

# EMPLOYEE ASSISTANCE PROGRAM COUNSELING

An Employee Assistance Program (EAP) is a valuable employee benefit designed to provide support for personal or work-related challenges that could potentially affect job performance, overall health, and emotional well-being.

## Reasons to use EAP

- Relationships
- Family Issues
- Depression
- Anxiety
- Career Concerns
- Stress
- Financial Concerns
- Loss or Grief
- Substance Abuse
- Other Personal Concerns



You and your qualifying dependants receive **5 free** and **confidential** individual, couple and/or family counseling sessions per year. We have **local, licensed counselors** available as well as offer telehealth services from the comfort of your own home.



**Employee Assistance  
Associates & Consultants  
of Oklahoma is your  
EAP provider**

Our goal at EAACO is to facilitate quick and convenient access to counseling for all employees and their loved ones.

# QUIKTRIP EMPLOYEE NATIONWIDE EAP PROVIDER DIRECTORY

**You're just one phone call away from accessing this valuable benefit.**

1. See our directory below and contact the counseling office in your area to schedule the next available appointment.
2. When booking, simply inform the scheduler who you are employed with and that you want to use your EAP sessions. No other authorization is required.
3. For further questions on the EAP Program call 918.481.2999 | 800.477.2990  
Monday - Friday 8 am - 5 pm cst

In case of an emergency, please dial 9-1-1 or 9-8-8 immediately.

OKLAHOMA			
City	EAP Provider	Contact Information	Specialties
Tulsa	<b>Employee Assistance Associates and Consultants of Oklahoma (EAACO)</b>	<b>918-481-2999</b> 6585 S. Yale Ave, Suite 340 Tulsa, OK, 74135  In-Person or Virtual M-F 9am-5pm *evening/weekend availability by appointment  www.eaaco.net	Generalized Counseling  Ages 2+ Individual, Couple & Family Therapy  Accepts QuikMed Insurance after EAP

# ALABAMA

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>Womack Therapeutic Counseling &amp; Consulting</b>	<b>205.843.7841</b> <b>334.468.1079</b>  M-F 8am - 5:30pm  www.vernesiawomacktherapist.secure-client-area.com/portal/	Relationship Issues, Marital Counseling, Individual Counseling, Parenting, Spirituality, Coping Skills  Ages 12+ Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP
Alabaster Birmingham	<b>Insight Therapeutic Services</b>	<b>205-807-9343</b>  1 Perimeter Park S, Ste 486N Birmingham, AL 35243  1123 1st St N, Suite C Alabaster, AL 35007  In-Person or Virtual M-Sat 8am - 7pm  www.insightbirmingham.com/	Mood disorders, Anxiety, PTSD, Personality disorders, Stress management, Life transitions  Ages 6+ Individual, Couple & Family Therapy
Tuscaloosa	<b>Jenkins-Richardson Associates</b>	<b>205-722-7294</b> 3802 Officer Trevor S. Phillips Ave Suite A Tuscaloosa, AL 35401  In-Person or Virtual 9am - 6pm  www.jracc.org	Play/art Therapy, Couples/Family, Mental Health Counseling (Depression, Anxiety, Grief), PostPartum Counseling, Fertility Counseling  Ages 3+ Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP

# ARIZONA

City	EAP Provider	Contact Information	Specialties
Goodyear	<b>Imagine Therapy</b>	<b>623-337-2275</b> 250 N Litchfield Road, Suite 260 Goodyear, AZ 85338  In-Person or Virtual M-Th 8am - 5pm, F 8am - 3pm  www.imaginetherapyaz.com	Trauma, Addiction, EMDR, DBT, CBT, Grief, Depression, Anxiety, Couples and Gottman  Ages 12+ Individual & Couple Therapy English or Spanish Accepts Blue Cross Blue Shield after EAP

