO-2 and CARS-2 Diagnostics -Clinical Research Trials -ADHD Testing -EEG <u>Specialties:</u> -ADHD -Behavior Patterns -Self Esteem -Neurobiological Conditions -Goal Achievement -Autism

Julie Reich, Ph.D

Providers:
Dr. Julie Reich

Address:
4144 N Armenia Ave,
Tampa, FL 33607

PH: (813) 875-8970

Serves:
ALL AGES

Insurance:
-Self Pay

Therapy:
-Evidence Based Therapy
-EMDR Therapy
-CBT
-ADHD Parent Coaching
-Integrated Yoga Therapy
-Medication Management

Psychological Testing:
-Wellness Screening
-Cognitive Assessments
-Learning Disability
Testing
-Diagnostic Evaluations

Specialties:
-Anxiety/Depression
-Behavioral Disorders
-Emotional Disabilities
-Eating Disorders
-Substance Use
-Mood Disorders
-Sleep Issues
-ADHD
-Postpartum Disorder

Kinsler Psychology <u>Providers:</u> <u>Psychologists:</u> -Dr. Kimberly Kinsler -Dr. Maryam Behdarvandi -Dr. Aruna Ramrattan <u>Nurse Practitioners:</u> -Dr. Crystal Blair -Latisha Blanchard <u>LCSW:</u> -Zaire Weldon -Shaquille Edwards <u>LMHC:</u> -Rantz Phelps -Kristofer Gonzalez	<u>Address:</u> 2885 Allegra Way, Lutz, FL 33559 PH: (813) 443-5311 E:office@kinslerpsychology.com <u>Website:</u> https://www.kinslerpsychology.com/drkinsler	<u>Services:</u> -Children -Adolescents -Adults	<u>Insurance:</u> -Fl Blue -Optum -Humana -UMR -Tricare -Aetna -Avmed -Anthem -BCBS -Cigna -Meritain Health -Oscar -UHC UBH -ValueOptions -Lucet <u>Pricing:</u> Free Autism Screening Intake Sessions: \$165-\$240 Established patients: \$90-\$190 Med Mgmt Intake: \$290-\$340 Established Patients: \$190-\$215 Academic Testing: \$625	<u>Therapy:</u> -Individual, Couples, Family Counseling -Marriage Counseling -Medication Management <u>Psychological Testing:</u> -Psychological Evaluations -IEP/IEE -Autism Screening -ADHD Testing -Clinical Diagnosing -Gifted Testing -Learning Disability Evaluation <u>Specialties:</u> -Coping Strategies -Personal Growth -Behavioral/Emotional Development -Emotional Regulation -Conflict Resolution -Healthy Relationships -Parental Emotional Intelligence -Effective Relationship Communication -Workplace Support -Anxiety/Depression -Building Resilience
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Florida Medical Psychology Associates <u>Providers:</u> -Dr. Perry Kaly -Dr. Andrea Friedman -Dr. Mario Rodriguez -Dr. Marina Unrod	<u>Address:</u> 10910 Sheldon Rd Tampa, Florida 33626 PH: (813) 796-8209 Fax: (813) 891-1311 E:office.fmpa@gmail.com <u>Website:</u> https://flmedpsych.com/ *IN Person & Telehealth	<u>Serves:</u> - Adolescents -Adults	<u>Insurance:</u> -Humana -UHC -Optum -Superbill <u>Pricing:</u> Intake Session: \$250-\$450 Treatment Sessions: \$200-\$300 Psych Evals: \$450	<u>Therapy:</u> -Individual, Couples, Family Counseling -Coaching -Educational Workshops -CBT -Business Consultations -Positive Psychology -Mindfulness Methods -Pain Management <u>Psychological Testing:</u> -Psychological Assessments -Memory Screening -Gifted Assessments -Pre-IVF Treatment Evaluations <u>Specialties:</u> -Grief/Loss -Life Transitions -Stress Management -Cardiac Risk-Reduction -Chronic Pain -Cancer/Diabetes Self Care -Parenting -Mood Disorders -Weight Loss Counseling -Women's,Fertility Health -Eating Disorders -Health Promotion -Sleep Issue
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Rice Psychology Group <u>Providers:</u> <u>Psychologist:</u> Dr. Wendy Rice <u>LMHC:</u> Andy Coble <u>BCBA:</u> Amanda Cosgriff	<u>Address:</u> 11015 N Dale Mabry Hwy Suite A Tampa, FL 33618 PH: (813) 969 3878 Fax: (813) 969- 3887 E:Info@RicePsychology.com <u>Website:</u> https://ricepsychology.com/	<u>Serves:</u> -Children, - Adolescents -Adults	<u>Insurance:</u> -HSA -FSA -Self Pay -Superbill <u>Pricing:</u> Testing: \$2,000-\$4,500 Gifted Testing: \$400-\$600 Intake Therapy: \$200-\$500 Ongoing Sessions: \$200-\$300	<u>Therapy:</u> -Psychotherapy -Attention/Memory Organization Therapy -Parent Consultations -Behavior Therapy -CBT -Art/Play Therapy <u>Psychological Testing:</u> -Comprehensive Assessment -Diagnostic Interviews -Behavioral Assessments -Neurological Evaluations -Online Assessments -Gifted Testing -aautism <u>Specialties:</u> -Learning Disabilities -Anxiety/Depression -OCD -Austism -ADHD -Trauma/PTSD -Adolescent Girl Issues -Life Transitions
Audra Walsh Psychology Group <u>Providers:</u> -Audra Walsh -Jordan Barnada -Camille Hanks Myers -Gabriela Vasquez -Casie Peet -Kendall DeLoatche -Alexis Dosal	<u>St. Pete Address:</u> 6740 Crosswinds Drive N, Suite L, St. Petersburg, FL 33710 <u>Tampa Address:</u> 111 South Boulevard Tampa, FL 33606 PH: (727) 599-3624 E: info@audrawalsh.com <u>Website:</u> https://www.audrawalsh.com/ *More Providers are Available on Website	<u>Serve:</u> -Children - Adolescents -Adults	<u>Insurance:</u> -Superbill -Out of Network	<u>Therapy:</u> -Parent Consultations -Life Coaching -Parent Child Interaction Therapy -CBT -Trauma Focused CBT -Exposure Response Prevention -Acceptance and Commitment Therapy -Social Skills Training -Supportive Counseling <u>Psychological Testing:</u> -ADHD Evaluations -Learning Disabilities -Autism Evaluations -Developmental Evaluations -Mood/Behavior Evaluations -Gifted Testing <u>Specialties:</u> -Autism -ADHD

