

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	Employee Assistance Associates and Consultants of Oklahoma (EAACO)	918-481-2999 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	Womack Therapeutic Counseling & Consulting	205.843.7841 334.468.1079 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	Insight Therapeutic Services	205-807-9343 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	Jenkins-Richardson Associates	205-722-7294 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	Imagine Therapy	623-337-2275 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	Karen Pitico	602-706-7458 202 N. Lindsay Rd, Ste 203 Mesa, AZ 85213 In-Person or Virtual Tu-Thu www.psychologytoday.com/us/therapists/karen-pitico-mesa-az/922040	Cognitive Behavioral Therapy, Anxiety, Depression, Relationship Issue 13+ Individual, Couple & Family Therapy Accepts Insurance after EAP
Mesa	Counseling on Lindsay Timothy Cox, MSW, LCSW	480-250-4981 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	Phoenix Wellness Center	480-653-8434 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 www.phxwell.com	Trauma, OCD, Anxiety, Depression, General Mental Health Ages 5+ Individual, Couple & Family Therapy Accepts Blue Cross Blue Shield after EAP
San Tan Valley	Grace for the Journey Counseling Grace Mendoza, LPC	602-768-9024 1180 W. Desert Seasons Dr. San Tan Valley, AZ 85143 In-Person or Virtual M-F 9am - 5pm www.gracejourneycounseling.com	Trauma, Couples, Family, Depression, Anxiety, Grief Ages 5+ Individual, Couple & Family Therapy Accepts Blue Cross Blue Shield after EAP
Tempe	Jorgensen Brooks Group	520-575-8623 1-888-520-5400 618 S. Madison Dr. Tempe, AZ 85281 www.jorgensenbrooks.com	Individual, Couple & Family Therapy
Tempe	LaTricia Andrews-Gilman, LCSW	480-966-0350 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	Soul Space	520-214-8650 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	Little Rock Counseling and Wellness	501-551-5065 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	Walker Counseling Services	870-629-5025 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	Cleshawn Dubose, MS, LPC-S	918-481-2999 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	Shaun Fossett, MS, LPC	303-732-6564 M-F 8am - 5pm https://secure.helloalma.com/providers/shaun-fossett/	Anxiety, Trauma, Couples & Relationships Adult Individual or Couple Therapy ONLY

Salida	Being Alive is Good - Counseling Center, LLC	303-263-1882 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	Mental Health Comprehensive Services	678-302-1945 M-F 9am - 5pm www.mhcservices.net	Anxiety, Depression, Trauma, EMDR, Expressive Therapy Ages 15+ Individual, Couple, & Family Therapy
Atlanta	CHRIS 180 Counseling	1-800-896-4106 *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	Sunflower Counseling Center	770-728-3990 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	Georgia Outreach	912-355-3881 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>www.georgiaoutreach.com</p>	Accepts Blue Cross Blue Shield after EAP
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ILLINOIS			
City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	Shaun Fossett, MS, LPC	<p>303-732-6564</p> <p>M-F 8am - 5pm</p> <p>https://secure.helloalma.com/providers/shaun-fossett/</p>	<p>Anxiety, Trauma, Couples & Relationships</p> <p>Adult Individual & Couple Therapy ONLY</p>
VIRTUAL ONLY	Sheila A. Boender, Inc.	708-846-6986	<p>Age 10+</p> <p>Individual & Couple Therapy</p>
North Riverside	Shift Counseling	<p>708-522-4009</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>www.shiftcounselingpc.com</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>630-708-0197</p> <p>807 LaSalle St. Ottawa, IL 61350</p> <p>2000 Luther Dr. Peru, IL 61354</p> <p>In-Person or Virtual</p>	<p>Cognitive Behavioral Therapy, EMDR, Dialectical Behavioral Therapy, Client Centered Therapy, Play Therapy</p> <p>Ages 5+</p> <p>Individual, Couple & Family Therapy</p>

		M-F 8am-8pm, Sat 8am-2pm www.kokorocounselinggroup.com	Accepts Blue Cross Blue Shield after EAP
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IOWA

