

## **Counseling Resources**

### **988 Suicide & Crisis Lifeline**

Phone: 988

Website: <https://988lifeline.org/>

About: The Lifeline provides 24/7, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### **NAMI Helpline**

Phone: 1-800-950-6264

Text: Text HELPLINE to 62640

Website: <https://www.nami.org/support-education/nami-helpline/>

About: A free, peer-support service that provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Available Monday-Friday, 10:00 AM to 10:00 PM ET.

### **Northstar Counseling**

Address: 120 Sears Avenue, Suite 205, Louisville, KY 40207

Phone: (502) 414-1301

Website: <https://northstarcounselingcenter.com>

About: Northstar provides multiple services to address the mental health needs of their clients. They offer Individual Therapy, Couples Counseling, Family Therapy, Premarital Counseling and Therapy for teens and children. Northstar accepts payment options including self-pay and commercial health insurance.

### **Kilgore Samaritan Counseling Center**

**Address:** 918 Ormsby Lane, Louisville, KY 40242

**Phone:** (502) 327-4622

**Website:** <https://kilgorecounseling.org>

**About:** Kilgore is a nonprofit, faith-sensitive counseling center offering in-person and telehealth services. They provide Individual Therapy, Couples and Marriage Counseling, Family Therapy, Group Therapy, Psychological Testing, Addiction Counseling, and Trauma-focused therapies such as EMDR. Kilgore integrates clients' spiritual beliefs into care and is accredited by the Solihnten Institute. The center serves clients regardless of ability to pay.

**GroupWorks Psychological Services**

Address: 10602 Timberwood Circle, Suite 8, Louisville, KY 40223

Phone: (502) 409-4204

Website: <https://groupworksky.com>

About: GroupWorks is a practice in Louisville, KY that provides extensive mental health services. These include Child & Adolescent Group Counseling, Adult Group Counseling, Child Counseling, Teen Counseling, Adult Counseling, Telehealth Counseling, Family Counseling, Grief Counseling, EMDR Counseling, Biofeedback Counseling, Psychological Testing, Training and Consulting. GroupWorks does not accept any health insurance plans. All services are delivered on a self-pay basis only.

**Spalding Behavioral Health**

Address: 851 South 4<sup>th</sup> Street, Louisville, KY 40203

Phone: (502) 792-7011

Website: <https://behavioralhealth.spalding.edu>

About: The Center for Behavioral Health (CBH) at Spalding University is located in the heart of Louisville, KY. CBH offers mental health services to meet a variety of needs in the community. It is also a premier training clinic where doctoral students in the School of Professional Psychology (SOPP) receive high quality supervised clinical training. Their student clinicians deliver the most current, research supported assessments and interventions. Their highly trained doctoral student clinicians work with children, adolescents, and adults under the direct supervision of licensed psychologists. They address individualized goals of those looking for support, through psychological assessments and one-on-one, group, couple or family therapy. The CBH includes 3 subspecialty clinics: Collective Care Center which specializes in helping those who have experienced identity-based adverse life experiences; Complete Neuropsychology Services which specializes in neuropsychological testing; Rowen Specialty Clinic which specializes in psychological treatment interventions for infertility stressors, grief and loss related to pregnancy, and perinatal mental health concerns. Self-pay only with sliding scale fees for both counseling and assessment.

**The Brook**

Dupont Address: 1405 Browns Lane, Louisville, KY 40207

Phone: (502) 896-0495

KMI Address: 8521 LaGrange Road, Louisville, KY 40242

Phone: (502) 426-6380

Website: <https://thebrookhospitals.com>

About: The Brook is a well-known provider in Louisville, KY and offers mental health treatment for individuals while supporting families in the community. Treatment options include Acute Inpatient Services, Partial Hospitalization (PHP) and Intensive Outpatient Services (IOP). The Brook serves children, adolescents and adults. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

### **Seven Counties Services**

Address: Multiple locations in Jefferson County, KY & surrounding Counties

Phone: (502) 589-1100

Website: <https://sevencounties.org>

About: Seven Counties is a Community Mental Health Center (CMHC). Seven Counties has been a part of the Louisville, KY community for decades and provides extensive services for children, adolescents and adults. The Center offers supports including mental health and addiction treatment, services for people with disabilities, crisis intervention, Etc. Accepted payment includes Medicare, Medicaid, most commercial health insurances and Federal military insurance.

### **LifeStance Health**

Address: 100 Executive Park, Louisville, KY 40207

Phone: (502) 313-6880

Address: 2550 Eastpoint Parkway, Louisville, KY 40223

Phone: (502) 975-2960

Website: <https://lifestance.com>

About: LifeStance Health is a comprehensive mental health provider in Louisville, KY serving multiple populations. Their services include Adult Psychiatry, Child & Adolescent Psychiatry, Child & Adolescent Therapy, Couples Therapy, Family Therapy, Group Therapy, Online Therapy Services, Psychiatric Medication Management, Neuropsychological Testing & Evaluation, Psychological Testing & Evaluation, and Specialty Treatments (Spravato, TMS, etc.). LifeStance accepts many commercial health insurances, Medicare, Medicaid and Federal military insurance for payment.

### **Norton Children's Behavioral & Mental Health Services**

Address: 200 East Chestnut Street, Louisville, KY 40202 & other locations throughout KY

Phone: (502) 588-0800

Website: <https://nortonchildrens.com/services/behavioral-and-mental-health/>

About: Norton Children's Behavioral and Mental Health provides mental health care for persons ages 2 to 21. Individuals and their families have access to a multidisciplinary team of pediatric specialists who provide inpatient and outpatient mental health services including medication therapy and a range of individual, group and family therapies. Care is offered for conditions including ADHD, disruptive behaviors, mood and anxiety disorders, trauma-related disorders, psychotic illnesses and other mental health issues impacting individual or family functioning. A social worker is on call to assist with addressing barriers to care and treatment. Accepted payment includes Medicaid, Medicare and most commercial health insurance plans.

