

Bedford/Lynchburg

AREA COUNSELING

Updated 08/16/2023

Please check your coverage carefully by asking the following questions:

- *Do I have mental health benefits?*
- *What is my deductible and has it been met?*
- *How many sessions per calendar year does my plan cover?*
- *How much does my plan cover for an out-of-network provider?*
- *What is the coverage amount per therapy session?*
- *Is approval required from my primary care physician?*

Individual Counseling Services (Outpatient Counseling)

Anderson Counseling

434 Graves Mill Road, Building 100, Suite 1, Lynchburg, VA 24502

434-239-2004 | <https://andersoncounselingservices.com/>

- Individual Counseling
- Intensive in-home therapy

Blackwater Counseling (HumanKind)

1903 HumanKind Way, Lynchburg, VA, 24503

(434) 384-3131 | <https://www.humankind.org/mhs/blackwater/>

Couples and Kids

110 Vista Centre Drive, Suite 18

434-316-9339 | <http://www.couplesandkids.com/>

Project Hope serves the counseling needs of the under-resourced, under-insured and working poor in Central Virginia. Couples & Kids is able to offer counseling and programs for the under-resourced using a sliding scale fee based on ability to pay. Please note that at this time, Couples & Kids accepts the following insurance plans: Anthem, Aetna, PCHP, Medicaid, United Behavioral Health, Optum, Beacon, Optima Health, Magellan. We do not accept Cigna, Tricare or Virginia Premiere at this time.

- Individual therapy

- **Depaul Community Resources**

Address: 4859 Waterlick Road, Forest, VA 24551

Phone: 434.455.3727 | <https://www.depaulcr.org/>

- Counseling
- Support groups
- I am Enough - Teen Support Group

Family Insight

1933 Thomson Road, Lynchburg, VA 24501

434-616-6762 | <https://familyinsight.net/location/lynchburg-va/>

Kids Haven

722 Commerce Street, Suite 211, Lynchburg, VA

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

Warm line: 434.845.4072 “WarmLine,” a non-crisis phone line, to support families, guidance counselors, teachers, and anyone seeking resources to support a grieving child.

Individual Counseling Services Continued (Outpatient Counseling)

Light Counseling, Inc.

20564 Timberlake Road, Lynchburg, VA
434-384-1594

- Individual Counseling

Living Water Counseling Center

20838 Timberlake Road, Suite B
434-473-7458 | <https://lwcounseling.org>

- Offers play therapy

Madeline Centre

18697 Forest Road in Lynchburg, Virginia.
434-239-0003

- Behavioral Therapy - youth with autism and intensive in home therapy (aggression or disruptive behaviors, possibility of being placed in a residential therapy)

Not accepting any commercial insurances at the moment - only take Medicaid

National Counseling Group

201 Archway Ct, Lynchburg, VA 24502
(434) 382-1642 | <https://www.ncgcommunity.com/>

Medicaid primary

- Outpatient therapy
- Parent child interaction therapy
- Attachment theory

Patrick Henry Family Services

1621 Enterprise Dr, Lynchburg, VA 24502
434-300-HOPE | <https://patrickhenry.org/>

North Bridge Counseling

315 N Bridge St, Bedford, VA 24523
(540) 875-9331
<https://www.northbridgecounseling.net/>
deborah@northbridgecounseling.net

Deborah Delaney, LPC

Telehealth provides flexibility and options in your treatment. Our sessions take place in a calm, quiet, confidential environment.

PAYMENTS: Each individual session is \$125 for self payers. Payment is due at the end of each session. Payments may be made through credit card (Visa, Master Card, American Express and Discover). All service rates are subject to change.

INSURANCE: I work with Anthem, Aetna, and Optima.

Individual Counseling Services Continued (Outpatient Counseling)

Strategic Therapy Associates

108 Duncraig Dr. Lynchburg, VA 24502

1.800.716.3534

- Outpatient counseling
- Outpatient substance abuse via Telehealth
- Functional Family Therapy
- In home services (Kindergarten +)

Thomas Road Baptist Church

Free Counseling

Application : <https://trbcit.wufoo.com/forms/m15lnads131zxru/>

Thriveworks

1000 Jefferson St Suite 1B, Lynchburg, VA 24504

434-528-3263

- Child therapy
- Accepts most insurances

Virginia Family Therapy

301 Gristmill Drive, Forest, VA

Phone: (434) 202-4080 | virginiafamilytherapy.com/lynchburg-va-2/

*Has telehealth

Does not accept insurance. Provides a bill at the end of the month that can be submitted to insurance for reimbursement.

