

BIPOC THERAPISTS IN CHAMPAIGN-URBANA AREA

(If you are a BIPOC mental health provider in Champaign County and would like to be listed in this directory, please contact Amy Dean at amy@amydeanlcsw.com)

COMPANY & CONTACT INFO:	THERAPISTS:	INSURANCE COVERAGE:	AGE RANGES SEEN:	AREAS OF SPECIALTY:
SOUL COUNSELING Consult@soulcounselingpllc.com 217.607.2020 2001 W. Springfield Suite 1008 Champaign, IL www.soulcounselingpllc.com	Fida Abdelrasoul, LCSW	*Health Alliance *BCBS *WebTPA *Healthlink *Cigna *Optum *Student resources *United *Medicare *Aetna *Out of network *Sliding scale *Self-pay *Soon to come- Medicaid	Children Adolescents Young Adults Adults	Anxiety disorders Depression PTSD Panic disorder Anger issues Phobias Self esteem Chronic illness Stress-related disorders Behavioral and emotional disorders Grief Trauma OCD
	Firdaus Umutoniwase, LSW		Children Adolescents	Anxiety Depression Life transitions Relationship issues Cultural identity concerns Family dynamics School-related stress
	Azure Reardon, LCSW		Children Adolescents Teens Adults	*EMDR trained PTSD and trauma Grief Chronic illness and disability Neurodivergence related topics Anxiety LGBTQIA+ related topics

				Depression Life transitions
C.R. BOOKER MEDIATION & COUNSELING https://crbookermc.com/contact/ 217.552.4040 701 Devonshire C-35, Suite 123 Champaign, IL 61820 (Inside the Business Technology Center)	Candyce R. Booker CSW, MSW, LCSW https://crbookermc.com/about/ https://www.psychologytoday.com/us/therapists/candyce-booker-champaign-il/270576 Audrey Peppers LCPC	*Blue Cross Blue Shield *Cigna *Health Alliance *Humana *Magellan *TRICARE *United Healthcare Student Insurance *UHC *UnitedHealthcare UBH United Behavioral Health *Out of Network	Adolescents Adults Elders Couples Families Children Adolescents Adults Couples	Anxiety Behavioral Issues Depression Divorce Domestic Abuse Racial Identity Relationship Issues Self Esteem Sexual Abuse Sexual Addiction Transgender Trauma and PTSD *Also trained in divorce mediation ADHD Anxiety Depression Divorce Grief and loss Mood disorders Relationship issues Trauma- -emotional -sexual

ELLIOTT COUNSELING GROUP 2001 Philo Rd Urbana, IL, 61802 217.552.1211 staff@ecgstaff.com https://elliottcounselinggroup.com/	Cameron Hunter, LPC (Champaign) https://elliottcounselinggroup.com/cameron-hunter/ Jeffrey Boyd, LCSW (Champaign) https://elliottcounselinggroup.com/jeffrey-boyd/	*ACI Specialty Benefits *Aetna *Anthem *Blue Cross Blue Shield *Beacon *Cigna *ComPsych *GEHA *Health Alliance *HealthLink *Humana *Magellan *Medicare *MultiPlan *Optum *PHCS *UHC *UnitedHealthcare UBH United Behavioral Health	Children Adolescents Couples Families Adults Couples	ADHD Anxiety Bipolar Disorder Depression Executive Functioning Gender Identity Life Transitions Anger management Anxiety Depression Divorce Life stressors Self-esteem
EVERGREEN COACHING AND COUNSELING https://www.cuevergreen.com/ 217.714.7042 info@cuevergreen.com Champaign: (Main Office) 411 E Park St.	Chelsea Lamb, LSW (Champaign office)	*Health Alliance *Blue Cross Blue Shield PPO *Aetna *United *Healthcare/Optum *Cigna *HealthLink (pending) *Consociate *UHC Student Resources *Aetna Student Insurance *Illinois Medicaid	Children Families Adult women	Theraplay trained EMDR trained ADHD Attachment Anxiety Depression Adoption Trauma Behavioral issues Peer relationships Adjustment/life transitions Family conflict