### **Kentucky Counseling Center**

Phone: (855) 591-0092

Website: <https://kentuckycounselingcenter.com>

About: Kentucky Counseling Center is one of the largest Mental Health Private Practices in KY, with nearly 100+ mental health professionals providing telehealth and office-based services. Services include outpatient therapy, psychiatry and case management to clients ages 5 and up. Accepted payment includes Medicaid, Medicare and commercial health insurance plans.

### **Jewish Family & Career Services**

Address: 2821 Klempner Way, Louisville, KY 40205

Phone: (502) 452-6341

Website: <https://jfcslouisville.org>

About: Offers individual, relationship, family and group counseling; in addition to crisis intervention. Sliding scale payment and KIPDA funding available.

### **Louisville VA Medical Center**

Address: 800 Zorn Ave, Louisville, KY 40206 and other locations throughout KY

Phone: (502) 287-4000

Website: [www.louisville.va.gov](http://www.louisville.va.gov)

About: The VA Medical Center and Clinics provide consultation, evaluation and treatment for a range of issues that may impact an individual's mental health and well-being. Services include individual and group therapy, addiction treatment and other supports. The primary form of accepted payment is Federal military insurance. Will work with other providers including Medicaid, Medicare and commercial health insurance.

### **Resurgence Counseling Center**

Address: 9400 Williamsburg Plaza, Suite 320, Louisville, KY

Phone: (859) 251-8782

Website: [www.resurgencecounseling.com](http://www.resurgencecounseling.com)

About: Offers a collaborative, client-centered approach to therapy. Licensed professionals are available in-person and online. Physical locations include Louisville, Lexington and Danville KY. Some specialties include caregivers, cancer patients/cancer survivors, depression, anxiety, trauma related issues, relationship/family issues, work/life balance, substance use, grief, college related issues, all ages, medical anxiety, pain management and other mental health related issues. Almost all health insurances are accepted except Medicare.

### **Baptist Health Louisville Behavioral Health**

Address: 4000 Kresge Way, Louisville, KY 40207 and other locations throughout KY

Phone: (502) 896-715

Website: [www.baptisthealth.com](http://www.baptisthealth.com)

About: Offers a comprehensive program of treatment options, inpatient and outpatient, for people with behavioral health issues; including depression, anxiety, schizophrenia, bipolar disorders and substance use disorders. Accepted payment includes commercial health insurance, Federal military insurance, Medicare and Medicaid.

### **Baptist Health Resource Connection**

Phone: (800) 395-4435

About: This resource line is dedicated to providing behavioral health resources to residents of KY and southern IN, seven days a week, from 7:00 AM to 7:00 PM ET.

## **Substance Use Resources**

### **New Beginnings Education & Counseling Center Inc.**

Address: 4400 Breckenridge Lane, Suite 126, Louisville, KY 40218 & 4634 South 3<sup>rd</sup> Street, Suite B, Louisville, KY 40214

Phone: (502) 493-7794

Website: <https://nbceccinc.com>

About: Outpatient treatment options offered for adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicaid, commercial health insurance and self-pay.

### **JourneyPure Louisville**

Address: 3430 Newburg Road, Suite 160, Louisville, KY 40218

Phone: (844) 409-3477

Website: <https://www.journeypure.com>

About: Outpatient treatment options offered for adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicaid, commercial health insurance, Federal military insurance and self-pay.

### **Addiction Recovery Care Louisville Counseling Center**

Address: 3001 Taylor Springs Drive, Louisville, KY 40220

Phone: (606) 638-0938

Website: <https://www.arccenters.com>

About: Outpatient treatment options offered for adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance and self-pay.

### **MedMark Treatment Center Louisville**

Address: 4922 Poplar Level Road, Louisville, KY 40219

Phone: (502) 434-5566

Website: <https://medmark.com/locations/kentucky>

About: Outpatient treatment options offered for adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

### **Spero Health**

Address: 1017 Dupont Road, Louisville, KY 40207

Phone: (502) 365-4467

Website: <https://www.sperohealth.com>

About: Outpatient treatment options offered for adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

### **Brook Hospital**

Dupont Address: 1405 Browns Lane, Louisville, KY 40207 (Children 5-12 and Adults)

Phone: (502) 896-0495

KMI Address: 8521 LaGrange Road, Louisville, KY 40242 (Adolescents 13-17 and Adults)

Phone: (502) 426-6380

Website: <https://www.thebrookhospitals.com>

About: Inpatient and outpatient treatment options offered for children, adolescents and adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

### **Nulease Medical Solutions**

Address: 5722 Outer Loop, Louisville, KY 40219

Phone: (502) 492-7455

Website: <https://www.nulease.com>

About: Outpatient treatment options offered for children, adolescents and adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicare, Medicaid, commercial health insurance and self-pay.

### **UofL Health Peace Hospital**

Address: 2020 Newburg Road, Louisville, KY 40205

Phone: (502) 451-3330

Website: <https://www.uoflhealth.org/locations/peace-hospital>

About: Inpatient and outpatient treatment options; including detoxication, offered for children, adolescents and adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

### **Crossroads Treatment Centers Louisville PSC**

Address: 1700 Cargo Court, Louisville, KY 40299

Phone: (502) 749-6764

Website: <https://crossroadstreatmentcenters.com>

About: Outpatient treatment options offered for adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

**Morton Center**

Address: 1028 Barret Avenue, Louisville, KY 40204

Phone: (502) 451-1221

Website: <https://www.themortoncenter.org>

About: Outpatient treatment options offered for children, adolescents and adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

**Seven Counties Services Addiction Recovery Center**

Address: 600 South Preston Street, Louisville, KY 40202

Phone: (502) 583-3951

Website: <https://www.sevencounties.com>

About: Inpatient and outpatient treatment options offered for adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicaid, commercial health insurance, Federal military insurance and self-pay.

