

Recommended Community Behavioral Health Providers



Ashé Counseling & Coaching (773) 377-5577

Black-owned, women-led group practice.

Therapy (individual, family, couples) for age 12+. Spanish available.

Anxiety, ADHD, depression, PTSD, phobias, grief, family and relationship issues, postpartum, self-esteem.

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

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

Insurance: UCHP, Aetna, BCBS, Cigna, United, Medicaid, Aetna Better Health, BC Community, Meridian. Sliding scale if no insurance.



Brightland Health (312) 796-7121

Individual therapy and psychiatry for age 18-60.

Anxiety, ADHD, depression, and bipolar disorder.

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

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

Insurance: BCBS, Blue Choice



Centers for Cognitive Wellness (773) 345-3495

Specializing in cognitive challenges, as well as ADHD, depression, PTSD

Individual therapy for age 18+.

Anxiety, ADHD, depression, PTSD, dementia, stroke, brain injury, epilepsy, multiple sclerosis, age-related memory changes, chemo-brain, Parkinson's disease.

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

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

Insurance: UCHP, Aetna, BCBS, United, Medicare Part B



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

Therapy (individual, family, couples, group) for age 4+.

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

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

Insurance: BCBS, Blue Choice



Chicago Counseling Services (773) 345-8330

Culturally-sensitive counseling located in Hyde Park

Therapy (individual, family, couples, group) for age 7+. Spanish, Mandarin, Hebrew, and Korean available.

Anxiety, ADHD, depression, PTSD, sexuality, self-harm, substance use, domestic violence, foster care.

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

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

Insurance: UCHP, USHIP, Aetna, BCBS Blue Choice, BCBS, Cigna, United



Cityscape Counseling (773) 340-2616

Women-owned large group practice (>50 therapists).

Therapy (individual, family, couples, group) for age 12+.

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

Locations: Tele-health or in-person (Loop)

Insurance: UCHP, Aetna, BCBS, Blue Choice, Cigna, Optum, United



Claret Center (773) 643-6259

Spiritual, holistic focused for age 18+

Individual therapy, body-centered therapy (massage therapy, acupuncture)

<https://www.claretcenter.org/>

Location: Tele-health or in-person (Hyde Park)

Insurance: BCBS



Clearwater Counseling (312) 880-9913

Therapy (individual, family, couples) for age 7+. Psychiatry for age 18+. Spanish available.

Anxiety, depression, PTSD.

<https://clearwatercounselingchicago.com/>

Location: Tele-health and in-person (Gold Coast)

Insurance: UCHP, Aetna, BCBS, Cigna, Humana, Optum, United, Aetna Better Health, BC Community, Molina. Sliding scale if no insurance.



Compass Health Center (877) 552-6672

Intensive outpatient programs for age 5+.

Anxiety, depression, bipolar, trauma, PTSD, OCD, panic, phobias, chronic pain, substance use, school refusal, child dysregulation.

<https://compasshealthcenter.net>

Location: Tele-health and in-person (North Center, Oak Brook, Northbrook)

Insurance: UCHP, Aetna, BCBS, Blue Adv HMO, Cigna, ComPsych, Humana, Optum, United



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

Evidence-based individual and group therapy (DBT, CBT, SPACE) (individual, group) for age 7+. Hindi and Gujarati available.

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

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

Insurance: UCHP, Aetna, BCBS, United.



Depth Counseling (312) 786-4990

Psychoanalysis-focused individual, couples, and group therapy for age 7+. Spanish and Portuguese available.

Anxiety, depression, personality disorders, psychosis, trauma, grief, anger, relationships.

<https://www.depthcounseling.org>

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

Insurance: BCBS, Aetna Better Health, BC Community. Sliding scale if no insurance.



E.M. Branch & Associates (773) 238-1100

Black-owned therapy group specializing in families, providing a broad range of mental health services including CBT, EMDR, PST, PE, CPT, medication management,

hypnotherapy, Reiki, and therapeutic yoga for all conditions except substance use.

Therapy (individual, family, couples, group) and psychiatry 18+. Spanish available.

<https://www.embranch.org/contact-us>

Location: Tele-health and in-person (Morgan Park, Near South Side)

Insurance: UCHP, Aetna, BCBS, Cigna, United, BCBS Community, CountyCare, Meridian



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

Culturally responsive mental health counseling for age 15+ in Hyde Park.

Therapy (individual, family, couples) for age 15+.

Depression, bipolar disorder, anxiety, PTSD, ADHD.

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

Location: Tele-health only

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



Geode Wellness (630) 560-4329

Large group providing therapy and psychiatry for wide range of mental health issues. Therapy (individual, family, couples, group) and psychiatry for age 5+. Polish, Spanish, Urdu available.

Anxiety, ADHD, depression, eating disorder, PTSD, substance use, OCD, psychosis.

<https://geodehealth.com/>

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

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



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

Solo general psychologist and sleep medicine expert for age 3+.

Individual therapy for age 3+.

Sleep, insomnia, anxiety, ADHD, neurodegenerative disorder, substance use.

Location: Tele-health only

Insurance: UCHP, Aetna, BCBS, Cigna, Humana, SmartHealth, Medicare



Latinx Talk Therapy (312) 620-7551

Hispanic-centered, women-owned therapy group.

Therapy (individual, family, couples, group) and immigration services for Latinx clients age 4+. Spanish available.

<https://latinxtalktherapy.com/>

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

Insurance: UCHP, Aetna, BCBS, Anthem, Cigna, Humana, United. Sliding scale if no insurance.



Meridian Psychiatric Partners (312) 640-7740

Large psychiatry and therapy group practice.