Mesa	<b>Karen Pitico</b>	<b>602-706-7458</b> 202 N. Lindsay Rd, Ste 203 Mesa, AZ 85213  In-Person or Virtual Tu-Thu  <a href="http://www.psychologytoday.com/us/therapists/karen-pitico-mesa-az/922040">www.psychologytoday.com/us/therapists/karen-pitico-mesa-az/922040</a>	Cognitive Behavioral Therapy, Anxiety, Depression, Relationship Issue  13+ Individual, Couple & Family Therapy  Accepts Insurance after EAP
Mesa	<b>Counseling on Lindsay</b> Timothy Cox, MSW, LCSW	<b>480-250-4981</b> 202 N. Lindsay Rd, Ste 203 Mesa, AZ 85213  In-Person or Virtual M, W, F  timlcox912@gmail.com	Trauma Informed Care, CBT  Adult Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP
Phoenix	<b>Phoenix Wellness Center</b>	<b>480-653-8434</b> 2060 W. Whispering Wind Dr., Suite 270 Phoenix, AZ 85085  In-Person or Virtual M-Th 9am - 7pm, Fri 9am - 5pm Sat by appt only  <a href="http://www.phxwell.com">www.phxwell.com</a>	Trauma, OCD, Anxiety, Depression, General Mental Health  Ages 5+ Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP
San Tan Valley	<b>Grace for the Journey Counseling</b> Grace Mendoza, LPC	<b>602-768-9024</b> 1180 W. Desert Seasons Dr. San Tan Valley, AZ 85143  In-Person or Virtual M-F 9am - 5pm  <a href="http://www.gracejourneycounseling.com">www.gracejourneycounseling.com</a>	Trauma, Couples, Family, Depression, Anxiety, Grief  Ages 5+ Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP
Tempe	<b>Jorgensen Brooks Group</b>	<b>520-575-8623</b> <b>1-888-520-5400</b> 618 S. Madison Dr. Tempe, AZ 85281  <a href="http://www.jorgensenbrooks.com">www.jorgensenbrooks.com</a>	Individual, Couple & Family Therapy
Tempe	<b>LaTricia Andrews-Gilman, LCSW</b>	<b>480-966-0350</b> 2111 E Baseline Rd. Suite C3 Tempe, AZ 85283  In-Person or Virtual Hours vary by appointment	Solution Focused, Cognitive Behavioral Therapy  Ages 10+ Individual, Couple & Family Therapy  Accepts Insurance after EAP

Tucson	<b>Soul Space</b>	<b>520-214-8650</b> 1580 N. Kolb Road, Suite 100 Tucson, AZ, 86715  In-Person or Virtual M-F 9am -5pm, Sat 9am - 2pm *after hours by appt only  www.soulspacetucson.com	We are integrative, so we can support you on your health journey mind and body together. With 14 different counselors, they all specialize in different things.  Ages 4+ Individual, Couple & Family Therapy
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## ARKANSAS

City	EAP Provider	Contact Information	Specialties
Little Rock	<b>Little Rock Counseling and Wellness</b>	<b>501-551-5065</b> 10809 Executive Center Dr., Suite 105 Little Rock, AR 72211  In-Person or Virtual 9am - 5pm  www.lrcwellness.com	Anxiety, Depression, Trauma  Ages 2+ Individual & Couple Therapy  Accepts Blue Cross Blue Shield after EAP
West Memphis	<b>Walker Counseling Services</b>	<b>870-629-5025</b> 208 Shoppingway Blvd, Suite E West Memphis, AR 72301  In-Person or Virtual 9am - 5pm  www.walkercounselingservices.net	Depression, Anxiety, Trauma, Anger, Self-Esteem  Ages 16+ Individual, Couple & Family therapy  Accepts Blue Cross Blue Shield after EAP

## COLORADO

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>Cleshawn Dubose, MS, LPC-S</b>	<b>918-481-2999</b>  M-F 9am-5pm *evening/weekend availability by appointment  www.eaaco.net	Generalist in a wide array of issues  Ages 7+ Individual, Couple & Family Therapy  Accepts QuikMed Insurance after EAP
VIRTUAL ONLY	<b>Shaun Fossett, MS, LPC</b>	<b>303-732-6564</b>  M-F 8am - 5pm  <a href="https://secure.helloalma.com/providers/shaun-fossett/">https://secure.helloalma.com/providers/shaun-fossett/</a>	Anxiety, Trauma, Couples & Relationships  Adult Individual or Couple Therapy ONLY

Salida	<b>Being Alive is Good - Counseling Center, LLC</b>	<b>303-263-1882</b> 134 F Street Salida, CO 81201  In-Person or Virtual M-F 8am-5pm  www.beingaliveisgood-counseling.com	General Counseling, Life Transitions, Trauma, Anxiety, Depression, Family of origin issues  Age 12+ Individual, Couple, and Family Therapy
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## GEORGIA