**Volunteers of America Mid States Recovery**

Address: 1436 South Shelby Street, Louisville KY 40217 (Men and Women) & 1025 South 2<sup>nd</sup> Street, Louisville, KY 40203 (Women Only)

Phone: (502) 635-4530

Website: <https://voamid.org>

About: Inpatient and outpatient treatment options; in addition to sober housing, offered for adults with substance use disorders and co-occurring substance use disorders and mental health conditions. Accepted payment includes Medicaid, commercial health insurance and self-pay.

**CleanSlate Centers Louisville**

Address: 210 East Gray Street, Suite 803, Louisville, KY 40202

Phone: (502) 238-9462

Website: <https://www.cleanslatecenters.com>

About: Outpatient treatment options offered for adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

**Healing Place**

Address: 1503 South 15<sup>th</sup> Street, Louisville, KY 40210 (Women Only)

Phone: (502) 568-6680

Address: 1020 West Market Street, Louisville, KY 40202 (Men Only)

Phone: (502) 585-4848

Website: <https://www.thehealingplace.org>

About: Inpatient and outpatient treatment options; in addition to sober housing, offered for adults with substance use disorders. Accepted payment includes Medicaid and self-pay.

**Getwell Recovery**

Address: 1211 West Broadway Street, Suite A, Louisville, KY 40203

Phone: (502) 233-3290

Website: <https://www.kentuckyrecovery.com>

About: Outpatient treatment options offered for adults with substance use disorders. Accepted payment includes Medicare, Medicaid, commercial health insurance, Federal military insurance and self-pay.

**Louisville Recovery Center**

Address: 1831 Williamson Court, Louisville, KY 40223

Phone: (502) 334-1140

Website: <https://www.louisvillerecoverycenter.com>

About: Outpatient treatment options; including detoxification, offered for children, adolescents and adults with substance use disorders. Accepted payment includes Medicaid, commercial health insurance, Federal military insurance and self-pay.

**National SAMHSA Helpline**

Phone: 1-800-662-4357

Website: <https://www.samhsa.gov/find-help/helplines/national-helpline>

About: A free and confidential, 24/7, 365 day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.

**Find additional substance use treatment at:** <https://findtreatment.gov>

## **Eating Disorder Resources**

### **Louisville Center for Eating Disorders**

Address: 11824 Ransum Drive, Suite 200, Louisville, KY 40243

Phone: (502) 908-9410

Website: <https://www.louisvillecenterforeatingdisorders.com/>

About: Provides personalized, evidence-based treatments for eating disorders and co-occurring disorders. Offers intensive outpatient programming and partial hospitalization programming. In-network with various commercial health insurance providers and accepts Medicaid.

### **Be Well Kentucky**

Address: 11824 Ransum Drive, Suite 100, Louisville, KY 40243

Phone: (502) 338-0608

Website: <https://bewellkentucky.com/>

About: Offers therapists at physical locations in Louisville and Lexington, KY. Provides virtual services to KY and beyond. Therapists provide psychotherapy, medication management and dietetic support to help people facing eating disorders, OCD, anxiety, depression, stress and trauma. Self-pay only.

### **The Kentucky Children's Hospital Adolescent Medicine Eating Disorder Program**

Address: 740 South Limestone, 4<sup>th</sup> Floor, Wing D, Lexington, KY 40536

Phone: (859) 323-5643

Website: <https://ukhealthcare.uky.edu/kentucky-childrens-hospital/services/adolescent-medicine/eating-disorders>

About: Provides individualized treatment that may include weekly appointments with a medical doctor, dietitian and/or therapist. Care for children from a comprehensive team of specialists. In-network with various health insurance providers.

### **The Emily Program**

Phone: 1-888-364-5977

Website: <https://emilyprogram.com/>

About: A national leader in eating disorder treatment, The Emily Program provides convenient locations across the Nation in addition to virtual programming. If not in-network under your health insurance policy, you may be able to utilize out-of-network benefits.

**Equip Health**

Phone: (855) 285-0147

Website: <https://my.equip.health>

About: Treats individuals of all ages Nationwide will all types of eating disorders as well of those without a formal diagnosis and with co-occurring conditions. Treatment is virtual by design and patients are supported as needed with therapy, nutritional counseling, medical care and mentorship from people with lived experience. In-network with various health insurance providers.

**Aster Springs**

Address: 4500 Town Center Boulevard, Suite 103, Jeffersonville, Indiana 47130 (Outpatient treatment options only offered at this location)

Phone: (855) 963-6298 Residential treatment

(844) 541-3436 Outpatient treatment

Website: <https://astersprings.com>

About: Offers specialized eating disorder treatment for anorexia, bulimia, binge eating disorder, ARFID, OSFED, body dysmorphic disorder and co-occurring mental health conditions. Levels of care include residential treatment, partial hospitalization programming, intensive outpatient program and virtual. Accepted payment includes commercial health insurance and self-pay.

**Perinatal Resources****Zora's Cradle**

Address: 3934 Dixie Highway, Suite 350, Louisville, KY 40216

Phone: (502) 830-9460

Website: <https://zorascradle.org>

About: Services include residential supports, telehealth, in-person therapy and case management. Provides a milk depot for local community members.

**Norton Healthcare Women's Behavioral Health Services**

Address: 4123 Dutchmans Lane, Suite 503, Medical Plaza 3, Louisville, KY 40207

Phone: (502) 899-6220

Website: <https://nortonhealthcare.com/services-and-conditions/obstetrics-and-gynecology/services/womens-health/behavioral-health/>

About: Provides outpatient women's mental health services. Comprehensive care includes psychiatric evaluation and treatment of women with anxiety disorders, depression, mood disorders, Etc. Accepted payment includes Medicare, Medicaid and commercial health insurance.

### **Rowen Clinic**

Address: 851 South 4<sup>th</sup> Street, Louisville, KY 40203

Phone: (502) 792-7011

Website: <https://behavioralhealth.spalding.edu/rowen/>

About: Offers individual and group therapy services; in addition to virtual support groups for postpartum mood and loss every Thursday. Self-pay only.