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

KANSAS

City	EAP Provider	Contact Information	Specialties
Wichita	EMPAC	316-265-9922	Addictions, Relationships, Trauma

		200 W. Douglas Ave, Suite 250 Wichita, KS 67202 In-Person or Virtual M-Th 8am - 5pm, Fri 8am - 4pm www.empac-eap.com	Ages 6+ Individual , Couple, & Family Therapy Translation Services Available
Overland Park	Behavioral Health Specialists	913-906-9559 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	Sunshine Mental Health Counseling Services Janice Horton, LPC, LMFT, NCC, BCC, EAS-C, CCTHP	318-617-4385 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	Oasis Family Therapy	318-321-3261 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	Journey to Grace Counseling	866-924-7223 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	Life Lessons Counseling August Irving, LPC	601-953-7064 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	Shaun Fossett, MS, LPC	303-732-6564 M-F 8am - 5pm https://secure.helloalma.com/providers/shaun-fossett/	Anxiety, Trauma, Couples & Relationships Adult Individual & Couple Therapy ONLY
VIRTUAL ONLY	Cleshawn Dubose, MS, LPC-S	918-481-2999 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	A Balanced Mind, LLC	816-884-4004 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	College Skyline Center	417-782-1443 1230 N. Duquesne Rd. Joplin, MO 64801 In-Person or Virtual M-Th 8am-7pm, F 8am-3pm https://collegeskyline.com/	Generalists, Vast array of therapy techniques All Ages Individual, Couple & Family Therapy

<p>Kansas City Liberty Mission, KS</p>	<p>Clinical Counseling Associates of KSC</p>	<p>816-781-8550 100 Westwoods Drive Liberty, MO 64068</p> <p>913-261-9860 5800 Foxridge Drive, Suite 420 Mission, KS 66202</p> <p>816-503-6456 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 www.clinicalcounselingassociates.org</p>	<p>Trauma, First Responders, Mood Disorders, Anxiety Disorders, Couples and Family, Children and Adolescents, LGBTQ+</p> <p>Ages 3+ Individual, Couple & Family Therapy</p> <p>Accepts Blue Cross Blue Shield after EAP</p>
<p>Kansas City</p>	<p>Good Life Counseling</p>	<p>816-708-1620 3000 NE Brooktree Ln, Suite 230 Kansas City, MO 64119</p> <p>In-Person or Virtual M-Th 8am - 5pm, Fri 9:30am - 1pm</p> <p>www.mygoodlifekc.com</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>
<p>Kansas City</p>	<p>Hutchinson and Associates</p>	<p>816-361-0664 222 W. Gregory Blvd, Suite 100 Kansas City, MO 64114</p> <p>In-Person or Virtual</p> <p>www.hutchinsonpsychology.com</p>	<p>Individual, Couple & Family Therapy</p>
<p>Rolla Waynesville</p>	<p>Hope Connections</p>	<p>573-433-4846 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</p> <p>www.hopeconnections.com</p>	<p>TF-CBT, EMDR, CBT</p> <p>Ages 3+ Individual, Couple & Family Therapy</p> <p>English or Spanish</p> <p>Accepts Insurance after EAP</p>
<p>St. Charles</p>	<p>Comprehensive Mental Health</p>	<p>636-949-2650 200 S. Kingshighway St. Charles, MO 63301</p> <p>In-Person or Virtual M-Th 9am - 8pm, Sat 12pm-5pm</p> <p>www.cmhsi.com</p>	<p>Debt Therapy, Trauma</p> <p>Ages 5+ Individual, Couple & Family Therapy</p> <p>Accepts Blue Cross Blue Shield after EAP</p>
<p>St. Louis</p>	<p>Personal Assistant Services "PAS"</p>	<p>800-356-0845 9735 Landmark Parkway, Suite 17</p>	<p>Individual, Couple & Family Therapy</p>