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>Mental Health Comprehensive Services</b>	<b>678-302-1945</b>  M-F 9am - 5pm www.mhcservices.net	Anxiety, Depression, Trauma, EMDR, Expressive Therapy  Ages 15+ Individual, Couple, & Family Therapy
Atlanta	<b>CHRIS 180 Counseling</b>	<b>1-800-896-4106</b>  *Multiple Locations  1030 Fayetteville Road Atlanta, GA 30316  3103 Clairmont Rd. Atlanta, GA 30319  In-Person or Virtual 8am - 5:30pm  www.chris180.org	Multi-disciplinary specialties  Ages 4+ Individual, Couple, and Family Therapy  Translation Services Available  Accepts Insurance after EAP
Atlanta	<b>Sunflower Counseling Center</b>	<b>770-728-3990</b> 240 Corporate Center Drive, Suite B Stockbridge, GA 30281  In-Person or Virtual 8 am- 8 pm  www.sfcounseling.org	Anxiety, ADD/ADHD, Depression, PTSD, Grief, Chronic Pain/Illness, Faith-Based, Anger Management, Trauma, LGBTQ+, Personality Disorder, Parenting, Bipolar, Postpartum Depression, Career, Immigrants/Refugees, and more  Age 2+ Individual , couple, & family therapy  English or Spanish  Accepts Insurance after EAP
Savannah Pooler Richmond Hill Rincon	<b>Georgia Outreach</b>	<b>912-355-3881</b>  314 Stephenson Avenue, Ste A., Savannah, GA 31405	Multi-specialty with 34 providers  Ages 6+ Individual, Couple, & Family therapy

Statesboro		<p>127 Abercorn St, Ste 410 Savannah, GA 31401</p> <p>103 S Godley Station Blvd, Ste 101 Pooler, GA 31322</p> <p>135 Goshen Rd ext, Ste 117 Rincon, GA 31326</p> <p>332 South Main St Statesboro, GA 30458</p> <p>10393 Ford Ave, Bldg C, Suite 2C Richmond Hill, GA 31324</p> <p>In-Person or Virtual M-F 9am-5pm</p> <p><a href="http://www.georgiaoutreach.com">www.georgiaoutreach.com</a></p>	Accepts Blue Cross Blue Shield after EAP
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ILLINOIS			
City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	Sheila A. Boender, Inc.	<p><b>708-846-6986</b></p>	<p>Age 10+</p> <p>Individual &amp; Couple Therapy</p>
North Riverside	Shift Counseling	<p><b>708-522-4009</b></p> <p>9007 W. Cermak Rd North Riverside, IL 60546</p> <p>In-Person or Virtual M-F, 9am-9pm, Sat 10am-6pm</p> <p><a href="http://www.shiftcounselingpc.com">www.shiftcounselingpc.com</a></p>	<p>Stress, Anxiety, Depression, Trauma, PTSD, Cognitive Behavioral Therapy, EMDR</p> <p>Adult Individual Therapy ONLY</p> <p>English and Spanish</p>
Ottawa Peru	Kokoro Counseling	<p><b>630-708-0197</b></p> <p>807 LaSalle St. Ottawa, IL 61350</p> <p>2000 Luther Dr. Peru, IL 61354</p> <p>In-Person or Virtual M-F 8am-8pm, Sat 8am-2pm</p> <p><a href="http://www.kokorocounselinggroup.com">www.kokorocounselinggroup.com</a></p>	<p>Cognitive Behavioral Therapy, EMDR, Dialectical Behavioral Therapy, Client Centered Therapy, Play Therapy</p> <p>Ages 5+</p> <p>Individual, Couple &amp; Family Therapy</p> <p>Accepts Blue Cross Blue Shield after EAP</p>