### **Bloom Counseling & Wellness**

Address: 6500 Glenridge Park Place, Suite 8, Louisville, KY 40222

Phone: (502) 303-2449

Website: <https://bloomlouisville.com>

About: Offers postpartum mood, domestic violence, pregnancy loss counseling and medication management. In-network with some commercial health insurance providers and accepts self-pay.

### **Postpartum Support International Helpline**

Phone: English 1-800-944-4773 (call or text) Espanol 1-971-203-7773

Website: <https://postpartum.net/get-help/psi-helpline/>

About: PSI Volunteers help connect mothers, fathers and families to local providers who are trained to treat perinatal mood and anxiety disorders.

## **Grief Resources**

### **Hosparus Health**

Address: 3526 Ephraim McDowell Drive, Louisville, KY 40205

Phone: (502) 456-5451

Website: <https://hosparushealth.org/>

About: Offers compassionate support for children, adolescents, adults and families coping with loss due to death. Services include individual counseling, supports groups and specialty groups

and events. Grief counseling is available at no cost to families of hospice patients for up to 13 months after a loss. In-network with some health insurance providers and accepts self-pay.

### **First Hour Grief**

Address: 409 Marquette Drive, Louisville, KY 40222 & 8307 Saint Andrews Church Road, Louisville, KY 40258

Phone: (502) 791-9938

Website: <https://www.firsthourgrief.org/>

About: Offers a variety of ways for people to process their grief including peer grief mentoring, grief support groups, monthly youth and adult workshops, in-school grief programs, Etc. Self-pay only.

### **UofL Health Grief Recovery Method Support Group**

Address: 4414 Churchman Avenue, Louisville, KY 40215

Phone: (502) 432-2011

Website: <https://uoflhealth.org/locations/peace-hospital/patients-visitors/support-groups/>

About: No-charge eight-week support group program.

## **Individual Therapists & Populations**

### ***Couples, Child, Adolescent & Parenting***

**Cathryn Stuecker, Licensed Professional Clinical Counselor, LPCC:** “Aileen has extensive experience supporting children and adolescents struggling with school-related stressors, including school avoidance and challenges related to IEPs, 504 plans and accommodation plans. She also works closely with families to address behavioral concerns and strengthen relationships at home. Ms. Stuecker accepts payment through insurance options.

LifeStance Health

Address: 2550 Eastpoint Parkway, Suite 210, Louisville, KY 40223

Phone: (502) 726-0550

**Rebecca Street, Licensed Marriage & Family Therapist, LMFT:** “My approach to therapy is affirming and collaborative. My role as your therapist is to bring my knowledge and expertise of the therapy process to your treatment, while clients bring the knowledge and expertise of their lives. Both are essential to making progress towards your treatment goals. Together with my therapy dog, Obi, our goal is to help you heal. If you and your family are looking for support in finding ways to reconnect with each other, resolve points of pain in your relationship and learn ways to communicate differently, I'm here to help. Let me help you navigate the most stressful

times in your life with an experienced guide to help you succeed". Ms. Street accepts payment on a self-pay basis.

Address: 1169 Eastern Parkway, Suite 2216, Louisville, KY 40217  
Phone: (502) 221-9982

**Ellen Morton, Licensed Clinical Social Worker, LCSW:** "Hey there! I am currently accepting new clients. I'm Ellen Morton, and I've dedicated almost a decade to practicing social work and clinical practice since 2016. As a certified clinical trauma professional, I thrive on working with individuals of all ages, helping them find the care and healing they need to foster a positive sense of self and others. If you're dealing with issues like anxiety, trauma, depression, grief/loss or relational conflicts, I'm here to help. Ever considered EMDR? I'm currently open to new clients and I'm genuinely excited about the possibility of working with you". Ms. Morton accepts payment on a self-pay basis.

Lotus Therapy Services, LLC  
Address: 4169 Westport Road, Suite 117, Louisville, KY 40207  
Phone: (502) 427-7662

**Angela Keane, Licensed Clinical Social Worker, LCSW:** Angela is a Licensed Clinical Social Worker and brings years of experience in working with children and families. She has been trained as an adoption specialist and has experience working as a school counselor and in community mental health. In her practice, she sees children and teens, in addition to families and adults. She is trained in EMDR therapy as well as Trauma Focused CBT. She is passionate about helping families navigate tough times. She considers it an honor to come alongside her clients and help those struggling with anxiety, depression, behavior issues, family conflict and more. Ms. Keane accepts payment on a self-pay basis.

HopeWell Heights Counseling  
Address: 9000 Wessex Place, Suite 208, Louisville, KY 40222  
Phone: (502) 610-5924

**Ann Catherine Holloway, Licensed Marriage & Family Therapist, MEd, LMFT:** "Your life is a story that is continuously being written. Together we will work to resolve individual, couples, marital or family issues in a safe and comfortable atmosphere to help you become happier with your life. I have 35 years' experience with kids, couples and families. I do a computer scored Prepare/Enrich couple evaluation that gives a full picture of your strengths and areas for growth. We'll use this feedback in sessions to guide you to being your best self. I'll help you unpack issues that have been a longtime burden. Transitions in life can take some effort to sort through but you are capable! Look forward to our journey!" Ms. Holloway accepts payment on a self-pay basis.

Ann Catherine Holloway, M.Ed., LMFT  
Address: Louisville, KY 40223  
Phone: (502) 287-0837

**Dr. Jamie Brodarick, Licensed Marriage & Family Therapist, PhD, LMFT:** “For over 15 years, I have helped clients improve their most important relationships. I have found that when we experience conflict, communication challenges, a lack of emotional/physical intimacy or have unmet needs, we can struggle to feel complete. Whether I am working with an individual client, a couple or an entire family system, I can support you in strengthening your intimate relationships. I specialize in maternal mental health (infertility, pregnancy, and postpartum), premarital and marital counseling, parent-child interactions and extended family (in-laws, siblings and family of origin) dynamics.” Dr. Brodarick accepts some private insurance policies and self-pay.

