

Recommended Community Behavioral Health Providers



Ashé Counseling & Coaching (ASHECC) (773) 377-5577

Therapy (individual, family, couples) services for ages 12+. Spanish-speaking therapists available. Services available for anxiety, ADHD, depression, PTSD, specific phobias, grief, family and relationship issues, postpartum, self-esteem

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

Location: Tele-health and in-person (South Loop)

Insurances: Aetna, BCBS, Cigna, UCHP Aetna, United, Medicaid, Aetna Better Health, BC Community Health, Meridian

Brightland Health (312) 796-7121

Individual therapy and psychiatry services for ages 18-60. Services available for anxiety, ADHD, depression, and bipolar disorder

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

Location: Tele-health only

Insurances: BCBS PPO, Blue Choice PPO, self-pay

Cathedral Counseling Center (312) 252-9500, ext. 130

Individual therapy for adults. Spanish-speaking therapists available.

Locations: Tele-health only

Insurances: Medicare, BCBS, Aetna, United, Blue Choice, U-SHIP

Centers for Cognitive Wellness (773) 345-3495

Therapy (individual) services for ages 18+. Services for anxiety, ADHD, depression, PTSD, dementia, stroke, brain injury, epilepsy, multiple sclerosis, learning disability, age-related memory changes, chemo-brain, Parkinson's disease.

Email: info@cogwellness.com

Location: Tele-health and in-person (Loop)

Insurances: Aetna PPO, BCBS PPO, Medicare Part B, UCHP Aetna, United

Chicago Center for Growth and Change (312) 566-8536

Therapy (individual, family, couples, and group) services for ages 4+. No services for autism, dementia, or OCD.

Email: info@chicagocenterforgrowth.com

Location: Tele-health and in-person (Loop)

Insurances: BCBS, Blue Choice

Chicago Counseling Services (773) 345-8330

Therapy (individual, group, family, couples) services for ages 7+. Services for anxiety, ADHD, depression, PTSD, SUD, domestic violence, sexuality, self-harm, foster care.

Email: info@chicagocounselingservice.com

Location: Tele-health and in-person (Hyde Park and Lincoln Square)

Insurances: Aetna, BCBS Blue Choice, BCBS PPO, Cigna, UCHP Aetna, United, USHIP

Cityscape Counseling (773) 340-2616

Therapy (individual, couples, group, and family) services for ages 12+ Services available for anxiety, depression, bipolar, schizophrenia, psychosis, personality disorder

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

Locations: Tele-health only

Insurances: Aetna, BCBS PPO, Blue Choice, Cigna, Optum BH, UCHP Aetna, United





Claret Center (773) 643-6259

Individual therapy services, body-centered therapy (massage therapy, acupuncture), and spiritual counseling for ages 18+

Website: <https://www.claretcenter.org/contact-us/>

Location: Tele-health only

Insurances: BCBS PPO, U-SHIP



Clearwater Counseling (312) 880-9913

Therapy services (individual, family, group) for ages 7+. Spanish-speaking therapists available. Services available for anxiety, depression, and PTSD.

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

Location: Gold Coast

Insurances: BC Community Health, Molina, Aetna, BCBS, Beacon, Cigna, Humana, United/Optum, Magellan, Tricare

Danny Gordon & Associates Counseling Services
Hyde Park, Chicago

Danny Gordon & Associates Counseling Services (312) 614-1613

Individual therapy services for ages 7+. Services available for all conditions except PTSD, OCD, and psychosis.

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

Location: Tele-health only

Insurances: BCBS PPO



Depression and Anxiety Specialty Clinic of Chicago (773) 494-5505

Therapy (individual and group) for ages 7+. Services available for all conditions. Hindi and Gujararti-speaking therapists available.

