

MHACF – Telehealth/Online Counseling, Telemedicine/Telepsychiatry Providers

(no particular order)

- **Brave Health:**

Telephone: 305-902-6347 (can e-mail, call or text to schedule appointment: clients would client basic demographics, insurance ID#, contact e-mail and phone number)

Website: www.bebravehealth.com

Counties Services: All Counties

Services: Telehealth/Online Counseling, Online/Skype Psychiatric Services, Medication Management, Addictions Counseling

Fees: Counseling \$100/50 min, Initial Consultation for medication management - \$350.

Insurance: Aetna Medicaid, Ambetter, Beacon, Coventry, Humana Medicaid, Moline, Simply, Sunshine Health, Tricare, Out-of-Network, Self-pay (possibly payment plans available)

Specialization: Offers outpatient, telehealth-enabled treatment for Substance Use Disorders and Mental Health Challenges through Telehealth, medication management, medication assisted treatment. Offers services all across Florida via telehealth (Skype for medication management or medication assisted treatment to receive prescriptions).

Can offer appointments via telehealth usually within 72 hours for therapy

Additional Service Details: To be referred/approved, client must be over 17, oriented to time and place, able to consent to treatment, able to access a smartphone, tablet or computer and able to get to a quiet, private place to speak

****6-7 days needed to clear client for Medication Assisted Treatment****

- **Advanced Psychiatric Solutions, Inc.**

Telephone: 407-730-3837

Website: www.adpsychsolutions.com

Counties Served: Seminole, Osceola, Orange, Lake, Brevard

Services: Telehealth/Online Counseling, Individual Counseling, Psychiatric Evaluation, Psychiatric Services, Family Counseling, Couples Counseling, Medication Management

Fees: Counseling - \$65/50 minutes; Evaluations: \$110, inquire for more

Insurance: Medicaid, Staywell, Amerigroup, United

Offers Sliding Scale

Specialization: Does counseling for adults, does psychiatric services for kids ONLY if they are in therapy as well.

- **Ascend Counseling and Wellness**

Telephone: 321-821-4410

Contact Person: Stephanie Byrd

Website: www.ascendcounselingandwellness.com

Counties Served: Brevard

E-mail: info@ascendcounselingandwellness.com

Services: Telehealth/Online Counseling, Addictions Counseling, Group Counseling, Individual Counseling, Marriage Counseling, Family Counseling, Psychological Evaluation, Psychological Services

Fees: \$130 intake session, \$90/session follow ups (50 minutes)

Insurance: inquire

Offers sliding scale

Specialization: therapy for anxiety and depression, trauma-informed therapy (Rapid Resolution and EMDR), work and career issues, stress management, relationship enhancement, grief counseling

Additional Services Details: workshops for children whose families have been affected by divorce/separation, workshops for new step-parents, workshops for parents/children, workshops on healthy eating and nutrition

- **Center for Sexual Health & Wellness –**

Telephone: 772-208-7834

Contact Person: Chasity Chandler

Website: www.centerforsexualhealthandwellness.com

Languages: English, Spanish, Creole, ASL,

Services: Telehealth/Online Counseling, Individual Counseling, Marriage Counseling, Support Group(s)

Fees: \$60-\$120/50 minute individual therapy session, \$80-\$150/60 minutes for couples and family therapy, group rates – vary per facilitator, see site for rates.

Insurance: inquire

Offers sliding scale for those who qualify

Specialization: Sex Therapy, Mediation, Marriage Counseling, Gender Therapy/LGBTQ+, EMDR, Coaching, Substance Abuse; Groups offered – The Daring Way for Women, Let's Talk About It!, LGBTQ+ support group

- **Illuminating Pathways**

Telephone: 407-801-4846

Contact Person: Rachelle Burque

Website: www.illuminatingpathwaysfl.com

Counties Served: Seminole, Orange

Services: Telehealth/Online Counseling, Individual Counseling

Fees: \$75/session (discount for college students of \$60 per session)