# IOWA

City	EAP Provider	Contact Information	Specialties
Coralville Cedar Rapids Davenport Iowa City Urbandale Waterloo West Des Moines	<b>Green Counseling Services</b>	<p><b>319-800-5564</b></p> <p>2240 9th Street Coralville, IA 52241</p> <p>3255 Williams Blvd SW Cedar Rapids, IA 52404</p> <p>1454 30th St. Suite 107 West Des Moines, IA 50266</p> <p>1700 S. 1st Ave, Suite 21 &amp; 23 Iowa City, IA 52240</p> <p>3253 University Ave Waterloo, IA 50701</p> <p>2010 E. 38th St., Suite 205 Davenport, IA 52807</p> <p>In-Person or Virtual M-F 9am-5pm</p> <p><a href="http://www.greencounselingservice.com">www.greencounselingservice.com</a></p>	Individual, Couple, & Family Therapy
Des Moines	<b>New Beginnings Counseling Service</b>	<p><b>515-401-6886</b></p> <p>6200 Aurora Ave, Suite 103E Urbandale, IA 50322</p> <p>In-Person or Virtual M-Th 8am-6pm, F 8am-5pm</p> <p><a href="http://www.nbcsiowa.com">www.nbcsiowa.com</a></p>	<p>Attachment, Anxiety, Depression, Couples, EMDR, LGBTQ+, Family, DBT, CBT, Grief</p> <p>All Ages Individual, Couple, &amp; Family Therapy</p> <p>Translation Services Available</p> <p>Accepts Insurance after EAP</p>

# KANSAS

City	EAP Provider	Contact Information	Specialties
Wichita	<b>EMPAC</b>	<p><b>316-265-9922</b></p> <p>200 W. Douglas Ave, Suite 250 Wichita, KS 67202</p> <p>In-Person or Virtual M-Th 8am - 5pm, Fri 8am - 4pm</p>	<p>Addictions, Relationships, Trauma</p> <p>Ages 6+ Individual, Couple, &amp; Family Therapy</p> <p>Translation Services Available</p>



		www.empac-eap.com	
Overland Park	<b>Behavioral Health Specialists</b>	<b>913-906-9559</b> 10551 Barkley St, Suite 201 Overland Park, KS 66212  In-Person or Virtual 9am - 5pm www.bhsk.com	Psychological testing, Eating Disorders, PTSD, CBT  Adult & Children Individual & Couple Therapy  Accepts Blue Cross Blue Shield after EAP

## LOUISIANA

City	EAP Provider	Contact Information	Specialties
Shreveport	<b>Sunshine Mental Health Counseling Services</b>  Janice Horton, LPC, LMFT, NCC, BCC, EAS-C, CCTHP	<b>318-617-4385</b> 5334 Mansfield Rd. Shreveport, LA 71108  In-Person or Virtual M-Th 1pm-7pm, F 10am - 2pm  www.sunshinemhcs.com/	Sexual Abuse, Physical Abuse, Depression, Low Self-Esteem, Greif, Goal/Transition Adjustments, Parenting Issues  Ages 7+ Individual , Couple, & Family Therapy
West Monroe	<b>Oasis Family Therapy</b>	<b>318-321-3261</b> 2106 N. 7th St., Suite 104 West Monroe, LA 71291  In-Person or Virtual 8am - 5pm  www.oasisfamilytherapy.com	Depression, Anxiety, Difficulty in Relationships  Ages 5+ Individual, Couple, & Family Therapy  Accepts Blue Cross Blue Shield after EAP

## MISSISSIPPI

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>Journey to Grace Counseling</b>	<b>866-924-7223</b>  M-F 9am-8pm, Sat 9am-5pm  www.journeytogracecounseling.com	Play Therapy, Trauma, Couples/Relationship issues, Anxiety, Depression, Grief, Mood Disorders, Personality Disorders, Premarital Counseling, ADHD, Behavioral Concerns, Peer Conflict, Life Transitions  Ages 3+ Individual , Couple, & Family Therapy

			Accepts Insurance after EAP
Clinton	<b>Life Lessons Counseling</b> August Irving, LPC	<b>601-953-7064</b> 604 W. Leake Street Clinton, MS 39056  In-Person or Virtual By appointment only www.lifelessonsllc.com	Trauma, Depression, Anxiety, Perinatal Mental Health, Work Stress  Ages 13+ Individual & Couple Therapy Accepts Insurance after EAP