Suite 106 Champaign, IL (Satellite Office) 919 W Kirby Suite 1E Champaign, IL <u>Mattoon:</u> 913 Lake Land Blvd Mattoon, IL <u>Bloomington:</u> 2206 Eastland Dr Suite 101 Bloomington, IL <u>Springfield:</u> 3001 Springmill Dr Suite F Springfield, IL <u>Peoria:</u> 4900 N Glen Park Place, Suite B Peoria, IL	Araceli Carbajal, LSW (Champaign office) Alyssa Aguirre, LSW (Champaign office) Malia Lester, LSW (Mattoon office) Lizbeth Della Catena, ALMFT (Springfield office) *Bilingual- Spanish	*Molina (Medicaid) *Meridian (Medicaid) *YouthCare (Medicaid) *Blue Cross Community Health (Medicaid) *Aetna Better Health (Medicaid) *Sliding scale *Reduced rates for intern sessions	Adolescents Teens Adults Teens Adults Children (8+) Teens Adults Adults Couples Families	DBT trained ADHD Anxiety Depression Trauma Queer Peer relationships Adjustment/life transitions Anxiety Depression Trauma Queer Peer relationships Adjustment/life transitions Grief Anxiety Depression Trauma Peer relationships Adjustment/life transitions Grief Anxiety Depression Trauma Family conflict Attachment wounds Infidelity Peer relationships Adjustment/life transitions Anxiety
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	Tionna Jackson, LPC (Peoria office)		Teens Adults Families Couples	Depression Trauma Queer Peer relationships Adjustment/life transitions Poly relationships Sex/kink positive
HOPE CENTERED COUNSELING https://hope-centered.com/ 217.417.1701	Tiara Armstrong, LCSW https://hope-centered.com/tiara-armstrong-lcsw/ Shacairy Gibbs-McReynolds, LSW https://hope-centered.com/shacairy-gibbs-mcreynolds-lsw/ Andrisell Pancamo *Bilingual- Spanish https://hope-centered.com/andrisell-pancamo-lcpc/	*BCBS-IL *Cigna *Health Alliance *Humana *Immergrun *United Healthcare Student Services *WebTPA	Children Adolescents Adults Families Couples Individuals Families Adolescents Young Adults Adults Couples Families	Life transitions Trauma Mood disorders Anxiety Grief and loss Life transitions Trauma *EMDR Trained Anxiety Depression Self-esteem Homebound Life Transitions Trauma PTSD Substance Abuse Codependency

				Psychosis Bipolar disorder Spirituality
KERI POWELL THERAPY https://kptherapy.com/ 217.352.0200 2125 S. Neil St. Champaign, IL 61820 301 N. Neil St. #302 Champaign, IL 61820 116 S. Lombard St. Mahomet, IL 61853 208 S. Market St. Monticello, IL 61856 206 N. Parke St. Tuscola, IL 61953 1415 W. 22nd Street Oak Brook, IL 60523	Diane Alexander PsyD, LCPC https://kptherapy.com/therapist/diane-alexander/ Tasha Howard, LCSW https://kptherapy.com/therapist/tasha-howard/ Anthony Jones, MSW https://kptherapy.com/therapist/anthony-jones/ Denene King, LCPC https://kptherapy.com/therapist/denene-you	*Aetna *Beacon Health *Blue Cross Blue Shield *Health Alliance *Humana *Magellan *Medicare *Optum *United Healthcare Student Resources *Tricare *United Healthcare	Adults Elders LGBTQ+ Native Americans Children Adolescents Adults Couples Adults (18+) Couples Teen (16-17) Young Adults (18-29)	Adjustment issues Anxiety Body dysmorphia Depression Dissociative disorders Eating disorders Gender dysphoria Grief Mood disorders Personality disorders Trauma (PTSD) ADHD Anxiety Behavioral issues Depression Family conflict Racial identity Relationship issues Trauma/PTSD Women's issues Christian Counseling Veterans Relationships ADHD Coping Skills Emotional Distress

