

# Therapy Practices that Accept Insurance

\*Information subject to change - please contact clinics directly for the most up-to-date information.

\*\*Highlights indicate clinics that accept Medicare.

**For more treatment options, please search the Maryland 211 Behavioral Health Resource Database at <https://pressone.211md.org/> or the national treatment locator managed by SAMHSA at <https://www.samhsa.gov/find-help/national-helpline>. You may also find treatment options at [www.psychologytoday.com](http://www.psychologytoday.com).**

## **Advanced Behavioral Health**

*Many commercial insurances and Medicaid – call for details*

Currently accepting new patients for therapy and medication management

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

Phone: 301-345-1022 Fax: 301-560-5558

Ages served: 3 and up

## **All Day Medical Care**

*All Day Medical Care Clinic accepts Medicare/Medicaid and all major insurance plans except for Kaiser.*

Currently accepting new patients for therapy and medication management

<https://www.alldaymedicalcare.com/services/behavioral-health>

Phone: 301-769-7695

Ages served: All

## **Aspire Counseling at Sheppard Pratt**

*Most major insurance carriers including Medicaid, Medicare, and BlueCross BlueShield – call for details*

Not currently accepting new patients

<https://www.sheppardpratt.org/care-finder/aspire-counseling-at-sheppard-pratt/>

Phone: 301-978-9750

Ages served: All

## **Aspire Wellness Center**

*Most major insurance carriers including Medicaid, Medicare, BlueCross BlueShield, Cigna, Employee Health Program, Aetna, and Evernorth – call for additional*

Currently accepting new patients for therapy and medication management

<https://www.aspire-wellness.com/outpatient-mental-health-clinic>

Phone: 443-442-1568 Fax: 443-442-1569

Ages served: All

## **Better Mental Health Services**

*In-Network provider with BlueCross BlueShield (CareFirst & Federal Employee), and Optum United Healthcare (including UMR)*

Updated November 2022

Currently accepting new patients for therapy

<https://bmhstherapy.com/welcome>

Phone: 202-779-3916

Email: [info@bmhstherapy.com](mailto:info@bmhstherapy.com)

Ages served: All

**CareMind Health (formerly Axis Healthcare Group)**

*CareFirst BlueCross, Cigna, Kaiser, Medicaid, and United Healthcare*

Currently accepting new patients for both therapy and medication management

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

Phone: 202-360-4787 Fax: 301-685-0277

Ages served: 18 and up

**Cedarbrook Psychiatric Clinic**

*Accepts many commercial insurances – call for details*

Currently accepting new patients for therapy, psychiatric evaluation, and medication management

<https://cedarbrookclinic.com/>

Phone: 301-424-7700 Fax: 301-424-0305

Ages served: 11 and up

**Classen-Miller & Associates**

*BlueCross BlueShield, CareFirst, Cigna, United/Optum, Johns Hopkins EHP, US Family Health Plan*

Currently accepting new patients for therapy

<http://www.classen-miller.com/>

Phone: 301-977-0824

Ages served: All

**Congruent Counseling Services**

*For therapy: CareFirst, Cigna, Johns Hopkins Medicine, Magellan Health, Tricare, United Healthcare*

*For substance use IOP/OP: Medicaid, Beacon*

Currently accepting new patients for therapy and medication management

<https://congruentcounseling.com/>

Phone: 410-740-8066

Ages served: All

**DBT Center of Greater Washington**

*CareFirst, private pay*

Currently accepting new patients for therapy

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

Phone: 240-447-7772

Ages served: Adults

### **Dryden-Edwards Psychiatric Services**

*CareFirst, Cigna, Medicare, United Healthcare PPO*

Currently accepting new patients for medication management, not for therapy

<https://www.d-eps.org/home.html>

Phone: 301-330-0400 Fax: 301-948-4333

Ages served: All

### **EveryMind**

*Medicaid and low-income*

<https://www.every-mind.org/>

For therapy, contact Leah Schwartz: [CounselingServices@Every-Mind.org](mailto:CounselingServices@Every-Mind.org)

