

Recommended Referrals

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A. Psychotherapists

Wellness Psychological Services –

17 psychologists, in-network with all commercial insurance plans and Medicare. They don't take BCBS (Florida Blue).

205 S. Hoover Blvd. Ste 202
Tampa, Florida 33609

3637 4th St. N. Ste 390
Saint Petersburg, FL 33704
P: 813-563-1155

admin@wellnesspsychservices.com
www.wellnesspsychologicalservices.com

South Tampa Therapy and Wellness –

6 psychotherapists, in-network with United. Taking BCBS starting in 2024.

3825 Henderson Blvd. Suite 304
Tampa, FL 33629
P: 813-281-2177

<https://southtampatherapywellness.com/>
Specialize in trauma-focused psychotherapy (specifically EMDR)

Sheila Katt-Beck, PhD

1304 S De Soto Ave,
Tampa, FL 33606
P: 813-245-7065

Psychological Assessment and Treatment Services (PATS) – 7 psychologists, in-network

with BCBS, Aetna, Cigna, Sunshine, Simply.

4700 N. Habana Avenue, Suite 401
Tampa, Florida 33614
P: 888-666-3089

appointment@patsconsultants.com
www.patsconsultants.com/

Psychology Group of Tampa Bay – 8 psychologists, in-network with Cigna, United, and BCBS

6515 N Armenia Ave
Tampa, FL 33604
P: 813-359-1995

Admin@psychgrouptb.com
<https://psychgrouptb.com/>

Optimal Moments – 5 counselors, in-network with Cigna, Aetna, Tricare, Optum / United, BCBS

7819 N Dale Mabry Hwy, Suite 108
Tampa, FL 33614
P: 813-538-0149

admin@om-llc.com
www.theoptimalcounseling.com/

Recommended Referrals

Paragon Counseling – 3 psychologists who specialize in evidenced-based treatment for PTSD, in-network with all commercial insurances and also Medicare and Tricare

14448 Bruce B Downs Blvd,
Tampa FL 33613
P: 813-701-2471

www.paragonmentalhealth.com

Anxiety and OCD Treatment Specialists – Top experts for anxiety disorders, no insurance accepted

730 S. Sterling Ave., Suite 216
Tampa, FL 33609
P: 813-812-4940

<https://anxietyocdtampa.com/>

Specialize in anxiety, OCD, BDD, PTSD, Trichotillomania, Excoriation, Tourette's and Tics, Therapy types: ERP, habit reversal (HRT), CBT

Wellness Alliance – Rebecca Schulte LMHC, Maria Fernandez Gallegos, LMHC, in-network with Tricare and Cigna.

2124 West Kennedy Blvd., Suite C, Tampa, FL 33606
P: 727-286-3693

Victoria@wellness-alliance.com
Specialty: trauma and substance use disorders

Gary Howell, PsyD – In-network with all commercial insurance and Medicare
2109 E Palm Ave #201,
Tampa, FL 33605
P:813-419-7793

<http://garyhowellpsyd.com/>

Specializes in LGBT issues.

Jennifer C. Fulcher, PhD – In-network with Aetna South Tampa
P: 813-461-5955

Specializes in trauma, pregnancy/post-partum issues, health psychology, executive therapy and career burnout

Sheila Katt-Beck, PhD

1304 S De Soto Ave,
Tampa, FL 33606
P:813-245-7065

Millyan Cabrera, LMHC, RPT, NCC – In-network with Aetna, Cigna, Oscar, Oxford, United

4100 W Kennedy Blvd #120,
Tampa, FL 33609
P:813-391-3610

<http://www.counseling4change.com/>

millyanc@verizon.net

Specializes: anxiety, depression, stress, life transitions such as divorce, adjustments to various life situations, relationship issues

Norma Barnes, LMHC – Does not accept insurance

10150 Highland Manor Drive, Suite 200,
Tampa, FL 33610
P: 813-340-8309

<https://normabarneslmhc.com/>

Specializes: low self-esteem, ineffective communication, personal relationship concerns, family of origin issues, loss (loved one, health, job, pet, finances)

Recommended Referrals

Steven Walker, PsyD – In-network with BCBS, United, Cigna, Humana, Aetna, Medicare

105 South Edison Avenue,
Tampa, FL 33606
P: 813-938-3926

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

Specializes in psychology for adults, groups, families, couples, children, adolescents, and elderly

