

## Therapy and Psychiatry Providers

*Updated as of January, 2023*

### **Avers and Biddles Counseling**

**Phone: (717) 208-6686**

**1681 Crown Avenue Suite 10 Lancaster PA 17601**

**\*\***(Insurances accepted: Highmark, Traditional Blue, Premier Blue, Capital Blue Cross Shield, Medicare, United Behavioral Health, Aetna, Quest Behavioral Health, and other various insurances)

**\*\***(Services include individual therapy, couples therapy, family therapy, teletherapy)

### **Balanced Life Counseling, LLC**

**Phone: (717) 875-4528**

**255 Butler Ave Ste 103 Lancaster, PA 17601**

**\*\***(average 3 month wait. Age requirements: one person works with children 5+ and others 12+)

**\*\***(MA, Performcare. Specializes in anxiety, depression, trauma and PTSD. Clientele ages: elders (65+), adults, teens, preteens)

### **Behavioral Health Specialists**

**Phone: (717) 560-3782**

**802 New Holland Avenue Suite 100, Lancaster, PA 17602**

**\*\***(No openings and no waitlist. Only have one counselor at this time)

### **Behavioral Healthcare Consultants**

**Phone: (717) 581-5255**

**1755 Oregon Pike, Ste. 200 Lancaster, PA 17601**

**\*\***(Completely booked and no waitlist)

**\*\***( accepts Medicare)

### **Behavioral Healthcare Corporation**

**Phone: (717) 399-8288**

**822 Marietta Ave Suite 23 Lancaster, PA 17603**

**\*\***(Only takes 14 years and older)

**\*\***(accepts: MA, Access, Performcare, Medicare)

### **Catholic Charities**

**Phone: (717) 295-9630**

**47 South Mulberry Street Lancaster, PA 17603**

### **Child First Family Services**

**Phone: (717) 413-6960**

**1668 East Lincoln Highway, Lancaster, PA 17602**

**\*\***(Services include outpatient counseling, supervised visitations, mediation, co-parenting, anger management, children of divorce, student groups. Spanish speaking services available for all services)

### **COBYS Family Services Counseling**

**Phone: (717) 392-0504**

**134 East King Street #2832 Lancaster, PA 17602**

**\*\***(not accepting new clients at this time)

### **Commonwealth Clinical Group**

**Phone: (717) 393-3900**

**41 E Orange St Lancaster, PA 17601**

**\*\***(2-3 week wait for psychiatric care; Outpatient care wait time not offered.)

**\*\***(accepts: MA, Performcare)

**Community Services Group**

**Phone: (877) 907-7970**

**1902 Olde Homestead Lane Lancaster, PA 17601**

*\*\* (accepts: MA, Access, Medicare, Outpatient Care Services, Intensive Behavioral Health Services, Autism Support Services, Family Based Mental Health Services, Community Based Services, Specialized Transitional Support, Targeted Case Management, Juvenile Firesetter Assessment Consultation Treatment Services, After School Program, School Based Partial Hospitalization)*

*\*\* (has spanish speaking therapists)*

**Compass Mark Family Advocates**

**Phone: (717) 299-2831**

**1891 Santa Barbara Dr UNIT 104, Lancaster, PA 17601**

*\*\* (Deal with addictions primarily. Provide classes at schools)*

**Connect Counseling Lancaster**

**Phone: (717) 224-1273**

**237 N. Prince Street, Ste. 301 Lancaster PA 17603**

**CrossRoads Ministries**

**Phone: (717) 824-3068**

**1801 Fruitville Pike, Suite 201 Lancaster, PA 17601**

*\*\* (Christian counseling service. Focus on depression, anxiety, single parenting, blended families, addictions, abuse, and domestic violence. Provide mental health evaluations, psychosocial assessments, and drug and alcohol evaluations to clients upon request. Offer therapeutic groups for our clients and workshops for the community)*

**Davis, Mary MD (Private Practice)**

**Phone: (717) 392-7062**

**822 Marietta Ave Suite 23 Lancaster, PA 17603**

*\*\* (No waitlist, can start intake at any point)*

**Esperanza Hope for The Future Counseling**

**Phone: (717) 390-9086**

**1148 Elizabeth Avenue, Lancaster, PA 17601**

*\*\* (2-3 week intake waitlist. Services determined after intake)*

*\*\* (accepts: MA, Medicare (Gateway MC Assured only)). Spanish speaking services)*

**Heart for Change Counseling Services, Inc.**

**Phone: (717) 478-3411**

**200 Willow Valley Square, Suite 210, Lancaster, PA 17602**

**(call or text)**

*\*\* (Works with kids, but has a waitlist)*

*\*\* (CBT, DBT, Trauma focused counseling. Adoption/foster care trauma, adoption-related issues (parents and children), ADHD, adjustment disorders, anger, anxiety, childhood behavioral issues, childhood trauma, depression, domestic violence, grief/loss, OCD, parent/child relationship, pregnancy loss, PTSD, sexual abuse, sexual/gender identity, social skills, trauma, VETERAN ISSUES, WOMEN'S ISSUES, AND WORK/JOB RELATED ISSUES)*