		<p>St. Louis, Missouri, 63127</p> <p>In-Person or Virtual</p> <p>client.services@paseap.com https://paseap.com</p>	
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NEBRASKA			
City	EAP Provider	Contact Information	Specialties
Omaha	Best Care EAP	<p>402-354-8000 800-666-8606 9239 W. Center Rd, Suite 201 Omaha, NE 68124</p> <p>In-Person or Virtual M-F</p> <p>www.bestcareeap.org</p>	<p>Generalized Counseling</p> <p>Ages 7+</p> <p>Individual, Couple & Family Therapy</p> <p>Translation Services Available</p>

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

SOUTH CAROLINA

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	Journey to Grace Counseling	866-924-7223 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
Columbia	Hillcrest Comprehensive Psychological Services	803-569-3101 2805 Millwood Ave. Columbia, SC 29205 In-Person or Virtual 9am-5pm www.hillcrest@hillcrestcps.com	All Behavioral Therapy Ages 4+ Individual, Couple, & Family Therapy English or Spanish Accepts Insurance after EAP
Columbia Fort Mill Greenville	All Seasons Counseling Mediation & Family Consulting	864-474-5990 1010 E North St, Ste. A206 Greenville, SC 29601 803-534-7880 1911 Barnwell St., Ste. F Columbia, SC 29201 803-982-0690 534 Rivercrossing Dr, Ste. 713 Fort Mill, SC 29715 In-Person or Virtual www.allseasonscounselingservices.com	Individual, Couple, & Family Therapy
Greenville	Take Root Counseling	864-735-8831 880 S Pleasantburg Drive, Suite 4F Greenville, SC 29607 In-Person & Virtual M-Th 9am-5pm, F- 9am,-12pm www.takerootgvl.org	Anxiety, Depression, Life Stressors/transitions, Substance Use Individual Adult Therapy ONLY Accepts Blue Cross Blue Shield after EAP

Spartanburg	Ascend Therapy Group	864-310-4032 389 E. Henry Street, STE. 102 Spartanburg, SC 29302 In-Person or Virtual 10am - 6pm www.ascendtherapygroup.com	Anxiety, Depression, Couples Therapy, Trauma, Grief & Loss. Brief Solutions. Adult Individual & Couple Therapy ONLY Accepts Insurance after EAP
Walterboro	True Beginnings	843-584-7393 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

TENNESSEE

City	EAP Provider	Contact Information	Specialties
VIRTUAL ONLY	All Seasons Counseling Mediation & Family Consulting	865-407-0220	Individual, Couple, & Family Therapy
Chattanooga	Morehead Counseling Services Ryan McNealy Morehead, LPC-MHSP	423-805-0134 3085 Broad Street Suite I Chattanooga, TN 37408 In-Person or Virtual By appointment only www.ryanmcnealymorehead.com	Mood Issues, Anxiety, Behavior Issues, Interpersonal Challenges Ages 10+ Individual & Family Therapy
Nashville	Rooted Counseling Center	323-694-9004 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
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VIRTUAL ONLY	Reveal and Restore Counseling	214-612-7475 9am - 5pm www.revealandrestorecounseling.com	Anxiety, Life Transitions, Trauma, and Depression Ages 13+ Individual & Couple Therapy Accepts Insurance after EAP
VIRTUAL ONLY	Shaun Fossett, MS, LPC	303-732-6564 M-F 8am - 5pm https://secure.helloalma.com/providers/shaun-fossett/	Anxiety, Trauma, Couples & Relationships Adult Individual or Couple Therapy ONLY
Abilene	Christy Hernandez	325-201-7900 4400 Buffalo Gap Rd., Suite 2550B Abilene, TX 79606 In-Person ONLY 8am-5pm	Ages 7+ Individual & Family Therapy Accepts insurance after EAP
Humble	Embracing Minds Counseling	832-239-5534 1931 Humble Place Drive Units 106 & 200 Humble, TX 77338 In-Person or Virtual M-F 7 am - 8 pm (by appointment) www.embracingminds.com	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	Hillside Counseling	817-862-7906 225 W Ellison Street, Ste 113 Burleson, TX 76028 309 NW Renfro St. Burleson, TX 76028 817-440-4062 733 US 287 Frontage Rd, Suite 307 Mansfield, TX 76063 In-Person or Virtual 9am - 5pm www.hillsidecounseling.com	Anxiety, Trauma, Depression, Couples Counseling Adult Individual & Couple Therapy ONLY Accepts Insurance after EAP
Dallas	Merge Wellness	802-782-4878 14555 Dallas Parkway, Suite 100-285 Dallas, TX 75254	Anxiety, Stress, Depression, Existential Therapy, Solution-Focused Therapy, CBT