## MISSOURI

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>Shaun Fossett, MS, LPC</b>	<b>303-732-6564</b>  M-F 8am - 5pm  <a href="https://secure.helloalma.com/providers/shaun-fossett/">https://secure.helloalma.com/providers/shaun-fossett/</a>	Anxiety, Trauma, Couples & Relationships  Adult Individual & Couple Therapy ONLY
VIRTUAL ONLY	<b>Cleshawn Dubose, MS, LPC-S</b>	<b>918-481-2999</b>  M-F 9am-5pm *evening/weekend availability by appointment  www.eaaco.net	Generalist in a wide array of issues  Ages 7+ Individual, Couple & Family Therapy
Harrisonville	<b>A Balanced Mind, LLC</b>	<b>816-884-4004</b> 1300 Locust Street, Suite E Harrisonville, MO 64701  In-Person or Virtual	CCTP-1 Certified Clinical Trauma Professional Level II  Ages 13+ Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP
Joplin	<b>College Skyline Center</b>	<b>417-782-1443</b> 1230 N. Duquesne Rd. Joplin, MO 64801  In-Person or Virtual M-Th 8am-7pm, F 8am-3pm  <a href="https://collegeskyline.com/">https://collegeskyline.com/</a>	Generalists, Vast array of therapy techniques  All Ages Individual, Couple & Family Therapy
Kansas City Liberty Mission, KS	<b>Clinical Counseling Associates of KSC</b>	<b>816-781-8550</b> 100 Westwoods Drive Liberty, MO 64068  <b>913-261-9860</b> 5800 Foxridge Drive, Suite 420 Mission, KS 66202	Trauma, First Responders, Mood Disorders, Anxiety Disorders, Couples and Family, Children and Adolescents, LGBTQ+  Ages 3+ Individual, Couple & Family Therapy

		<p><b>816-503-6456</b> 7200 NW 86th Street, Suite D Kansas City, MO 64153</p> <p>In-Person or Virtual Monday - Friday 9 am to 5 pm *some evening/weekend availability by appointment <a href="http://www.clinicalcounselingassociates.org">www.clinicalcounselingassociates.org</a></p>	Accepts Blue Cross Blue Shield after EAP
Kansas City	<b>Good Life Counseling</b>	<p><b>816-708-1620</b> 3000 NE Brooktree Ln, Suite 230 Kansas City, MO 64119</p> <p>In-Person or Virtual M-Th 8am - 5pm, Fri 9:30am - 1pm  <a href="http://www.mygoodlifekc.com">www.mygoodlifekc.com</a></p>	<p>ADHD, Anxiety, Depression, Work/Life/School problems</p> <p>Ages 12+ Individual Therapy ONLY</p> <p>Accepts Blue Cross Blue Shield after EAP</p>
Kansas City	<b>Hutchinson and Associates</b>	<p><b>816-361-0664</b> 222 W. Gregory Blvd, Suite 100 Kansas City, MO 64114</p> <p>In-Person or Virtual  <a href="http://www.hutchinsonpsychology.com">www.hutchinsonpsychology.com</a></p>	Individual, Couple & Family Therapy
Rolla Waynesville	<b>Hope Connections</b>	<p><b>573-433-4846</b> 103 W. 10th Street Rolla, MO 65401</p> <p>704 Historic 66 W, Suite 101 Waynesville, MO 65583</p> <p>In-Person or Virtual M-F 7am - 7pm  <a href="http://www.hopeconnections.com">www.hopeconnections.com</a></p>	<p>TF-CBT, EMDR, CBT</p> <p>Ages 3+ Individual, Couple &amp; Family Therapy</p> <p>English or Spanish</p> <p>Accepts Insurance after EAP</p>
St. Charles	<b>Comprehensive Mental Health</b>	<p><b>636-949-2650</b> 200 S. Kingshighway St. Charles, MO 63301</p> <p>In-Person or Virtual M-Th 9am - 8pm, Sat 12pm-5pm  <a href="http://www.cmhsi.com">www.cmhsi.com</a></p>	<p>Debt Therapy, Trauma</p> <p>Ages 5+ Individual, Couple &amp; Family Therapy</p> <p>Accepts Blue Cross Blue Shield after EAP</p>
St. Louis	<b>Personal Assistant Services "PAS"</b>	<p><b>800-356-0845</b> 9735 Landmark Parkway, Suite 17 St. Louis, Missouri, 63127</p> <p>In-Person or Virtual  <a href="mailto:client.services@paseap.com">client.services@paseap.com</a> <a href="https://paseap.com">https://paseap.com</a></p>	Individual, Couple & Family Therapy