	ng/ Humaira Ahmed, LPC https://kptherapy.com/therapist/humaira-ahmed/ Mina Lee, LCSW https://kptherapy.com/therapist/mina-lee		Adults (30-64) Elders (65+) Children (6-10), Preteen (11-13) Teen (14-17) Young Adults (18-29) Teen (14-17) Young Adults (18-29) Adults (30-64) Elders (65+)	LGBTQIAPK Support Personal Growth Pregnancy/Postpartum Support Relationship Issues Self-Esteem Trauma/Abuse Bipolar ADHD Autism Coping Skills Personal Growth Relationship Issues Religious/Spiritual Concerns Self-Esteem Trauma/Abuse LGBTQIAPK support Coping Skills Emotional Distress OCD Personal Growth Relationship Issues Self-Esteem Trauma/Abuse Bipolar
SANKOFA HEALING AND WELLNESS https://www.sankofahealingwellness.com/ 309.431.5381	Imani Harrison, LCPC https://www.sankofahealingwellness.com/ https://www.psychologytoday.com/profile/439441	*Blue Cross Blue Shield *Health Alliance *Humana *WebTPA *United Healthcare Student Insurance *Out of Network	Adolescents Young Adults Adults	Anger Management Anxiety Depression Interpersonal Relationship issues Stress Management *Coaching- academic, life, parenting, professional - *(not covered by insurance)

info@sankofahealingwellness.com 701 Devonshire Dr. C-19, Suite 143 Champaign, IL 61820 (Inside the Business Technology Center)				
TWO ROADS WELLNESS CLINIC https://www.tworoadswellnessclinic.com/ 217.607.2990 contact@tworoadswellnessclinic.com https://www.tworoadswellnessclinic.com/contact-us 505 E. University Avenue Champaign, IL 61820	Danae Gonzalez LPC *Bilingual- Spanish https://www.tworoadswellnessclinic.com/danae https://www.psychologytoday.com/us/therapists/danae-gonzalez-champaign-il/846074 Jasmine Conyers LPC https://www.tworoadswellnessclinic.com/jasmine	Contact Two Roads Wellness Clinic to find out what insurances they are able to accept.	Children Adolescents Adults Elders Adolescents Adults	Anxiety Self-esteem Stress Coping skills Depression Peer relationships Spirituality Anxiety Relationship issues Depression Trauma Grief/separation Stress Self-esteem
SHANELLE'S NATURE THERAPY & WELLNESS Phone: 217.565.9200 Email: shanellecounseling@gmail.co	Shanelle Koroma LPHA, LCSW *Nature Play Therapist	*Aetna *Acension (SmatHealth) *BCBS *Carelon Behavioral Health *Cigna	Children Young Adults Adults Groups Families	ADHD Anxiety Autism Grief Life Transitions Racism

m www.ujimaretreatcenter.com www.psychologytoday.com/us/therapists/shanelle-marie-koroma-urbana-il/780433		*Quest Behavioral Health *United Healthcare *Private Pay		Stress Trauma
BRAVE BEGINNINGS COUNSELING Phone: 217.979.9249 Email: *intake@bravebeginningscounseling.com *bravebeginningscounselingllc@gmail.com Website: https://www.bravebeginningscounseling.com	Latrice Willis, LCSW https://www.psychologytoday.com/us/therapists/latrice-willis-champaign-il/896253 Steve Edwards, LCSW https://www.psychologytoday.com/us/therapists/steve-edwards-champaign-il/922488	*Blue Cross Blue Shield *Health Alliance *United Healthcare Student Insurance *Private Pay	Adolescents Young Adults Adults Elders	Anxiety Depression ADD/ADHD Adjustment Disorder Bipolar Disorder Cultural Adjustment Gender Identity PTSD Work Stress Men's Issues Women's Issues Racial Identity Trauma
YMG PSYCHOLOGICAL SERVICES Phone: 217.278.0159 Email: home@ymgpsychologicalservices.com Website: Dr. Dynesha Grissom, PhD, LCP, MSCP, Psychologist.	Dynesha Grissom, Ph.D., LCP, MSCP	Accepts most insurances	Children Adolescents Young Adults Adults Seniors	Psychological assessment/evaluations (ADHD, ASD, IDD, mood and other psychological disorders) Trauma Mood disorders Anxiety Grief/death and dying Chronic health concerns Couples therapy Family therapy