Lois A Miller, LCSW

238 E Davis Blvd # 302,
Tampa, FL 33606
P: 813-438-4342

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

info@mytherapywithheart.co

Cindy Floyd, PsyD – No insurance accepted

27446 Cashford Circle, #101
Wesley Chapel, FL 33544
P: 813-428-3548

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

Specialists in eating disorders

Natalie Rosado, LMHC

6922 W Linebaugh Ave,
Tampa, FL 33625
P: 813-370-0097

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

Specialty: teens, adults couples and families coping skills, grief, spirituality, trauma, mood disorder, anger management, stress

Alyson Carr, PhD, LMHC – No insurances accepted, telehealth

813-995-8115 (texting is preferred)

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

DrAlysonCarr@gmail.com

Specialty: complex trauma, treatment-resistant depression and anxiety

Audrey Clark, LMHC

210 W. Platt Street Tampa,
Florida 33606
P: 727-537-0752

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

Specializes: Anxiety, Depression, Grief, Divorce, Panic, Self Esteem, Stress

B. Support Groups

Depression Bipolar Support Tampa Bay – In-Person throughout Hillsborough and Pinellas

<https://dbstampabay.org/services>

NAMI Connection Hillsborough County – Online

<https://namihillsborough.org/support-and-education/support-groups/nami-connection/>

NAMI Young Adult Connection Recovery (ages 18-25) – Online

<https://www.emailmeform.com/builder/form/01g00cNKcOWY1>

NAMI Family Support Group – Online

<https://namihillsborough.org/support-and-education/support-groups/nami-family-support-group/>

Recommended Referrals

C. IOP / PHP

Rogers Behavioral Health – In-network with all commercial insurances
22002 N Lois Ave #400
Tampa, FL 33606
P:813-498-6400
<https://rogersbh.org>

Transitions Outpatient of Memorial Hospital
2829 W De Leon St
Tampa, FL 33609
P: 813-342-1551
<https://HCAFloridahealthcare.com/>

Center for Emotional Wellness – IOP programs for adolescents, young adults, and adults (after hours).
Tampa (University) –P: 813-280-5212
Tampa (Westchase) – P:813-945-7119
Brandon – 813-776-6901

Largo Medical / HCA Florida
2025 Indian Rocks Road,
Largo, FL 33606
727-591-9474
<https://HCAFloridahealthcare.com/Largowesthospita>
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D. Neuropsychology

Bay Area Neuropsychology – In-network with all insurances, including Medicare and Medicaid.
3608 West Azelee Street #103
Tampa, FL 33606
813-381-5200
<https://bayareaneuropsychology.com/>

Saible Neuropsychology – In-network with BCBS, United/Optum, Cigna, Cigna BayCare, Humana, Medicare
360 Central Ave Ste 800
Saint Petersburg, FL 33701
P: 727-565-2424
<https://saibleneuro.com/>

E. Substance Use Treatment Programs

Turning Point of Tampa Bay – inpatient and outpatient treatment programs. In-network with all major insurances accept for BCBS.
6227 Sheldon Road
Tampa, Florida 33615
P: 813-733-5907
www.Tpoftampa.com

www.Whitesandtreatment.com

Windmoor Healthcare of Clearwater – Inpatient and outpatient treatment programs. They accept all major insurances including Medicare.

11300 U.S. 19 North,
Clearwater, FL 33764
P: 727-594-7273

White Sands Alcohol and Drug Rehab – Multiple centers throughout the Tampa Bay region. inpatient and outpatient program
P: 813-213-0442 / 813-285-5113

Recommended Referrals

E. Neurology

First Choice Neurology – Dr. Linga Reddy, Dr. Sunil Reddy
2919 W. Swann Avenue, Suite 401,
Tampa, FL 33609
(813) 872-1548

BayCare Neurology – Raj M Eliazer, MD, Bahvik Gedia, MD, Sanjiv K Sahoo, MD,
James P. Coyne, ARNP-C
2727 W. Dr. Martin Luther King Jr. Blvd.
Suite 700
Tampa, FL 33607
Phone: (813) 321-1429
Fax: (813) 443-8117

F. Mindfulness-based stress reduction program

Mindfulness-based stress reduction (MBSR) course – Outpatient course through Tampa General Hospital

-One orientation class, eight weekly classes, one daylong silent retreat, daily at-home practice, guided meditation recordings

-In-person or online

-\$400 cost. Insurance not accepted.

TGMG Lois Community Health Education Center

2106 S Lois Ave, Floor 2

Tampa, FL 33629

www.Tgh.org/MBSR