

Recommended Community Behavioral Health Providers - UCHP



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.

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

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



Centers for Cognitive Wellness (773) 345-3495

Group 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.

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

Tele-health and in-person (Loop)



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.

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

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



Cityscape Counseling (773) 340-2616

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

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

Anxiety, eating disorders, panic, depression, bipolar, trauma, relationships

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

Tele-health or in-person (Loop)



Clearwater Counseling (312) 880-9913

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

Anxiety, depression, PTSD.

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

Tele-health and in-person (Gold Coast)



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.

Website: <https://compasshealthcenter.net>

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



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.



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
Website: <https://www.embranch.org/contact-us>
Tele-health and in-person (Morgan Park, Near South Side)



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



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.
Website: <https://geodehealth.com/>
Tele-health and in-person (Evergreen Park, Hyde Park, Lakeview, West Loop, West Town; North, West, and Southwest Suburbs, St. Charles)



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.
Email: ksrsleep@aol.com
Tele-health only



Latinx Talk Therapy (312) 620-7551
Hispanic-centered, woman-owned therapy group.
Therapy (individual, family, couples, group) and immigration services for Latinx clients age 4+. Spanish available.
Website: <https://latinxtalktherapy.com/>
Tele-health and in-person (Loop)



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.

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

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



Mobile Wellness (866) 413-1988

Therapy (individual) for ages 5+. Spanish available.

Anxiety, ADHD, depression, PTSD, bipolar, schizoaffective.

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

Tele-health (IL and IN patients only)



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

Website: www.mirjamquinnandassociates.com

Location: Tele-health only

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



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.

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

Tele-health only



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.

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

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



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, and Russian available.

Website: <http://thepsychologycenter.biz>

Tele-health and in-person (West Beverly)



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.

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

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



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.

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

Location: Tele-health only

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



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.

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

Tele-health and in-person (Bronzeville)



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.

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

Tele-health and in-person (Olympia Fields)



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

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

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

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