Resident Haley has immediate openings and costs \$125 per session

Empower Counseling

1381 Crossings Centre Drive Suite E, Forest, Virginia 24551

434-219-5621

- Individual Counseling

Anthem, BCBS, Aetna, Aetna Better Health, Cigna, Optima, Tricare, PCHP,

OPTUM/UHC, EAP services and more. Empower Counseling, PC participates with. A

Super Bill will also be provided if the client would like to private pay and perhaps file insurance on their own.

Family Preservation Services

100 Copley Pl, Lynchburg, VA 24502

(434) 528-9711 | <https://fpscorp.com/lynchburg-page/>

- Intensive In-Home
- Crisis Services
- Trauma Focused – CBT
- Parent Aid Services
- Outpatient Counseling

Individual Counseling Services Continued (Outpatient Counseling)

Hill City Counseling

Address: 112 Candlewood Court, Lynchburg, VA 24502

Phone: 434-258-0591

- Play therapy
- Family therapy
- Individual counseling

Hope for Tomorrow (Patrick Henry Family Services)

Lynchburg Address: 1621 Enterprise Drive, Lynchburg, VA

Bedford Address: 800A Blue Ridge Ave, Bedford, VA 24523

434-300-4673 | <https://hopefortomorrowcounseling.org/>

We accept most forms of insurance (including Medicaid). We also offer Fee Assistance for those without insurance. No one is turned away due to an inability to pay.

Horizon Behavioral Health

Bedford: 1409 Ole Dominion Blvd., Bedford, Virginia 24523

Phone: (540) 586-5429

Lynchburg: 2215 Langhorne Rd., Lynchburg, Virginia 24501

Phone: (434) 948-4831 | <https://www.horizonbh.org/>

We can refer for school based counseling, case management, medication management, counseling, or other services.

Must complete intake over the phone or in person, then will make an appointment

Hyland Heights Baptist Church

11452 Wards Rd N, Rustburg, VA 24588

(434) 821-6906

Impact Living Services

316 Brook Park Place Suite A1 Forest, VA 24551

434-533-1088 | <https://impactlivingservices.org/>

- Intensive in-home
- Outpatient therapy
- Play therapy

Individual Counseling Services Continued (Outpatient Counseling)

James River Counseling

1120 McConville Road, Suite A, Lynchburg, VA.
434-237-4652

Rates Effective 6/1/2022: \$140 for intake (initial) session, \$135 for 50-minute session, \$100 per hour for clinical supervision

Insurance: Services may be covered in full or in part by your health insurance or employee benefit plan. We participate with many insurance/HMO/PPO plans, including: Aetna, Anthem, Cigna, ComPsych, Magellan, Managed Health Network, Optima, Piedmont Community Health Plan, Tricare, United Behavioral Health, U.S Behavioral Health, United Healthcare, Beacon Health Options, and Virginia Health Network. We do not accept Medicaid or Medicare.

- Outpatient Counseling

Kairos Counseling

20276a Timberlake Rd, Lynchburg, VA 24502

Phone: (434) 319-5528 | <https://kairosounselingva.com/>

Anthem- Blue Cross Blue Shield (Health Keepers, PPO/HMO Plans, Out of State Blue Plans)

Optima – Piedmont Community Health Plan – United Healthcare – Optum – Cigna – Aetna – PCHS-Multiplan

Group Pension Administrators: DARS – Compsych Benefits – EAP Benefits
Tricare

Out of pocket expenses for counseling could be as low as \$20 per hour. Contact us to inquire about what option may be best for you.

- Play Therapy
- Do not take Medicaid

Wishing You Well

21731 Timberlake Road, Lynchburg, Virginia 24502
434-455-5003

Wyndhurst Counseling

371 Oakdale Cir, Lynchburg, VA 24502

(434) 237-2655 | <https://wyndhurstcounselingcenter.com/>

- Play therapy
- Outpatient therapy

Insurance: Anthem, PCHP, Cigna, Optima, United Health

The Cost of a Traditional Counseling Session (45 Minutes): \$155 for a Licensed Professional Counselor or a Licensed Marriage and Family Therapist, \$75 for a Pastoral Counselor, \$50 for a counseling intern/resident in Lynchburg. At other locations, the price will vary based upon experience and availability.

Intensive In-home

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Therapeutic Day Treatment

Family Preservation Services

Madeline Centre

National Counseling Group

Applied Behavior Analysis (ABA)

Compass Behavioral Solutions

(434) 214-8112 | <https://compassva.com/location/lynchburg/>

Center for Pediatric Therapies

(434) 385-1074 | <https://centerforpediatrictherapies.com/>

Maxim Healthcare

<https://Maximhealth.com/>

Therapeutic Alliance

20566 Timberlake Rd Ste.A, Lynchburg, VA 24502

833-319-0526 or (434) 239-4400

Therapeuticalliancellc.com