Address: 9850 Von Allmen Court, Suite 220, Louisville, KY 40241  
Phone: (502) 236-5075

**Kate Cole, Licensed Clinical Social Worker, LCSW:** “I specialize in Trauma Focused-Equine Assisted Psychotherapy (TF-EAP) and provide experiential therapy for those who are looking for something different than traditional office based or on-line therapy. I have over 20 years of experience working with children, youth and families struggling with difficult behaviors, relationships, self-harm, suicide and trauma. I have experience with and truly love working with all age groups with my niche being teens and young adults. I began TF-EAP to fill the void in effective treatment for Developmental and Complex Trauma and Attachment Disruptions. I also work with ADHD, Anxiety and Depression.” Ms. Cole accepts payment on a self-pay basis.

Address: Fisherville, KY 40023  
Phone: (502) 461-1954  
Website: StridestoConnection.com

**Kristi Collier Thompson, Licensed Professional Clinical Counselor, MS, LMHC, LPCC:** “I am a trauma-informed, licensed counselor specializing in children, teenagers, adults and families who are experiencing anxiety, depression, anger, trauma, relational trauma (adoption, foster care, chronic illness, abuse or neglect), chronic illness and chronic pain. With over 20 years of experience, I am certified in EMDR and trained in Theraplay, internal family systems (IFS), DBT, Trust-Based Relational Intervention, solution-focused brief counseling, trauma-focused cognitive-behavioral therapy (TF-CBT) and Prepare-Enrich and mindfulness.” Ms. Thompson accepts some insurance providers and self-pay options.

James Kassel & Associates

Address: 1700 UPS Drive, Suite 107, Louisville, KY 40223

Phone: (502) 287-0133

### **Addiction**

**Holly Sumner, Licensed Clinical Social Worker, LCSW, LCADC:** “Do you feel overwhelmed, stressed, anxious? Has an *addiction* or the *addiction* of a loved one stolen years of your life? Are you angry, scared, feeling alone? Reaching out for help is the first step towards a whole new life. Life can be amazing; we just have to find our path to the life we want. Today can be the start of a whole new life. The life you have always wanted and now is the time to take the steps to creating this amazing life. Together we will make a plan for change. You have the power to make a life you love and I am here to help you find the power within.” Ms. Sumner accepts various forms of commercial insurance policies and private pay.

Address: 8134 New Lagrange Road, Suite 100, Louisville, KY 40222

Phone: (502) 206-0274

**Cassandra D Harris-Gray, Licensed Marriage & Family Therapist, LMFT, LCADC:** “Cassandra D. Harris-Gray is the CEO of Creative Spirits Networks, INC a full-service outpatient mental health corporation. Cassandra is a Licensed Marriage and Family Therapist (LMFT), Licensed Drug and Alcohol Counselor (LCADC) and Mental Health Coach. She works with clients utilizing strength-based competences to promote and navigate through life changes. She has authored her first book "90 Days of Power" and has served as a monthly columnist, a motivational speaker, corporate trainer and relationship seminar leader. She has over 20 plus years of clinical practice working with clients to create change”. Ms. Harris-Gray accepts multiple commercial insurance policies and private/self-pay.

Creative Spirits Behavioral Health

Address: 12730 Townpark Way, Suite 201, Louisville, KY 40243

Phone: (502) 410-4138

**Dr. Paul F Schmidt, Psychologist, PhD, CSAT:** “I am a therapist for the good life. Educated at Vanderbilt and Colorado, I am goal-oriented and homework intensive. After 50 years practicing as a psychologist, I have now retired my license instead of myself. I ’m teaching traditional moral values instead of politicized professional ethics. Brain Food for the Good Life comes to everybody in my podcast, blog and free personality tests soon on both my websites, one for Christ-followers, another for everybody. Together we can find healing for painful emotions, troubled relationships and deadly *addictions* to chemicals, behaviors, social media and even people you love or hate”. Dr. Schmidt accepts payment on a self-pay basis.

Address: 2429 Bush Ridge Drive, Suite 101 Louisville, KY 40245

Phone: (502) 633-2860

**Kasey Teasley, Licensed Professional Clinical Counselor, LPCC:** “My name is Kasey Teasley. I am a Licensed Professional Counselor and Licensed Clinical *Alcohol and Drug* Counselor in the Commonwealth of Kentucky. I focus on the wellness approach which emphasizes the overall well-being and functioning of the client, going beyond just addressing symptoms to help clients achieve a higher quality of life. By identifying specific area in a client’s life that are hindering their daily functioning and collaboratively working on manageable tasks to improve these areas, I empower my clients to take active steps towards positive change.” Ms. Teasley accepts payment in terms of insurance policies.

Address: Louisville, KY 40207

Phone: (859) 666-6810

**Rich Evans, Licensed Professional Clinical Counselor, LPCC:** “You’re successful in some areas yet feel stuck—anxiety, shame or anger keeps hijacking your best intentions. You may be carrying trauma/PTSD, coping with compulsive sexual behavior or pornography, recovering from betrayal, or wrestling with depression, *alcohol use* or constant conflict with your partner. Mr. Evans accepts insurance as payment.

Green Leaf Counseling & Coaching

Address: 260 West McLaughlin Avenue, Madisonville, KY 42431

Phone: (270) 279-0084

## ***Grief & Loss***

**Meghana Suchak, Psychologist, PhD:** “You don’t have to be the strong one here. I work with adults navigating chronic illness, *grief*, caregiving and life transitions, especially those who’ve long been the “resilient one” in their families or communities. You might be high-functioning, but under the surface, you’re carrying invisible pain or stress. I offer therapy as a space where you can pause performing strength, speak your truth and feel fully seen. With more than 15 years of experience in hospice, medical teams and multicultural settings, I bring a grounded, relational and compassionate approach. My work integrates psychodynamic insight, mindfulness and culturally affirming support”. Ms. Suchak accepts payments on a self-pay basis.