	Daniel Rodriguez, LSW *Bilingual- Spanish danielrodriguez@envisagecounseling.com Dr. Tamelyn Motley, LPC tamelymotley@envisagecounseling.com Dr. Sharva Hampton-Campbell, LSW sharvahamptoncampbell@envisagecounseling.com		Children Adolescents Adults Couples Families Children Adolescents Adults Couples Families Adults Couples Families	Stressors Relationship Challenges Self- Esteem Anger Management Coping Skills Somatic Mindfulness Anxiety Depression Life Transitions Grief Trauma Stressors Relationship Challenges Self- Esteem Anger Management Coping Skills Somatic Mindfulness Anxiety Depression Life Transitions Grief Trauma Stressors Relationship Challenges Self- Esteem Anger Management Coping Skills Somatic Mindfulness Anxiety Depression Life Transitions Grief Trauma Stressors Relationship Challenges
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	Danisha Collins, LSW danishacollins@envisagecounseling.com Jeremy Smith, LSW jeremysmith@envisagecounseling.com		Children Adolescents Adults Couples Families Children Adolescents Adults Couples Families	Self- Esteem Anger Management Coping Skills Somatic Mindfulness Anxiety Depression Life Transitions Grief Trauma Stressors Relationship Challenges Self- Esteem Anger Management Coping Skills Somatic Mindfulness Anxiety Depression Life Transitions Grief Trauma Stressors Relationship Challenges Self- Esteem Anger Management Coping Skills Somatic Mindfulness
BODHI COUNSELING AND CONSULTING 206 N Randolph St Champaign, IL 61820	Sean-Michael Green, LPC *Telehealth sessions only Phone: 708.725.0807	*BCBS *Self-pay *United Healthcare Student Insurance **Coming soon** *Health Alliance	Adolescents Young Adults Adults	Anxiety Coping Skills Depression Gender Identity Interpersonal Issues Life Transitions Queer Identity Racial Identity Stress Management Trauma

	Tae Tate, LSW Phone: 815.317.6518 tae@katiemartintherapy.com https://www.psychologytoday.com/us/therapists/tae-tate-savoy-il/1627123		Teens (14+) College Students Adults	Racial Identity Black and other BIPOC populations Minority stress Depression Anxiety Bipolar Disorder Coping Skills Trauma Life Transitions Women's Issues First Generation Professionals
TRUE NORTH COUNSELING CENTER (soon to be GROUNDED LIFE PLLC) 201 W Springfield Ave Suite 210 Champaign, IL 61820 217.403.3352 info@truenorthcounselingcu.com www.truenorthcounselingcu.com	Jess Xu, LPC *Bilingual- Mandarin jess@truenorthcounselingcu.com jess@groundedlifecounseling.com https://www.psychologytoday.com/us/therapists/jess-xu-champaign-il/1355629 https://www.truenorthcounselingcu.com/jess	*Blue Cross Blue Shield *Humana *Health Link *WebTPA *United Healthcare Student Insurance *Anthem BCBS *Aetna *self-pay/sliding scale	Children Adolescents Adults	Anxiety Depression Trauma & PTSD Self esteem Identity issues Grief Life transitions Cultural adjustment/International students Relationship issues Play-based therapy
KC COUNSELING PLLC 313 N Mattis Ave Suite 209 Champaign IL 61821	Domminique Kinnie, LPC dkinnie@kccounselingllc.com	*Aetna *Medicaid *Medicare *MCOs *HAMP	Toddlers Preschoolers Children Adolescents	Play-based therapy Eating disorders ADHD Trauma Familial Issues (such as parent

217.377.0299 kccounselingllc.2019@gmail.com www.kccounselingllc.com	Paola Alcantara, LPC, PEL *Bilingual- Spanish palcantara@kccounselingllc.com	*BCBS *UHC *WebTPA *Self-Pay *Out of Network	Ages 13+	divorce) Anxiety Depression Eating disorders Bilingual Therapy Trauma Neurodivergence (especially in the context of eating disorders) Body Image Issues Somatic Therapy IFS
CARLE CLINIC 217.365.2855 Carle Champaign on Mattis 1802 S. Mattis Ave. Champaign, IL 61821	Whitney Steele, LCSW Carle Provider - Whitney Steele, LCSW	*Carle accepts many insurances- What Health Insurance Plans We Accept Carle Health	Adolescents Young Adults	Depression Anxiety Mood disorders Trauma (EMDR trained) Life transitions Executive functioning
TERESA MOK, Ph.D. 306 West Green St Urbana, IL 61801 217.649.5433	Teresa Mok, Ph.D. Licensed Clinical Psychologist Teresa Mok teresa@drteresamok.com	*BCBS PPO *Self-pay *United Healthcare Student Insurance (out of network)	Adults (18+)	*depression *anxiety *Asian American mental health *grief and loss *family of origin issues *developmental and life transitions *intersectionality and integrating multiple social identities *cross cultural and intercultural communication *race-based traumatic stress (RBTS)
MCGILL COUNSELING 701 Devonshire Drive, Suite	Jennifer Duenas, M.Ed., LPC *Bilingual- Spanish	*Health Alliance Medical Plan *Blue Cross Blue Shield of	Adolescents Young Adults Adults	Anxiety Depression Adjustment and other emotional