**Hugh Smith and Associates**

**Phone: (717) 391-6808**

**1831 Lititz Pike, Lancaster PA 17601**

*\*\* (No psychiatry but do offer therapy services. Can begin intake within a week. no play therapy offered. Can work with school aged children.)*

**Inner Vision Counseling Services, Inc.**

**Phone: (717) 417-8401**

**2 South Decatur St., Strasburg, PA 17579**

*\*\* (accepts: Highmark, Capital Blue Cross, United Healthcare, Optum, Keystone Health Plan, Amerihealth, Geisinger, Independence Blue Cross, Magellan Behavioral Health, PerformCare (Medicaid), WellSpan EAP)*

*\*\* (Counseling to reduce anxiety and frustration, learn ways to cope with anger and sadness, increase motivation to succeed, build self-esteem and increase confidence, choose positive peer groups and healthy relationships, process emotions and past trauma)*

**It's a Playful Journey**

**2173 Embassy Drive, Lancaster, PA 17603**

**Phone: (717) 431-2027**

**or (717) 406-3200**

*\*\* (accepts: Highmark, Highmark CHIP, Capital BC, Blue Cross Blue Shield plans, Aetna); Does not take MA)*

**LifeSpan Psychological Services**

**2819 Willow Street Pike Lancaster, PA 17584**

**Phone: (717) 464-1464**

*\*\* (Specializes in anger and grief. (accepts: MA, Access)*

**Matters of the Heart Counseling**

**45 West Brandt Boulevard, Salunga, PA 17538**

**Phone: (717) 282-2908**

*\*\* (Provides therapy/counseling. A couple therapists with current daytime availability (depending on insurance). Also have a masters level intern with availability (no insurance accepted, rate of \$45/session). Generally, accept (differs for each therapist): Perform Care (medicaid via the state), Capital Blue, HIGHMARK, Geisinger, and Quest. Again, depending on the therapist, accept all ages)*

*\*\* (Services include: Adoption, Art Therapy, Anxiety, Couples Counseling, Trauma Counseling, Depression, EMDR, Family Counseling, Individual Therapy, Play Therapy, Parent Consultations, Self harming, behaviors, Supervision services for those seeking LCSW, Foster/Adoptive Support Group)*

**Meadow Grove Counseling, LLC**

**822 Marietta Ave, Suite 23, Lancaster, PA 17603**

**Phone: (717) 420-9571**

*\*\* (Not accepting new clients at this time; Psychotherapy and play therapy services for children and adults in Lancaster)*

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**New Horizons Counseling Services, Inc.**

**120 Foxshire Drive, Lancaster, PA 17601**

**Phone: (717) 431-6615**

*\*\* (Wait time 1 month)*

*\*\* (accepts: MA, Performcare, Medicare). Individual (Career Development, Assertiveness/Empowerment, Trauma, Mood Disorders, Coping Skills, Communication/Problem Solving, Academic/Work Skills, Psychoeducation. Family and relationship counseling. Evaluations. Co-Occurring Disorders. Group Therapy)*

**New Journey Family Center**

**903 S Chiques Rd Suite J, Manheim, PA 17545**

**Phone: (717) 220-5252**

**PA Comprehensive Behavioral Health (PCBH)**

**20B East Roseville Road, Lancaster, PA 17601**

**Phone: (717) 560-2372**

*\*\* (2-4 week wait for therapy if private insurance. Immediate openings for MA. Child psychiatry scheduling into April (2-4 month wait).*

*\*\* (Schools Based Outpatient Services, IBHS (BHR) Services, Functional Behavioral Assessments, Behavioral Consultants (BC and BC-ABA), Mobile Therapy, Behavioral Health Technician, Registered Behavior Technician, Psychiatric Evaluation, Medication Management, Neuropsychological Testing, Specialized Group Therapy, Art Therapy, Advocate Services)*

**PA Counseling Services (Children Services)**

**Phone: (717) 397-8081**

**40 Pearl St, Lancaster, PA 17603**

*\*\*Offer both psychiatry and therapy services. Therapy openings immediately. For psychiatry, referral is needed and the process can be lengthy. After referral it can take up to 2 months to begin services. No age requirements.)*

*\*\*Children's Services: behavioral health rehabilitation services (wraparound services), multisystemic therapy (juvenile justice), family-based therapy)*

**Parenting and Family Solutions**

**1681 Crown Ave Ste 101, Lancaster, PA 17601**

**Phone: (717) 602-5560**

*\*\*has spanish speaking therapists)*

**Providence Behavioral Health**

**Phone: (717) 397-1400**

**600H Eden Road Lancaster, PA 17601**

*\*\*3-4 week wait)*

*\*\*([providencebehavioral.com](http://providencebehavioral.com), forms, minor counseling, click on link. Accepts commercial and some MA; Specializes in anger, grief and trauma therapy)*

**Psychological Associates of Lancaster**

**Phone: (717) 569-8511**

**2741 Lititz Pike 1st Floor Lancaster, PA 17601**

*\*\*Waiting on credentialing for Lauren. Thursday evening, Saturday mornings. Potentially set up early February)*