## NEBRASKA

City	EAP Provider	Contact Information	Specialties
Omaha	<b>Best Care EAP</b>	<b>402-354-8000</b> <b>800-666-8606</b> 9239 W. Center Rd, Suite 201 Omaha, NE 68124  In-Person or Virtual M-F  <a href="http://www.bestcareeap.org">www.bestcareeap.org</a>	Generalized Counseling  Ages 7+ Individual, Couple & Family Therapy  Translation Services Available

## NORTH CAROLINA

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>All Seasons Counseling Mediation &amp; Family Consulting</b>	<b>864-474-5990</b>  <a href="http://www.allseasonscounselingservices.com">www.allseasonscounselingservices.com</a>	Individual, Couple, & Family Therapy
VIRTUAL ONLY	<b>Beyond the Mask Trauma and Wellness</b>	<b>704-741-0919</b>  <a href="http://www.livebeyondthemask.com">www.livebeyondthemask.com</a>	Work/Life Balance, Crisis, Conflict Resolution, Team Building, Diversity and Inclusion - Creating a culture that supports and embraces differences
Charlotte	<b>Atrium EAP</b>	<b>704-355-5021</b> <b>1-800-384-1097</b> 720 E. Blvd Charlotte, NC 28203  In-Person or Virtual  <a href="http://www.atriumhealth.org">www.atriumhealth.org</a>	Generalized Therapy  English or Spanish

## SOUTH CAROLINA

City	EAP Provider	Contact Information	Specialties
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VIRTUAL ONLY	<b>Journey to Grace Counseling</b>	<b>866-924-7223</b> M-F 9am-8pm, Sat 9am-5pm <a href="http://www.journeytogracecounseling.com">www.journeytogracecounseling.com</a>	Play Therapy, Trauma, Couples/Relationship Issues, Anxiety, Depression, Grief, Mood Disorders, Personality Disorders, Premarital Counseling, ADHD, Behavioral Concerns, Peer Conflict, Life Transitions  Ages 3+ Individual , Couple, & Family Therapy  Accepts Insurance after EAP
Columbia	<b>Hillcrest Comprehensive Psychological Services</b>	<b>803-569-3101</b> 2805 Millwood Ave. Columbia, SC 29205  In-Person or Virtual 9am-5pm  <a href="http://www.hillcrest@hillcrestcps.com">www.hillcrest@hillcrestcps.com</a>	All Behavioral Therapy  Ages 4+ Individual, Couple, & Family Therapy  English or Spanish  Accepts Insurance after EAP
Columbia Fort Mill Greenville	<b>All Seasons Counseling Mediation &amp; Family Consulting</b>	<b>864-474-5990</b> 1010 E North St, Ste. A206 Greenville, SC 29601  <b>803-534-7880</b> 1911 Barnwell St., Ste. F Columbia, SC 29201  <b>803-982-0690</b> 534 Rivercrossing Dr, Ste. 713 Fort Mill, SC 29715  In-Person or Virtual  <a href="http://www.allseasonscounselingservices.com">www.allseasonscounselingservices.com</a>	Individual, Couple, & Family Therapy
Greenville	<b>Take Root Counseling</b>	<b>864-735-8831</b> 880 S Pleasantburg Drive, Suite 4F Greenville, SC 29607  In-Person & Virtual M-Th 9am-5pm, F- 9am,-12pm  <a href="http://www.takerootgvl.org">www.takerootgvl.org</a>	Anxiety, Depression, Life Stressors/transitions, Substance Use  Individual Adult Therapy ONLY  Accepts Blue Cross Blue Shield after EAP
Spartanburg	<b>Ascend Therapy Group</b>	<b>864-310-4032</b> 389 E. Henry Street, STE. 102 Spartanburg, SC 29302  In-Person or Virtual 10am - 6pm  <a href="http://www.ascendtherapygroup.com">www.ascendtherapygroup.com</a>	Anxiety, Depression, Couples Therapy, Trauma, Grief & Loss. Brief Solutions.  Adult Individual & Couple Therapy ONLY  Accepts Insurance after EAP