Therapy (individual, family, couples, group) and psychiatry for age 3+. Spanish available.

Anxiety, ADHD, depression, eating disorder, psychosis, PTSD, alcohol, substance use.

<https://meridianpsychiatricpartners.com/>

Location: Tele-health and in-person (Streeterville, Evanston, Lake Forest, Oak Park, Oakbrook Terrace)

Insurance: UCHP, Aetna, BCBS, Blue Choice



Midwest Asian Health Association (312) 285-2287

Asian-centered, therapy (individual, family, couples, group) and psychiatry for age 5+.

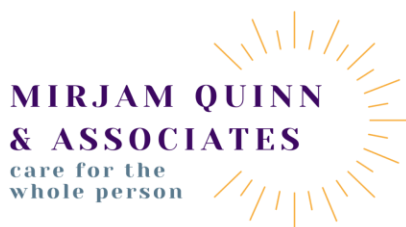
Mandarin and Cantonese available.

Anxiety, ADHD, depression, substance use, OCD, grief, trauma, acculturation.

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

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

Insurance: Ambetter, BCBS, Cigna, United, Medicaid, BC Community Health, CountyCare, IlliniCare, Meridian, Molina. Sliding scale if no insurance.



Mirjam Quinn and Associates (708) 586-7357

Neuropsychological assessments and therapy (individual, family, couples, and group) for age 4+. Greek, German, and Spanish available

Anxiety, ADHD, depression, eating disorder, PTSD, SUD, OCD, specific phobias

www.mirjamquinnandassociates.com

Location: Tele-health only

Insurance: UCHP, Aetna, BCBS, Blue Choice, United, Headway



Mobile Wellness (866) 413-1988

Therapy (individual) for ages 5+. Spanish available.
Anxiety, ADHD, depression, PTSD, bipolar, schizoaffective.

<https://mwiservices.org/>

Location: Tele-health (IL and IN patients only)

Insurance: UCHP, Anthem, Aetna, BCBS, Cigna, United, Medicaid, BC Community, CountyCare, Molina, Meridian, MMAI, Medicare/Medicaid

Nurture Therapy (773) 274-0700

Women-owned, women's mental health focused group.

Therapy (individual, couples, group) and medication management for women 18+.

Spanish, Hindi, and Bengali available.

Peripartum mental health, fertility issues, life transitions.

<http://nurture-therapy.com/>

Locations: Tele-health and in-person (Ravenswood)

Insurance: UCHP, USHIP, BCBS, BCBS Choice, United



Pillars of Wellness (219) 323-3311

Indiana-based, large therapy group.

Therapy (individual, family, couples, group) for age 7+. Spanish available.

Anxiety, ADHD, depression, PTSD, substance use, OCD, grief, faith, anger, family.

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

Location: Tele-health (Indiana residents only, first appt always telehealth) and in-person (Hobart, Merrillville, and Valparaiso, IN)

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



The Psychology Center, Inc. (773) 238-2828

Large group practice. Email-based registration may be challenging for some patients.

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

Armenian, Greek, and Russian available.

<http://thepsychologycenter.biz>

Location: Tele-health and in-person (West Beverly)

Insurance: UCHP, all private insurance, Medicare, Medicaid



Roamers Therapy (312) 667-3884

Latinx, woman-owned therapy group focused on young adults from minoritized groups.

Individual therapy for Black, Latinx, and Asian clients ages 21-45. Spanish available.

Anxiety, depression, trauma, substance use, racial/ethnic identity, relationships.

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

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

Insurance: UCHP, Aetna, BCBS, Blue Choice, Cigna, United



Rula (323) 205-7088

Tele-mental health therapy (individual, family, couples, group) and psychiatry for ages 5+.

ADHD, depression, trauma/PTSD, substance use, OCD, bipolar, eating disorder.

<https://www.rula.com>

Location: Tele-health only

Insurance: UCHP, Aetna, Cigna, Optum, United, BCBS





Solutions Counseling and Consulting Group (312) 241-3761

Black-owned therapy group specializing in anxiety, depression, domestic violence, anger, gambling, SUD, and HIV.

Therapy (individual, family, couples, group) for ages 9+. Arabic available.

ADHD, depression, trauma/PTSD, substance use, OCD, bipolar, eating disorder.

<https://www.solutionsccgroup.org/>

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

Insurance: BCBS, Cigna, Tricare, United, Molina, Meridian, CountyCare, Aetna Better Health, Blue Cross Community



TMH Behavioral Services (773) 828-4940

Therapy (individual, group, couples, and family) for ages 12+. Services available for anxiety, depression, PTSD, post-partum, and OCD.

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

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

Insurance: UCHP, Aetna, Cigna, BCBS, BCBS Community, BCBS MMAI, Meridian, Molina, Medicare, Medicare/Medicaid



True Space (312) 248-3481

Therapy group focused on Black young women and professionals with life stressors, chronic health problems, depression, anxiety, and/or trauma.

Individual, group, couples, family therapy for age 21-64.

Anxiety, ADHD, PTSD, health psychology, poor self-care, psychosocial stressors.

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

Location: Tele-health and in-person (Olympia Fields)

Insurance: UCHP, Aetna, BCBS, Cigna



UCM Ingalls (708) 333-2300 or (888) 824-0200

Psychiatry, group therapy, and intensive outpatient programs for ages 12+.

<https://www.uchicagomedicine.org/conditions-services/psychiatry-and-psychology>

Location: Tele-health and in-person (Calumet City, Harvey, Tinley Park, Flossmoor)

Insurance: UCHP, private insurance, Medicare, Medicaid