Meghana Suchak, PhD LLC

Address: 4050 Westport Road, Suite 216, Louisville, KY 40207

Phone: (502) 237-6345

**Jenifer Nance, Certified Social Worker, CSW:** “I enjoy working with individuals, adolescents through seniors, of all gender identities, as well as couples and families; empowering clients and working towards overall well-being. My style of therapy is considered laid back and conversational but always tailored to what each individual needs and likes. Whether it be anxiety, *grief processing*, sexual & domestic/intimate partner violence, or caregiver support - I have something to offer everyone through traditional and holistic approaches. Ms. Nance accepts self-pay and some insurance policies.

Address: 8910 Greenway Commons Place, Suite 100, Louisville, KY 40220  
Phone: (502) 289-0562

**Mary Caroline Gray, Licensed Clinical Social Worker, LCSW:** “I have worked in the mental health field for 15 years. I am particularly experienced in the treatment of anxiety, mood disorders, relationship difficulties, trauma and *bereavement/grief and loss*. I have a Bachelor's degree in Psychology from Centre College and a Master's Degree from University of Louisville's Kent School of Social Work. I use a variety of treatment modalities including Cognitive Behavioral Therapy, Solution Focused Therapy, IFS, EMDR and Motivational Interviewing”. Ms. Gray accepts self-pay and some insurance policies.

Turning Points

Address: 4010 Dupont Circle, Suite 562, Louisville, KY 40207  
Phone: (502) 514-0563

**Lynda Campbell Pearman, Licensed Professional Clinical Counselor, MHR, LPCC:** “During the recent time of shelter in place, we found a need to be connected to others more than ever. For most people, the pandemic increased anxiety, loneliness and stressed our personal and family resources. Many experienced echoes of past trauma that interfered with their present relationships. When anxiety and anger begins to surface, often, the depth of the pain, anger or frustration doesn't make sense. Sometimes it is sadness from *grief* or a *loss* from the past or fear of imminent *loss*. Having grown up in a military family, I understand a lot about adjusting to change and starting over”. Ms. Pearman accepts both self-pay and insurance.

Luv Yourself Wellness Center

Address: 224 A Breckenridge Lane, Louisville, KY 40207  
Phone: (502) 829-6687

**Marie Coma-Thompson, Licensed Professional Clinical Counselor, MEd, LPCC, E-RYT:** “I specialize in working with *grief, loss* and trauma and also have experience working with anxiety disorders, substance use disorders, depression and relationship issues. I take a compassionate,

non-judgmental approach to therapy and enjoy relating to and uncovering a person’s highest self. In my work with clients, I draw from mindfulness-based therapies such as Acceptance and Commitment Therapy and Dialectical Behavioral Therapy as well as from Cognitive Behavioral Therapy, Buddhist Psychology, and Existential approaches. Additionally, I am trained in EMDR, an evidence-based treatment for trauma”. Ms. Coma-Thompson accepts both self-pay and insurance.

Address: 540 Baxter Avenue, Louisville, KY 40204

Phone: (502) 398-9081

**Shemika Whiteside, Licensed Clinical Social Worker/Therapist, LCSW:** “I specialize in helping individuals navigate the challenges of depression, *grief* and trauma. My goal is to create a safe, supportive environment where clients feel heard and empowered. Through evidence-based approaches like CBT, DBT and EMDR, I help clients develop coping strategies, process difficult emotions and reclaim a sense of hope and stability. Whether you’re struggling with *loss*, life transitions or past traumatic experiences, I am here to walk alongside you in your healing journey”. Ms. Whiteside accepts both insurance and self-pay options.

Address: Louisville, KY 40202

Phone: (502) 289-6729

### ***Chronic Pain & Illness***

**Patrick Flaherty, Licensed Clinical Social Worker/Therapist, MSW, LCSW:** “Patrick specializes in treating PTSD/trauma, alcohol and drug use issues, and *chronic pain*-related psychological stress. He integrates evidence-based modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and mindfulness to help individuals understand the mind-body connection and gain control over intrusive thoughts, mood fluctuations and unhealthy behavioral patterns. His approach is grounded in empathy and clinical precision, helping clients reframe negative thinking and build the emotional tools they need for recovery”. Mr. Flaherty accepts insurance options.

LifeStance Health

Address: 2550 Eastpoint Parkway, Suite 210, Louisville, KY 40223

Phone: (502) 754-3404

**Erica Adams, Psychologist, PhD, ABPP:** “Are you living with a chronic medical condition, such as chronic pelvic *pain*, digestive issues, or medically unexplained symptoms? I understand the unique emotional and psychological difficulties that can accompany these conditions, and I am

here to support you on your journey towards better well-being. My name is Erica, and I am a dedicated, compassionate psychotherapist specializing in working with individuals who are navigating the complex emotional landscape of chronic medical conditions. I aim to provide you with a safe and non-judgmental space where you can openly express your thoughts, feelings and concerns". Ms. Adams accepts self-pays and some insurance options.

Address: 501 Darby Creek Road, Suite 27 – basement, Lexington, KY 40509  
Phone: (859) 470-2136

**Kristi Collier Thompson, Licensed Professional Clinical Counselor, MS, LMHC, LPCC:** "I am a trauma-informed, licensed counselor specializing in children, teenagers, adults and families who are experiencing anxiety, depression, anger, trauma, relational trauma (adoption, foster care, *chronic illness*, abuse or neglect), *chronic illness* and *chronic pain*. With over 20 years of experience, I am certified in EMDR and trained in Theraplay, internal family systems (IFS), DBT, Trust-Based Relational Intervention, solution-focused brief counseling, trauma-focused cognitive-behavioral therapy (TF-CBT) and Prepare-Enrich and mindfulness". Ms. Thompson accepts both self-pay and insurance options.