D1 East Champaign, IL 217.531.2736 www.mcgillcounseling.com	Lydia Su, LPC https://www.mcgillcounseling.com/lydia-su-lpc	Illinois *UHC StudentResources *CIGNA *Aetna *Self Pay	Latino/a/x populations Teens Emerging adults Adults Older Adults Couples	concerns Anxiety Depression Relationships Grief & Loss Mood Disorders Self-Esteem Trauma Family Trauma Christian Counseling
SUMMIT COUNSELING CU 2919 Crossing Court Suite 13 Champaign, IL 61822 217.861.4063 info@summitcounselingcu.com www.summitcounselingcu.com	Annadel Melendez, LCSW *Bilingual- Spanish https://www.summitcounselingcu.com/annadel-melendez-lcsw https://www.redesyraices.org/about Gabriela Seufferheld Prada, LCSW *Bilingual- Spanish https://www.summitcounselingcu.com/gabb-y-seufferheld-prada-lcsw	*Health Alliance *WebTPA *Private pay *Blue Cross Blue Shield *HealthLink *Partnered with Immigrant Services of Champaign Urbana	Children Teens/Adolescents Adults 18+	ADHD Autism Anxiety Trauma BIPOC mental health Self Esteem School issues Bilingual Therapy- Spanish Grief/Loss Anxiety Depression Grief/Loss Life Stressors and Transitions PTSD Bilingual Therapy- Spanish

PILLAR OF STRENGTH COUNSELING 217.364.8338 https://pillarofstrengthcounseling.clientsecure.me 701 Devonshire Drive Suite D3 Champaign, IL 61820	Keona Johnson, LCSW kjohnson@pos-counseling.com https://www.psychologytoday.com/us/therapists/keona-johnson-champaign-il/1217973	*Aetna *Blue Cross Blue Shield *Cigna/Evernorth *EAP *Health Alliance *Humana *Medicaid (BCBS Community, Molina, and traditional Medicaid) *United Healthcare Student Insurance *UnitedHealthcare/Optum/UMR *Self-Pay		Anxiety Depression Life Stressors and Transitions Relationships Trauma (EMDR Trained)
TW THERAPY GROUP 411 Clarendon Ct. Suite 102 Savoy, IL 61874 217.607.1829 Office	Whitley Tate, LPC https://twtherapygroup.com/whitley-tate-lpc/ https://www.psychologytoday.com/us/therapists/whitley-tate-savoy-il/1203465 Lisa Thomas, LCPC https://twtherapygroup.com/lisa-thomas-lpc/ https://www.psychologytoday.com/us/therapists/lisa-v-thomas-savoy-il/1203465	*Molina *Aetna *Blue Cross and Blue Shield *Healthlink *Health Alliance *United Student Health Insurance *WebTPA *Out of Network	Children Teens Young Adults Families Adults Couples	Anxiety Depression Racial Identity School/behavioral issues Anxiety OCD Depression Phobias Life adjustments

	oy-il/816767 Amber Mckinley, LCSW https://twtherapygroup.com/amber-mckinley-lcsw https://www.psychologytoday.com/us/therapists/amber-mckinley-savoy-il/1441439		Adults	PTSD Depression Co-occurring substance use disorders
HEALTHY STRIDES PLLC 1801 Woodfield Dr Savoy, IL 61874 217.383.0065 info@hscounseling.org Healthy Strides Prospective Patient Link: https://www.valant.io/prospectivepatient/HealthyStrides?	Matilda Smith, LCSW		College students (both traditional and non-traditional) Elderly people Black, Indigenous and People of Color (BIPOC)	*Equine therapy LGBTQIA+ Neurodiversity Trauma

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