**Referral Sources for Mental Health Services**

The following is a list of additional services for your consideration. Fees vary by provider and insurance coverage.

\*Denotes practice with psychiatric care available

\*\*Denotes practice with psychological assessment/testing available

**\*Tuttleman Counseling Services:** [http://counseling.temple.edu](http://counseling.temple.edu/)

1700 North Broad, 2nd floor, 215-204-7276

Available to all students - no fee

Must first attend a triage/walk-in to get assigned a therapist

Walk in Hours: M, T, Th & Friday: 10-1:30, Weds: 9-noon, Saturday: 9-noon

**\*\*Psychological Services Center at Temple U.:** https://sites.temple.edu/psc/

1509 Cecil B. Moore Avenue, 215-204-7100

ECEC Building, Room 420

Serves students and community members

$20-$40, fees based on sliding scale according to ability to pay

Open M-F, 9-6

**ANXIETY CLINICS**

**Adult Anxiety Clinic of Temple University:** https://sites.temple.edu/anxiety/

Department of Psychology, Main Campus

Solely for Anxiety

215-204-1575

419 Weiss Hall, 1701 N. 13th Street

Sliding scale fee

**Penn Anxiety Program:** http://web.sas.upenn.edu/pennanxietyprogram/

215-898-7376

425 South University Avenue

Individual and couples therapy for anxiety disorders on a sliding scale basis, offered by doctoral level psychology students under the supervision of faculty.

**SLIDING SCALE PROVIDERS (fees based on ability to pay)**

**Aleka Kostouros, MSS, LCSW**

484-730-2057

255 S. 17th Street, Suite 1509

aleka.kostouros@gmail.com

Offers Saturday appointments on a sliding scale ($38-45 per session).

**Council for Relationships:** https://councilforrelationships.org/

Numerous locations in the region, including center city

Provides individual and couples therapy on a sliding scale

**\*\*La Salle University Community Center for Psychological Services:** <https://www.lasalle.edu/doctor-of-psychology/training-clinic/>

215-951-1006

Psychotherapy and psychological assessment services on a sliding scale. Services provided by psychology doctoral students and counseling masters level students with faculty supervision.

**\*\*Psychological Services Clinic of Chestnut Hill College:** http://[www.chc.edu/psc](http://www.chc.edu/psc)

1107 Bethlehem Pike, Ste. 212, Flourtown, PA 19031, 215-233-1914

Psychotherapy and psychological assessment services on a sliding scale. Services provided by psychology doctoral students with faculty supervision.

**The Therapy Center of Philadelphia:** <http://therapycenterofphila.org>

215-567-1111 ext. 400

1315 Walnut Street, Suite 1004

Serving women, transgender and gender non-conforming communities. Services offered on a sliding scale basis.

**ACCEPTS INSURANCE**

**Bloomgarden, Ostroff & Associates:** <http://www.bloomgarden-ostroff-associates.com/>

215-545-1175

Two locations in center city

Accepts: Aetna and Blue Cross

**\*Delaware County Professional Services:** <http://www.dcpsonline.com>

610-892-3800

Locations in center city, Media, West Chester and Havertown

Accepts: Aetna, Blue Cross, Carebridge EAP, Penn Behavioral Health.

**Equilibria Psychological and Consultation Services:** <http://equilibriapcs.com>

267-861-3685

525 S. 4th Street

Accepts: Aetna, Blue Cross, Tricare (selected therapists), Penn Behavioral Health.

**\*Evergreen Counseling Associates:** http://www.evergreenassociates.com

Locations in Chestnut Hill and Conshohocken

Accepts: Aetna, Blue Cross, Tricare, Penn Behavioral Health. Check website for others.

**GKSW/Crystal Group Associates, LLP:** [www.gksw.com](http://www.gksw.com)

215-233-3994

Locations in center city and Wyndmoor

Accepts: Aetna, Cigna, Blue Cross, United Healthcare, check website for others.

**Michael Hanowitz, LCSW:** http://michaelhanowitz.com/

1415 N. Broad St, Suite 221c, 215 588-5629

Accepts: Keystone, Personal Choice, Highmark Blue Cross, Cigna, Magellan, Magellan EAP, Lifework/Ceridian, Aetna

**\*Harmony Professional Counseling:** <http://harmonyprofessionalcounseling.org>

215-568-5900

2400 Chestnut Street

Accepts: Aetna, Blue Cross, Keystone Healthplan East. Call for updated insurances.

**\*Hornstein, Platt & Associates**: https://www.hptherapy.com/

Two center city locations

Numerous Insurances accepted, including, Aetna, Blue Cross, Cigna, Highmark, Keystone Healthplan East, Magellan Behavioral Health, United Behavioral Health, Penn Behavioral Health. Check website for others.

**\*Life Counseling Services:** http://[www.lifecounseling.org](http://www.lifecounseling.org)

1-800-882-2799

Numerous locations in the region, including center city

Accepts: all major insurance, excludes Medicaid and county and state funded plans

**Dr. Robin Lowey & Associates, LLC:** <http://www.drlowey.com>

215-625-9655

Locations in center city and northeast Philadelphia

Accepts: Aetna, Blue Cross, Keystone Healthplan East, United Healthcare. Check website for others.

**The Center, LLC:** [www.centeredpsychology.com](http://www.centeredpsychology.com)

610-878-9330

Locations in King of Prussia, West Chester and Media

Accepts: Aetna, Amerihealth, Blue Cross, Keystone Plan East, Magellan, Penn, Total Care Network

**Walnut Psychotherapy Center:** <http://www.walnutpsychotherapycenter.com>

215-563-7863

1500 Walnut Street, Suite 300

Psychotherapy practice focusing on the LGBTQ population in Philadelphia. Accepts: Aetna and United. Does not accept Blue Cross, Magellan or Cigna; is an out of network provider for Penn Behavioral Health and Medicaid.

**SELF-PAY, NON SLIDING SCALE**

**\*\*Center for Brief Therapy at PCOM:** https://www.pcom.edu/patients/center-for-brief-therapy/

215-871-6487

4190 City Avenue, Suite 530

Cognitive behavioral therapy provided by doctoral level psychology students with faculty supervision. Accepts cash, check and credit cards. Initial evaluation $60, individual therapy session $25.