*\*\*accepts: Capital Blue Cross, Aetna, and Optum United Health Care). Optum is credentialed.)*

**Psychological Health Affiliates**

**Phone: (717) 665-2675**

**108 S Main St Manheim, PA 17545**

*\*\*accepts: Medicare part B). Specializes in anger, trauma, and grief)*

**Restoring Balance Counseling, LLC**

**Phone: (717) 288-5064**

**1525 Oregon Pike, Suite 602, Lancaster, PA 17601**

*\*\*specializes in anxiety therapy, counseling and treatment and Depression Therapy, Counseling, and Treatment.)*

*\*\*accepts: Aetna, Highmark, Medical Assistance/Performcare, Quest, Blue Cross Blue Shield and traditional PPO plans, \*Capital Blue Cross is not currently accepted at this time)*

**St. Joseph Children's Health (CHI)**

**Phone: (717) 947-6530**

**1929 East Lincoln Highway, East Lancaster, PA 17602**

*\*\*Scheduling out next month (February 2023). Operations Manager: Kendra.)*

*\*\*accepts: MA and private insurance). Offer a team approach- therapy, psychiatry, case management and wellness coaching)*

**Teamcare Behavioral Health**

**Phone: (717) 391-0172**

**1808 Colonial Village Lane #103 Lancaster, PA 17601**

*\*\*No med management openings. DO accept MA clients for therapy right away but cannot have private insurance as primary. Strictly MA.)*

*\*\*TEAMCare's mission is to grow healthy lives by providing quality services through a safe and supportive environment for our patients and staff)*

*\*\*has spanish speaking therapists)*

**The Counseling Collective, LLC (Michele Fry)**

**Phone: (717) 723-8040**

**1987 State St, East Petersburg, PA 17520**

**\*\***(Blue cross, high mark, quest, ESI, EAP and Mazzetti & Sullivan)

**\*\***(Anxiety, depression, poor interpersonal relationships, etc. Incorporate psychoeducation into sessions, and utilize Cognitive Behavioral Therapy techniques and a strengths based perspective)

**TW Ponessa and Associates**

**Phone: (717) 560-7917**

**410 North Prince Street Lancaster, PA 17603**

**Intake: 1 (800) 437-5405**

**\*\***(accepts: MA, medicare)

**\*\***(has spanish speaking therapists)

**Weigel Counseling Associates**

**Phone: (717) 464-1450**

**2819 North Willow Street Pike , Willow Street, PA 17584**

**\*\***(waitlist is open to be added to)

**\*\***(Specializes in anger, trauma and grief (accepts: MA, Performcare); Outpatient Counseling Services, Behavioral Health Rehabilitation Services)

**Wellspring Philhaven - Lancaster Location 1**

**Phone: (717) 569-1166**

**2501 Oregon Pike Suite 105 Lancaster, PA 17601**

**\*\***(3-18 years old. Therapy - 9 month wait. Psych- virtual/in person depends on whether they want specific doc or virtual vs. in person or hybrid. Could be 1 month or longer.)

**\*\***(Needs Wellspan affiliated primary care physician)

**Wellspring Philhaven - Lancaster Location 2**

**Phone: (717) 735-7770**

**780 Eden Rd Bldg #5, Lancaster, Pa, 17601**

**\*\***(5-18 years old. MA, Access, Medicare.)

## **Emergency or Crisis Services**

*Updated as of January, 2023*

**Lancaster Behavioral Health Hospital**  
333 Harrisburg Ave. Lancaster, PA 17603

Phone: (717) 740-4160

**Lancaster County Behavioral  
Health & Developmental Services**  
275 Hess Boulevard Lancaster, PA 17601

Phone: (717) 393-0421

**Lancaster Crisis Intervention**  
750 Eden Road Lancaster, PA 17601

Phone: (717) 394-2631

**Penn Medicine: Lancaster General Health**  
555 North Duke Street Lancaster, PA 17601

Phone: (717) 544-5511

**Penn State Hershey**  
500 University Dr. Hershey, PA 17033

Phone: (800) 243-1455

**Penn State Lancaster**  
2160 State Rd. Lancaster, PA 17601

Phone: 223-287-9000

**Wellspan Ephrata Hospital**  
169 Martin Avenue Ephrata, PA 17552

Phone: (717) 733-0311

**Wellspan York Hospital**  
1001 South George Street York, PA 17405

Phone: (717) 851-2345

## **Supports for students with Autism Spectrum Disorder**

*Updated as of January, 2023*

**CADD (Wellspan Philhaven)**

1886 Rohrerstown Road, Lancaster PA 17601

Phone: (717) 735-1920

**Helping Hands Family**

101 Good Drive, Lancaster PA 17601

Phone: (717) 801-1556

**NeurAbilities Healthcare**

1858 Charter Lane, Suite 201, Lancaster PA 17601

Phone: (856) 346-0005

**Swank Behavioral Health Services**

1630 Manheim Pike, Suite 5A, Lancaster, PA 17601

Phone: (717) 945-6491

**Dr. Swope at Psychological Associates of York**

2217 Carlisle Road, Suite 400, York, PA 17408

Phone: (717) 894-0523