		M-Th 9am - 6pm www.merge-wellness.com	Adult Individual & Couple Therapy ONLY Accepts Insurance after EAP
Dallas	Path Counseling and Wellness	972-454-0415 6750 Hillcrest Plaza Dr #224 Dallas, TX 75230 In-Person or Virtual www.pathcounselingandwellness.com	Children & Adults Individual, Couple, & Family Therapy
Grapevine Richardson	Diversity Counseling	214-695-4712 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	Love and Guidance Counseling Center	956-267-4519 or email lgonzalez@lgcounselingcenter.com 1701 Jacaman Laredo, TX 78041 In-Person or Virtual	Ages 4+
Laredo	The Therapy Room	956-441-9294 107 Calle del Norte, Ste 1C Laredo, TX 78041 In-Person or Virtual Hours vary M-Sat www.psychologytoday.com/us/therapists/the-therapy-room-pllc-laredo-tx/1014067	Anxiety, Depression, Substance Use, Maternal Mental Health, Stress Ages 13+ Individual & Family Therapy English or Spanish Accepts Blue Cross Blue Shield after EAP
Lewisville	Journey to Grace Counseling	866-924-7223 870 Hebron Pkwy, Suite 701 Lewisville, TX 75057 In-Person or Virtual 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

McKinney	NOC Clinical Counseling and Consulting	469-215-5713 1400 N. Coit Rd., Suite 506 McKinney, TX 75071 In-Person or Virtual 9am-7pm www.nocounseling.org	PTSD, General Anxiety Disorder, CBT and Behavioral Health Ages 13+ Individual, Couple, & Family Therapy English or Spanish Accepts Insurance after EAP
Tyler	Reflections Therapy Services	281-436-9665 5620 Old Bullard Rd. STE112-A Tyler, TX 75703 By appointment	Depression, Anxiety and Trauma Age 10+ Individual, Couple, & Family Therapy Accepts Blue Cross Blue Shield after EAP
San Antonio	San Antonio Counseling & Behavioral Center	210-614-4990 5522 Lone Star Parkway, Suite 303 San Antonio, TX 78253 1350 N Loop 1604 East, Suite 106 San Antonio, TX 78232 In-Person or Virtual M-F 8am-5pm www.sacounselingcenter.com	Anxiety, Depression, Autism, PTSD, Bi-Polar Disorder, OCD Children & Adults Individual, Couple, & Family Therapy English, Spanish, German, Arabic, American Sign Language Accepts Insurance after EAP
San Antonio	Wellspring of Life Counseling and Play Therapy Center	210-680-4747 8627 Cinnamon Creek Dr, #701 San Antonio, TX 78240 In-Person or Virtual M-F 8:30am - 5:30pm www.wellspringoflifesa.net	Play Therapy, EMDR, Family therapy, Couples, Addictions Ages 3+ Individual, Couple, & Family Therapy English or Spanish Accepts Insurance after EAP
Waco	Higher Directions Counseling Nate Williams, MA, LPCS	254-300-8031 7543 Bosque Blvd, Suite E Woodway, TX 76712 In-Person or Virtual M-F 8am-7pm www.higherdirections.com	Depression, Anxiety, Grief, Trauma, Disability, Change/Adjustment, Relationships Individual, Couple, & Family Therapy Accepts Insurance after EAP
Waco	Jamie Durham Counseling	254-493-9240 600 Lake Air Drive, Suite 30B Waco, TX 76710 In-Person or Virtual	Anxiety, Trauma, Stress, Relationships Adult Individual Therapy ONLY

		8am - 5pm https://jamie-durham.clientsecure.me/	Accepts Blue Cross Blue Shield after EAP
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