Walterboro	<b>True Beginnings</b>	<b>843-584-7393</b> 361 E Washington Street Walterboro, SC 29488  In-Person or Virtual M-F 9am-5pm  www.truebeginnings.net	Anxiety, Depression, Work Related Stress, Relationship Issues and other life challenges  Ages 17+ Individual , Couple, & Family Therapy  Accepts Blue Cross Blue Shield after EAP
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TENNESSEE			
City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>All Seasons Counseling Mediation &amp; Family Consulting</b>	<b>865-407-0220</b>	Individual, Couple, & Family Therapy
Chattanooga	<b>Ryan McNealy Morehead, LPC-MHSP</b>	<b>423-805-0134</b> 3085 Broad Street Suite I Chattanooga, TN 37408  In-Person or Virtual	
Nashville	<b>Rooted Counseling Center</b>	<b>323-694-9004</b> 2002 Richard Jones Rd, #A203 Nashville, TN 37215  In-Person or Virtual 9am - 7pm  www.rootedcounselingcenter.com	Trauma, Depression, Anxiety, Multicultural Counseling  Ages 15+ Individual, Couple, & Family Therapy

TEXAS			
City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	<b>Reveal and Restore Counseling</b>	<b>214-612-7475</b>  9am - 5pm  www.revealandrestorecounseling.com	Anxiety, Life Transitions, Trauma, and Depression  Ages 13+ Individual & Couple Therapy  Accepts Insurance after EAP
VIRTUAL ONLY	<b>Shaun Fossett, MS, LPC</b>	<b>303-732-6564</b>  M-F 8am - 5pm	Anxiety, Trauma, Couples & Relationships  Adult Individual or Couple Therapy ONLY

		<a href="https://secure.helloalma.com/providers/shaun-fossett/">https://secure.helloalma.com/providers/shaun-fossett/</a>	
Abilene	<b>Christy Hernandez</b>	<b>325-201-7900</b> 4400 Buffalo Gap Rd., Suite 2550B Abilene, TX 79606  In-Person ONLY 8am-5pm	Ages 7+ Individual & Family Therapy  Accepts insurance after EAP
Humble	<b>Embracing Minds Counseling</b>	<b>832-239-5534</b> 1931 Humble Place Drive Units 106 & 200 Humble, TX 77338  In-Person or Virtual M-F 7 am - 8 pm (by appointment)  <a href="http://www.embracingminds.com">www.embracingminds.com</a>	Anxiety, Depression, ADHD, Life Transitions, Stress Management, Suicidal Ideation, Moms/Caregivers, Self-Esteem, Adoption/Infertility, Domestic Violence, Racial Identity, Family Conflict, Relationship Issues  Ages 12+ Individual, Couple & Family Therapy  Accepts Blue Cross Blue Shield after EAP
Burleson Mansfield	<b>Hillside Counseling</b>	<b>817-862-7906</b>  225 W Ellison Street, Ste 113 Burleson, TX 76028  309 NW Renfro St. Burleson, TX 76028  <b>817-440-4062</b> 733 US 287 Frontage Rd, Suite 307 Mansfield, TX 76063  In-Person or Virtual 9am - 5pm  <a href="http://www.hillsidecounseling.com">www.hillsidecounseling.com</a>	Anxiety, Trauma, Depression, Couples Counseling  Adult Individual & Couple Therapy ONLY  Accepts Insurance after EAP
Dallas	<b>Merge Wellness</b>	<b>802-782-4878</b>  14555 Dallas Parkway, Suite 100-285 Dallas, TX 75254  M-Th 9am - 6pm  <a href="http://www.merge-wellness.com">www.merge-wellness.com</a>	Anxiety, Stress, Depression, Existential Therapy, Solution-Focused Therapy, CBT  Adult Individual & Couple Therapy ONLY  Accepts Insurance after EAP
Dallas	<b>Path Counseling and Wellness</b>	<b>972-454-0415</b> 6750 Hillcrest Plaza Dr #224 Dallas, TX 75230  In-Person or Virtual  <a href="http://www.pathcounselingandwellness.com">www.pathcounselingandwellness.com</a>	Children & Adults  Individual, Couple, & Family Therapy