				-Mood Disorders -Anxiety/Depression -Learning Disabilities -Social Skills -Trauma/PTSD -Parent Training -Life Transitions -Self Esteem -Phobias/OCD
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Resources

National Suicide Prevention Lifeline: (800) 273-8255

National Suicide Prevention LifeLine Chat:

<https://suicidepreventionlifeline.org/chat/>

Crisis Center of Tampa Bay

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

Hillsborough County NAMI

<https://namihillsborough.org/>

Hillsborough County Health Department

<http://hillsborough.floridahealth.gov/>

National Pregnancy Registry for Psychiatric Medications

<https://womensmentalhealth.org/research/pregnancyregistry/>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

Medicare

<https://www.medicareplans.com/mental-health-care-outpatient-for-medicare/>

Caregiver Support Guide

<https://www.caring.com/caregivers/burnout/>

Suicide Prevention Lifeline

<https://988lifeline.org/>

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

Treatment Center

North Tampa Behavioral Health

(813) 922-3300

White Sands Treatment Center

(833) 493-5051

La Amistad

(407) 647-0660

Gracepoint Behavioral Health

(813) 244-4906

SpringBrook Behavioral

(863) 834-8013

First Steps Sarasota

(941) 366-5333

BeachWay

(877) 784-9568

Banyan Detox

(561) 375-5318

Resources for Children

Tool Kits provided by Autism Speaks

-<https://www.autismspeaks.org/family-services/tool-kits>

Safety Resources by Autism Speaks

- <https://www.autismspeaks.org/wandering-resources>

Handwriting Without Tears

-<http://www.hwtears.com/hwt>

National Down Syndrome Society

- <http://www.ndss.org/Resources/>

F.R.I.E.N.D.S. of Tampa Bay

- <http://friendsdownsyndrometampa.com>

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