Specialization: Trauma, PTSD, Anxiety, Depression, Life Issues

- **Impower – Telehealth**

Telephone: 321-639-1224, press option 2

Contact Person: Centralized Referrals and Scheduling Department

Website: www.impowerfl.org/what-we-do/telehealth

E-mail: referrals@impowerfl.org; info@impowerfl.org

Counties Served: Only Polk County residents ages 18 or older

Services: Telehealth/Online Counseling, Psychiatric Evaluation, Medication Management

Fees: inquire

Service Details: Polk County residents ages 18 and older who are uninsured and meet low-income guidelines can register for free behavioral health services and medications via telecommunication devices by submitting a referral form online at

www.impowerfl.org or by calling 321-639-1224 or emailing referrals@impowerfl.org

- **Lauren Andrew**

Telephone: 321-312-0327

Contact Person: Lauren Andrew, Registered Mental Health Counselor Intern

Counties Served: All Counties

E-mail: laurenandrewmsrmhci@gmail.com

Services: Telehealth/Online Counseling, Individual Counseling, Couples Counseling, Marriage Counseling

Fees: \$60-\$150; Fees vary based on service (15-minute initial consultation by phone is available to discuss your situation)

Sliding Scale Offered

Insurance: None (due to being a registered Licensed Mental Health Counseling Intern)

Specialization: Marriage and Family, LGBT community, Anxiety and Depression, Life Stress, Friends and Family Counseling, Identity Issues. Does work with couples.

Note – Does not accept clients with persistent mental illness such as bipolar disorder

* As of 03/18 due to COVID-19, Lauren will begin accepting new clients for online counseling as well as is transitioning to online counseling/virtual therapy until daily activity can resume*

- **Lori Lauridsen, LMHC**

Telephone: 407-435-5013

Contact Person: Lori Lauridsen

Website: www.thecounselingandfamilywellnesscenter.com

E-mail: lori.lauridsen@gmail.com

Counties Served: All Counties

Services: Telehealth/Online Counseling, Addictions Counseling, Couples Counseling, Individual Counseling, Family Counseling

Fees: inquire (based on sliding scale. If you don't have insurance but are in need of counseling, we will make every effort to help, while taking into consideration your financial stability)

sliding scale offered

Specialization: Anxiety and stress management, depression, grief, mood disturbances, adjustment disorders, life transitions with a special emphasis on addiction, co-occurring disorders and couples' issues.

Additional Service Details: exclusively telehealth. Does not accept high risk patients.

- **Regional Psychiatry**

Telephone: 407-462-1254

Contact Person: Andrew Pleener, MD

Website: www.regionalpsychiatry.com

Services: Telepsychiatry, Psychiatric Evaluation, Psychiatric Services, Medication Management

Fees: \$250 for 60 minute initial diagnostic evaluation; \$125 for follow up appointments.

Insurance: accepts out of network providers but NOT Medicaid.

inquire about sliding scale

Specialization: Dissociative Identity Disorder, weight and eating disorders, OCD, PTSD, depression, mood disorders, anxiety disorders, anxiety disorders, bipolar, impulse control disorders, fatigue, psychosis, personality disorders, ADHD/ADD, psychotherapy, CES (alpha-wave stimulation), TMS (transcranial magnetic stimulation) therapy

Additional Services Details: serves patients 15+, call to make appointment

- **Family Wize:**

Telephone: 1-800-222-2818

Website: <https://familywize.org>

Counties Served: All Counties

Services: Prescription Assistance

Fees: Free

Specialization: They can offer Rx cards to just about anyone, mental health and non-mental health related. Depending on their insurance is how low their cost of medication would be with their prescription assistance card. Has an app as well; it can hold all their medication information on it and help find them the cheapest prices.