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

Location: Tele-health and in-person (Lakeview)

Insurances: BCBS PPO



Geode Wellness (630) 560-4329

Therapy (individual, group, family, couples) services for ages 5+. Services for AUD, anxiety, ADHD, depression, eating disorder, PTSD, SUD, OCD, psychosis

Email: referrals@geodehealth.com

Location: Tele-health and in-person (Hyde Park, Lakeview, West Loop, West Town, North and Southwest Suburbs)

Insurances: Aetna, BCBS PPO, Cigna, Magellan, Medicare Part B, Optum, UCHP Aetna, United



Healing, Empowering, & Learning Professionals (H.E.L.P.) LLC
(773) 840-0855

Therapy (individual, family, couples) services for ages 15+. Services available for depression, bipolar disorder, anxiety, PTSD, and ADHD

Website: <https://www.help-llc.org/>

Location: Tele-health only

Insurances: Aetna, BCBS, Cigna, United, Medicaid, Aetna Better Health, BC Community Health, CountyCare, Meridian, Medicare/ Medicaid



In Home Counseling (847) 903-5604

Individual therapy services for ages 11+ in their residence. Services available for adults with pervasive developmental disorder.

Website: <https://www.inhomecounselingforseniors.com/contact-us/>

Locations served: In-person only (Cook County, DuPage County, Kane County, Lake County, McHenry County, Joliet Areas, Rockford Areas)

Insurances: Most insurances (including Medicare Advantage), except CountyCare



Kathy Sexton-Radek, PhD (630) 789-9785

Therapy (individual) for ages 3+. Services available for AUD, anxiety, ADHD, depression, SUD, insomnia, parasomnia, neurodegenerative disorder, sleep disturbances and disorders.

Location: Westmont

Insurances: Aetna, BCBS PPO, Cigna, Humana PPO, SmartHealth PPO

Latinx Talk Therapy (312) 620-7551

Therapy (individual, group, couples, and family) and immigration services for ages 4+ Latinx clients. Spanish-speaking therapists available. Services available for all conditions except OCD, specific phobias, and psychosis.

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

Location: Loop

Insurances: BCBS PPO, Anthem, Cigna, Aetna, Humana, United, sliding scale

Meridian Psychiatric Partners (312) 640-7740

Therapy (individual, group, couples, and family) for ages 3+. Spanish-speaking therapists available. Services available for mild AUD, anxiety, ADHD, depression, eating disorder, psychosis, PTSD, mild SUD.

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

Location: Evanston, Lake Forest, Oak Park, Oakbrook Terrace, Streeterville

Insurances: Aetna PPO/POS, BCBS PPO, Blue Choice PPO

Midwest Asian Health Association (312) 285-2287

Therapy (individual, group, couples, and family) and psychiatry services for ages 5+. Mandarin and Cantonese-speaking therapists available. Services available for anxiety, ADHD, depression, SUD, OCD, and acculturation

Website: <https://maha-us.org/>

Location: Tele-health and in-person (Chinatown)

Insurances: Medicare, Medicaid, Blue Cross Community Health, CountyCare, IlliniCare, Meridian, Molina, United, Ambetter, BCBS PPO, Cigna, sliding scale

Nurture Therapy (773) 274-0700

Therapy (individual, couples, and group) for women ages 18+. Focusing on reproductive mental health and life transitions. Spanish, Hindi, and Bengali-speaking therapists available. Perinatal and infant loss support group available.

Website: <http://nurture-therapy.com/contact-2>

Locations: Tele-health only

Insurances: UCHP, USHIP, BCBS PPO, BCBS Choice, United

Pillars of Wellness (219) 323-3311

Therapy (individual, group, couples, and family) services for ages 7+. Spanish-speaking therapists available. Services available for all conditions except eating disorder, specific phobias, and psychosis. Indiana ONLY.

Website: www.pillarstherapy.com

Location: Tele-health and in-person (Hobart, IN; Merrillville, IN; Valparaiso, IN)

Insurances: Aetna, Ambetter, Anthem BCBS, BCBS, Cigna, UCHP, United/Optum, Anthem HIP, CareSource, MDwise, MHS

Roamers Therapy (312) 667-3884

Individual therapy for 20-40-year-old Black, Latinx, and Asian clients. Spanish-speaking therapists available.

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

Location: Tele-health only

Insurances: BCBS PPO, Blue Choice, Aetna, Cigna, United



The Psychology Center, Inc (773) 238-2828

Therapy (individual, couples, group, and family) and psychiatry services for ages 5+.

Spanish, French, and Arabic-speaking therapists available. Services available for all conditions except eating disorders

Website: <http://thepsychologycenter.biz>

Location: Tele-health and in-person (Oak Lawn)

Insurances: Medicaid, Medicare, all private insurances (except UCHP)