Grapevine Richardson	<b>Diversity Counseling</b>	<b>214-695-4712</b>  801 East Campbell Rd, Ste 160 Richardson, TX 75081  804 East Northwest Hwy, Ste 1B Grapevine, TX 76051  In-Person or Virtual M-F 9am-6pm, Sat 10am-3pm	Ages 6+ Individual, Couple, & Family therapy  Accepts Blue Cross Blue Shield after EAP
Laredo	<b>Love and Guidance Counseling Center</b>	<b>956-267-4519</b> or email lgonzalez@lgcounselingcenter.com  1701 Jacaman Laredo, TX 78041  In-Person or Virtual	Ages 4+
Laredo	<b>The Therapy Room</b>	<b>956-441-9294</b>  107 Calle del Norte, Ste 1C Laredo, TX 78041  In-Person or Virtual Hours vary M-Sat  <a href="http://www.psychologytoday.com/us/therapists/the-therapy-room-pllc-laredo-tx/1014067">www.psychologytoday.com/us/therapists/ the-therapy-room-pllc-laredo-tx/10140 67</a>	Anxiety, Depression, Substance Use, Maternal Mental Health, Stress  Ages 13+ Individual & Family Therapy  English or Spanish  Accepts Blue Cross Blue Shield after EAP
Lewisville	<b>Journey to Grace Counseling</b>	<b>866-924-7223</b>  870 Hebron Pkwy, Suite 701 Lewisville, TX 75057  In-Person or Virtual M-F 9am-8pm, Sat 9am-5pm  <a href="http://www.journeytogracecounseling.com">www.journeytogracecounseling.com</a>	Play Therapy, Trauma, Couples/Relationship Issues, Anxiety, Depression, Grief, Mood Disorders, Personality Disorders, Premarital Counseling, ADHD, Behavioral Concerns, Peer Conflict, Life Transitions  Ages 3+ Individual , Couple, & Family Therapy  Accepts Insurance after EAP
McKinney	<b>NOC Clinical Counseling and Consulting</b>	<b>469-215-5713</b>  1400 N. Coit Rd., Suite 506 McKinney, TX 75071  In-Person or Virtual 9am-7pm  <a href="http://www.nocounseling.org">www.nocounseling.org</a>	PTSD, General Anxiety Disorder, CBT and Behavioral Health  Ages 13+ Individual, Couple, & Family Therapy  English or Spanish  Accepts Insurance after EAP
Tyler	<b>Reflections Therapy Services</b>	<b>281-436-9665</b> 5620 Old Bullard Rd. STE112-A	Depression, Anxiety and Trauma



		<p>Tyler, TX 75703</p> <p>By appointment</p>	<p>Age 10+</p> <p>Individual, Couple, &amp; Family Therapy</p> <p>Accepts Blue Cross Blue Shield after EAP</p>
San Antonio	<b>San Antonio Counseling &amp; Behavioral Center</b>	<p><b>210-614-4990</b></p> <p>5522 Lone Star Parkway, Suite 303 San Antonio, TX 78253</p> <p>1350 N Loop 1604 East, Suite 106 San Antonio, TX 78232</p> <p>In-Person or Virtual M-F 8am-5pm</p> <p><a href="http://www.sacounselingcenter.com">www.sacounselingcenter.com</a></p>	<p>Anxiety, Depression, Autism, PTSD, Bi-Polar Disorder, OCD</p> <p>Children &amp; Adults Individual, Couple, &amp; Family Therapy</p> <p>English, Spanish, German, Arabic, American Sign Language</p> <p>Accepts Insurance after EAP</p>
San Antonio	<b>Wellspring of Life Counseling and Play Therapy Center</b>	<p><b>210-680-4747</b></p> <p>8627 Cinnamon Creek Dr, #701 San Antonio, TX 78240</p> <p>In-Person or Virtual M-F 8:30am - 5:30pm</p> <p><a href="http://www.wellspringoflifesa.net">www.wellspringoflifesa.net</a></p>	<p>Play Therapy, EMDR, Family therapy, Couples, Addictions</p> <p>Ages 3+</p> <p>Individual, Couple, &amp; Family Therapy</p> <p>English or Spanish</p> <p>Accepts Insurance after EAP</p>
Waco	<b>Jamie Durham Counseling</b>	<p><b>254-493-9240</b></p> <p>600 Lake Air Drive, Suite 30B Waco, TX 76710</p> <p>In-Person or Virtual 8am - 5pm</p> <p><a href="https://jamie-durham.clientsecure.me/">https://jamie-durham.clientsecure.me/</a></p>	<p>Anxiety, Trauma, Stress, Relationships</p> <p>Adult Individual Therapy ONLY</p> <p>Accepts Blue Cross Blue Shield after EAP</p>