Note - For those with Medicaid, this wouldn't be beneficial as their insurance can make them not have to pay anything for their medication

- **Talkspace**

Telephone: 516-847-5432

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

Languages Spoken: English, Spanish

Counties Served: All Counties

Services: Telehealth/Online Counseling, Individual Counseling, Couples Counseling, In-Home Counseling

Fees: \$32/month for unlimited messaging therapy

Specialization: Text Messaging Therapy, Couples therapy, Social Media Dependency Therapy, Veterans, LGBTQ+, Businesses and Mental Health Assessments (Can be downloaded as an app)

- **Progressive Beat Counseling**

Telephone: 321-217-7153

Contact Person: Charles Mendler, LMHC

E-mail: chuckm@progressivebeatcounseling.com

Services: Telehealth/Online Counseling, Individual Counseling, Group Counseling

Fees: \$80-\$100 per hour

Offers sliding scale

Specialization: Certified Clinical Hypnotherapist, Trained in Trauma-Focused CBT

- **7 Cups of Tea**

Website: www.7cups.com

Counties Served: All Counties

Services: Telehealth/Online Counseling, Online Support Groups, Individual Counseling

Fees: \$150 per month; offers free chat rooms and Q&A articles from a licensed psychologist

Additional Service Details: Online support group. An active listening website that connects the client to a counselor. Services are online and provided via chat. Will not work with clients who are high risk – homicidal suicidal or abusive.

- **Advanced Behavioral Counseling, Inc.**

Telephone: 407-960-6808 (can also schedule online anytime)

Contact Person: Ronald Winters, MS

Website: www.advancedbehavioralcounseling.com

E-mail: ronwinters@advancedbehavioralcounseling.com

Counties Served: Seminole

Services: Telehealth/Online Counseling, Addictions Counseling, Individual Counseling, Marriage Counseling, Family Counseling

Fees: \$55 per session:

Insurance: Aetna, Beech Street, Blue Cross & Blue Shield, Campus, Choice Behavioral Health, Cigna, Evolutions, First Health, Humana, Magellan, Mental Health Network, Prudential, Tricare, United Behavioral Health, USA/MCO, Value Options, Wellcare, Westrope Health, and many others

Specialization: Adolescent Counseling, Anger Management, Care Giver Counseling, Chemical Addictions (Drugs and Alcohol), Child Adolescent and Adult ADD Testing, Child Counseling, Coping with Medical Illness, Employment Assistance, Family Counseling, Individual Counseling, "Lifestages Coaching", Marriage Counseling, Mental Health Counseling, Premarital Counseling, Spiritual Counseling

- **Askthetherapist.com**

Telephone: 866-998-0560

Website: www.asktheinternettherapist.com

Counties Served: All Counties:

Services: Telehealth/Online Counseling

Licensure: MS, LMFT, DCC

Fees: 30 min. Video Session (Group 1) - \$40.00 ; 60 min. Video Session (Group 1) - \$80.00; 30 min. Video Session (Group 2) - \$60.00 ; 60 min. Video Session (Group 2) - \$120.00

Additional Service Details: Video Counseling, Chat Counseling, E-mail therapy, Telephone Counseling, Online DUI Counseling

Immediate Options/Hotlines:

- **211**

Telephone: 211

Website: www.211.org

Counties Served: All Counties

Languages Spoken: English, Spanish

Services: Telehealth/Online Crisis Stabilization

Fees: Free

Additional Service Details: 24/7 mental health crisis hotline, referral services, online chat is available

Ages: Child, Teen, Adult, Seniors

- **UCF Victim Services**

Telephone: 24/7 Help (407) 823-1200; or text (407) 823-6868

Website: www.victimservices.ucf.edu/need-help

E-mail: askanadvocate@ucf.edu

Services: Telehealth/Online Crisis Stabilization, Telehealth/Online Counseling, Individual Counseling, Advocacy/Reporting Information

Fees: Free

Specialization: A confidential resource for victims of sexual abuse, crime and violence (as well as stalking and cyber crimes such as online fraud). In addition, they provide referrals and occasionally can assist in legal paperwork (when necessary).

Additional Service Details: The online counseling service is the 24/7 hotline and text number.