James Kassel & Associates  
Address: 1700 UPS Drive, Suite 107, Louisville, KY 40223  
Phone: (502) 287-0133

**Jayan Thomas, Licensed Clinical Social Worker/Therapist, LCSW:** "Have you been told that it is all in your head, or that there are no medical explanations for your symptoms? Or maybe you have received a *chronic illness* diagnosis and aren't quite sure how to cope. You might be at a place in your life when you feel ready to tackle past hurt and grief and find a sense of peace. I am part of a group practice, Chronic Illness Counseling Center LLC, that focuses exclusively on individuals and family members coping with the diagnosis of a medical illness". Ms. Thomas accepts both insurance and self-pay options.

Chronic Illness Counseling Center LLC  
Address: 914 Lily Creek Road, Suite 102, Louisville, KY 40243  
Phone: (502) 547-9204

**Heather Oliver, Licensed Clinical Social Worker/Therapist, LCSW:** "My name is Heather Oliver and I am a Licensed Clinical Social Worker. I am passionate about working with clients who are navigating *chronic illness*, grief and loss, and those who are experiencing caregiver fatigue. I utilize a variety of treatment modalities focusing on what best serves the client's unique situation. I am committed to providing a safe and accepting space for clients. Navigating

illness, grief, loss or other life transitions can feel isolating and overwhelming. I aim to meet clients where they are and assist them as they learn to explore and cope with changes". Ms. Oliver accepts self-pay.

Address: Louisville, KY 40245

Phone: (502) 557-1686

### ***Anxiety Disorders, Depressive Disorders & Trauma***

**Christopher Brody, Licensed Marriage & Family Therapist:** "Does *anxiety*, trauma or addiction cause daily life to be challenging and even overwhelming at times? Do you feel like no matter what you have tried, nothing seems to help or get better? Maybe you have made progress and find that you need some extra help. This might be the first time you are seeking help. Whatever your situation, I believe that you possess the abilities and skills within yourself to help you meet your goals. My desire is to work with you to help you heal and grow. I am a Christian, though I work with people from many backgrounds and approach each individual with respect and the same care. Mr. Brody accepts self-pay and insurance options for payment.

LifeWell Counseling Services, PLLC

Address: 8151 New Lagrange Road, Louisville, KY 40222

Phone: (502) 747-1839

**Sean Davis, Licensed Clinical Social Worker, LCSW:** "If you are struggling with *depression, anxiety, grief, trauma*, or you are just feeling overwhelmed by the stress of your daily life I am here to help. Sometimes the biggest barrier is knowing where to start when our mental health is at a low point. I am passionate about guiding and supporting my clients on their path to cope, recover and change their lives. I work with clients who are experiencing depression, anxiety, relationship discord, substance misuse, recovering from trauma or who want support as they work towards difficult goals. I utilize a combination of CBT, Mindfulness-Based Cognitive Therapy and DBT to provide a trauma-informed and strengths-based approach to your care". Mr. Davis accepts self-pay and private insurance options.

Address: 8910 Greenway Commons Place, Louisville, KY 40220

Phone: (502) 325-3894

**Lauren Elizabeth Grammer, Licensed Professional Clinical Counselor, MEd, TCADC, LPCC-S:** "It was once said that there is nothing so consistent in life as change - my passion lies in empowering clients to identify and embrace the changes they want in their lives. I approach

therapy with the belief that providing an open, supportive and guiding environment assists clients and families through the journey to grow, gain insight and make the changes they desire. Through the use of EMDR, Transactional Analysis, Motivational Interviewing, mindfulness, Emotion Focused Therapy, Trauma Focused CBT and more, I help clients learn how to bring awareness, action and support together to experience a true sense of well-being". Ms. Grammer accepts both self-pay and insurance options for payment.

Avenues Unlimited Counseling

Address: 1774 Mellwood Avenue, Louisville, KY 40206

Phone: (502) 406-8906

**Zach Dietrich, Psychologist, PsyD:** "Dr. Dietrich is a clinical psychologist who received his bachelor's degree from Indiana University, his master's degree from Cleveland State University and his doctoral degree from Georgia Southern University. He specializes in a wide variety of psychological and neuropsychological assessments, specifically the assessment of neurodegenerative diseases and treatment relating to caregiver stress. His other clinical interests include working with post-traumatic stress disorder (PTSD), *anxiety*, obsessive-compulsive disorder (OCD) and neurodevelopment disorders in adolescents and adults". Mr. Dietrich accepts many methods of insurance for payment.

LifeStance Health

Address: 100 Executive Park, Suite 103, Louisville, KY 40207

Phone: (502) 427-6504

**Laura Purcell, Psychological Associate, MEd, LPA:** "I am currently accepting new clients. My passion to work with others in a caring and sympathetic manner has been present my entire life and I have found my work as a therapist fills my cup each day. I enjoy working with teens and adults experiencing *anxiety*, *depression*, wounds from *trauma* and difficult life stressors. Whether you are looking for healing from emotionally painful events, growth in your self-esteem, guidance as you set boundaries, improvement in your relationships or ways to cope with your situation - I am here and ready to support as you explore, heal and grow". Ms. Purcell accepts self-pay as a method of payment.

Avenues Unlimited

Address: 1774 Mellwood Avenue, Louisville, KY 40206

Phone: (502) 289-6409

**Megan Roberson, Licensed Clinical Social Worker/Therapist, LCSW:** "Holding it together has become your default. People think you're fine because you keep showing up for your job, your

family, your friends... but inside, you're exhausted, *anxious*, overwhelmed, or just plain stuck. You want to feel like yourself again - or maybe for the first time. Therapy doesn't have to be clinical or intimidating. My approach is straightforward: process what's holding you back, untangle the stress and use tools that actually work for you. Healing and lasting change are possible!" Ms. Roberson accepts self-pay as an option for payment.