301-424-0656 x6518

Ages served: All

### **Flourish Counseling and Wellness Center, LLC**

*Most major insurances – call for details*

Currently accepting new patients for therapy and medication management

<https://flourishcounselingandwellness.com/>

Phone: 301-570-4050

Ages served: All

### **Green Ridge Behavioral Health**

*Most major insurance plans except Kaiser and MedStar*

Currently accepting new patients for medication management, not for therapy

<https://greenridgebh.com/>

Phone: 240-683-6202 Fax: 240-683-6203

Ages served: 18 and up

### **Grow Therapy**

*Most commercial insurance plans and Medicaid – call for details*

Currently accepting new patients for teletherapy

<https://growtherapy.com/>

Ages served: All

### **Heuristic Therapeutic Services**

*Medicaid*

Currently accepting new patients for therapy and medication management

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

Phone: 301-250-9965

Ages served: All

### **Jewish Social Service Agency (JSSA)**

*Most major insurances, Medicare, and Medicaid (No Kaiser or Medstar)*

Please call to inquire about becoming a new patient

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

Phone: 301-881-3700/301-838-4200

Ages served: All

### **Kema Health Services**

*BlueCross BlueShield, Medicaid, Medicare, most other insurance plans*

Currently accepting new patients for medication management only

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

Phone: 301-246-0423

Ages served: All

### **LifeSpan Behavioral Health Services**

*Most major insurances except for private Kaiser*

Currently accepting new patients for therapy and medication management

<https://lsbhtherapy.com/>

Phone: 301-969-4060/301-982-3437 x3 Fax: 301-774-6285

Ages served: 5 and up

### **Maryland Integrated Counseling Associates**

*CareFirst BlueCross BlueShield, Cigna*

Please call to inquire about becoming a new patient

<https://www.micatherapy.com/home>

Phone: 301-525-2029

Ages served: All

### **MedPsych Health Services**

*Most major commercial insurances and Medicaid*

Currently accepting new patients for therapy and medication management

<https://medpsychmd.com/>

Phone: 240-464-8000 Fax: 240-383-3439

Ages served: 6 and up

### **Montgomery Wellness Hub**

*Medicaid, self-pay*

Currently accepting patients for psychiatric consultations, therapy, continuing care, and early intervention for psychosis. Also provides Spanish-speaking DUI/DWI/EAP/Anger Management classes and group sessions in Spanish.

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

Phone: 240-246-7837 | 240-774-1514 (Español)

Email: [info@mwellnesshub.com](mailto:info@mwellnesshub.com)

Ages served: All

### **New Life Addiction Counseling & Mental Health Services**

*Accepts Medicaid and most major commercial insurances – call for details*

Currently accepting new patients for therapy and medication management for both mental health and co-occurring mental health/substance abuse disorders

<https://newlifeacs.com/>

Phone: 410-255-4475 Fax: 410-225-6277

### **Quince Orchard Psychotherapy**

*Aetna, BlueCross BlueShield, Cigna, Humana Tricare, Medicare, self-pay discount*

Currently accepting new patients for medication management, therapy, and psychological testing

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

Phone: 240-750-6467 Fax: 240-912-7835

Ages served: All

### **Right Solutions Mental Health**

*Aetna, BlueCross/BlueShield, Cigna, Magellan*

Currently accepting new patients for medication management and brief therapy

<https://rightsolutionsmentalhealth.com/home>

Phone: 240-261-0282 Fax: 240-801-7766

Ages served: All

### **Rockville Counseling Center, LLC**

*Blue Cross (Preferred Provider), Blue Cross HMO, Blue Cross Federal Plan, Cigna Cigna/SAMBA, Medicare (and most secondary insurance plans to Medicare including AARP), Out of Network benefits*

Please call to inquire about becoming a new patient

<http://www.rockvillecounselingcenter.com/>

Phone: 301-928-1451 Fax: 240-386-8392

### **Safe Harbor Behavioral Care, LLC**

*Most major insurances; call to check benefits*

Please call to inquire about becoming a new patient

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

Phone: 410-838-9500

Ages served: All

### **Sheppard Pratt - Family Services, Inc.**

*Medicaid, Medicare*

Currently accepting new patients for therapy and medication management

<https://www.sheppardpratt.org/family-services-inc/>

Phone: 301-840-3200 Fax: 301-840-1348

Ages served: All

### **Thrive Behavioral Health**

*Medicaid (including Aetna Better Health, Amerigroup Community Care, Jai Medical Systems, Kaiser Permanente, Maryland Physicians Care, MedStar Family Choice, Priority Partners, University of Maryland Health Partners, and United Healthcare)*

Please call to inquire about becoming a new patient

<https://thrivebh.com/>

Phone: 410-780-5203 Fax: 410-780-5205

Ages served: All

**University Psychological Center, Inc.**

*Amerigroup, APS Healthcare, Aetna, Blue Care Network, BlueCross and BlueShield, CHIP / Children's Program, CareSource, Ceridian, ChoiceCare, Cigna, First Choice Health, HealthPartners, Kaiser (Out-of-Network), Medicare, Military OneSource, Tricare, United Healthcare*

Please call to inquire about becoming a new patient

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

Phone: 301-840-1432 / 410-576-9191 / 301-345-1919 Fax: 301-345-5779

Ages served: All; offers outpatient mental health counseling as well as substance abuse treatment, PRP, and services for Spanish-speaking patients

**Vesta, Inc.**

*CareFirst BlueCross BlueShield, CareFirst BlueChoice, Cigna, Employee Assistance Programs, Medicaid (Maryland), Medicare, United Healthcare*

Please call to inquire about becoming a new patient

<http://www.vesta.org/>

Phone: 240-296-5862 / 240-296-5860 Fax: 301-459-9110

Ages served: 5 and up

**Washington Psychological Wellness**

*BlueCross Blue Shield plans*

Currently accepting new patients for therapy

<https://washington-psywellness.com/>

Phone: 301-769-5878

Ages served: 4 and up

**Willow Oak Therapy Center**

*United Healthcare, Carefirst BlueCross BlueShield and BlueChoice, Cigna, Medicaid, Medicare, Employee Assistance Programs, Out of Network benefits*

Please call to inquire about becoming a new patient

<https://willowoaktherapy.com/>

Phone: 301-251-8965

Ages served: All