Address: 1774 Mellwood Avenue, Louisville, KY 40206  
Phone: (502) 427-6603 x707

**Adam Thompson Berry, Licensed Professional Clinical Counselor, LPCC:** "People are often held captive by their emotions and thoughts, which prevents them from reaching their full potential. My practice is informed by blending mindfulness with other modalities to alleviate this state of distraction and fully experience the present moment. To best treat my clients, I use an integrative approach that draws from many different modalities including Cognitive Behavioral Therapy, Mindfulness-Based Cognitive Therapy, Dialectical Behavioral Therapy, humanistic and existential modalities. I am also trained and experienced in EMDR. I have experience working with children, adolescents and adults, treating a variety of issues such as *depression, anxiety, dysfunctional relationships, disordered eating, PTSD, personality disorders, panic attacks* and others. I also have extensive experience working with substance misuse. I am trained in EMDR and use this modality often to address *trauma*". Mr. Berry accepts both self-pay and insurance options for payment.

Address: 102 Daventry Way, Suite 107, Louisville, KY 40243  
Phone: (502) 747-9149

**Erica Toney, Clinical Social Worker/Therapist:** "I have worked in the Mental Health field for over 10 years, providing therapy to adults and adolescents. I specialize in treating *anxiety* and *depressive* disorders, *trauma*-related issues (PTSD), anger management, grief and loss. My approach to therapy varies because people vary. I use an array of therapeutic strategies to meet clients where they are. I utilize actionable tools designed to help manage daily stressors and work collaboratively with clients to develop goals to improve quality of life". Ms. Toney accepts self-pay and insurance options for payment.

Address: Louisville, KY 40202  
Phone: (859) 340-5733

**Becky Antle, Licensed Marriage & Family Therapist, PhD, MSSW, LMFT:** "Providing in person and telehealth options for sessions. Special rates available for new clients and those experiencing financial hardship. I work with individuals, couples and families with relationship

and mental health issues. I have 28 years of experience in areas such as *depression, anxiety, trauma*, parenting issues, coping with divorce, relationship conflict/decision making, interpersonal violence and childhood disorders. I also have extensive experience with at-risk youth, psychoeducational programs across multiple topics including mental health, relationship issues, substance use... and others". Ms. Antle accepts self-pay as a payment option.

Evergreen Counseling Services

Address: 350 North Evergreen Road, Suite 201, Louisville, KY 40243

Phone: (502) 503-4279

**Dr. Helene L Finke, Psychologist, PhD:** "I am a licensed psychologist with more than 20 years of experience helping adults, older adolescents and couples with a wide range of emotional and life issues such as: *depression, anxiety, traumatic* experiences, relationship issues and grief/loss. I enjoy working with individuals who are in some type of life transition/crossroads to help them to clarify and reach their goals - job change, graduating school, entering parenthood, coping with relationship loss". Dr. Finke accepts self-pay and insurance as payment options.

Address: 8011 New LaGrange Road, Suite 5, Louisville, KY 40222

Phone: (502) 333-9517

### ***Christian/Pastoral Counselors***

**Edith Del Moral, Licensed Marriage & Family Therapist:** "I primarily use emotionally focused therapy with couples to get partners to express their needs while also developing a sense of understanding and safety. I also work with individuals and couples from a *Christian* counseling approach who may find that most beneficial. With individuals I strive to externalize negative labels we have adopted and find peace to begin the journey of healing". Ms. Del Moral accepts both self-pay and insurance for payment.

Healing Journeys D.M.

Address: Louisville, KY 40220

Phone: (502) 427-6475

**Sharon Kathleen Whitmer, Pastoral Counselor, KYLPC, EdD, Med:** "While I am trained in counseling theories and techniques, I believe using the Bible as a guide to explore the emotions that often paralyze our daily lives and relationships is fundamental to reaching healing and growth. I have earned a Doctor of Education, Master of Education, Post-Master in Marriage & Family Therapy and a Kentucky License in Pastoral Counseling. I offer a unique blend of *Christian*, faith-based spiritual direction with competent mental health counseling along with

collaborative treatment planning. I work with individuals, couples and families that are facing difficulties with anger, unforgiveness, grief, abuse, marital discord, depression, self-esteem and a variety of spiritual issues". Ms. Whitmer accepts self-pay as a method of payment.

Address: Louisville, KY 40241

Phone: (502) 215-3555

**Dr. Olivia Hilchey, PhD:** "Are you looking for counseling that incorporates your *Christian* faith? Many of the clients I work with desire to have their faith integrated into therapy. For those clients, my goal as a psychologist is to utilize evidence-based psychological therapies that are used in combination with Christian principles. My style is warm, engaging, humorous and encouraging, which works effectively with adults, couples and children. Check out my website to learn more about me or contact me today to set up an appointment now". Dr. Hitchey accepts self-pay as a payment method.

Address: 350 Evergreen Road, Suite 103, Louisville, KY 40243

Phone: (502) 273-0291

**Grace Psychological Services, LLC, PsyD:** "We are psychologists specializing in Couples Counseling (premarital and marital), Individual Counseling, and *Christian* Counseling. As trained and experienced clinical psychologists, we are committed to the belief that fostering well-being includes paying attention to all parts of the self: physical, emotional, relational and spiritual. We can help couples rebuild intimacy, repair communication and recover from betrayals. For individuals, we can assess and provide therapy for anxiety, depression, panic attacks, trauma, relational issues, stress and many other day-to-day issues". Grace accepts self-pay as the payment method.

Address: 350 Evergreen Road, Louisville, KY 40243

Phone: (502) 513-7428

**Elizabeth (Beth) Rowlands, Licensed Professional Clinical Counselor, LPCC:** "I utilize a combination of CBT and person-centered therapy in my sessions and incorporate principles from other modalities as needed to address the specific needs of my individual clients. I have a strong *Christian* faith and am happy to bring faith topics into sessions with my clients, but I also never push my views on others. I believe that you are the expert of your story and have many strengths that will assist you in overcoming the challenges you are facing. Taking the first step to uncovering a happier and more fulfilling life takes courage. I look forward to meeting with you and having the opportunity to walk with you on your journey!" Ms. Rowlands accepts private pay and some insurance options for payment.

Address: Louisville, KY 40202

Phone: (502) 743-4842