MENTAL HEALTH / COUNSELING RESOURCE GUIDE

* Click this link for an interactive map to see what location works best for you. Look under the mental health resources section!

8th Street Counseling	Address: 44 E. 8th Street, Suite 230, Holland, MI 49423 Phone: (616) 613-6753 Website: https://8thstreetcounseling.com/ Email: sandy@8thstreetcounseling.com	Insurance Aetna; ASR Health Benefits; Blue Care Network; Blue Cross Blue Shield; Cofinity; McLaren Health Plan; Priority Health; Other insurance plans may be accepted if the policy includes "Out of Network" benefits		
Abundance of Hope Counseling and Support Services	Address: 186 South River Ave Suite 5 Holland, MI 49423 Phone: call or text (616) 439-0090 Website: https://abundanceofhopecounseling.com/ Email: jillvanderbent@gmail.com	Insurance Blue Cross Blue Shield; Blue Care Network of Michigan; Priority Health; Priority Health Medicaid; Meridian Health Plan of Michigan Medicaid; Tricare; Medicare		
Allegan Psychological Medicine	Address: Ascension Borgess Allegan Hospital 551 Linn St Suite 230, Allegan, MI 49010 Phone: (269) 686-4110	Contact for more information about insurance and rates.		
Alliance Counseling Group	Address: 388 Garden Ave #110, Holland, MI 49424 Phone: (616) 222-0631 Website: https://www.alliancecounselinggroup.com/team/ Email: info@alliancecounselinggroup.com	Insurance Blue Cross Blue Shield; Blue Care Network; Aetna; Cofinity; United Behavioral Health (UBH); Optum; ASR; Priority Health		
Anchor of Hope Counseling, LLC	Address: 36 W. 8th Street, Suite 200 Holland, MI 49423 Hours: By appointment only. Phone: (616) 805-0953 Website: https://www.anchorofhopeholland.com/ Email: matt@anchorofhopeholland.com	Insurance Accepts most insurances. If you are unsure if he accepts your insurance, please feel free to reach out to his office. If your plan is out of network, a superbill can be provided. The rate for a 50-minute counseling session is currently \$150.		
Ann McKnight Counseling	Address: 222 S. River Ave Holland, MI 49423 Phone: (616) 710-3904 Website: https://www.psychologytoday.com/us/therapists/ann-mcknig ht-holland-mi/94789	Insurance BlueCross and BlueShield		

Arbor Circle HOLLAND Insurance Counseling Address: 412 Century Lane Holland, MI 49423 Accepts medicaid and most commercial Phone: (616) 396-2301 insurance. Email: info@arborcircle.org ALI FGAN Address: 213 Hubbard St. Allegan, MI 49010 Hours: M-F by appointment (morning, afternoon and evening) Phone: (269) 673-1896 Email: info@arborcircle.org Website: https://arborcircle.org/contact/ Balanced Life This is a support group for family and friends of persons with a mental illness Support Group Meets the 1st and 3rd Tuesdays of each month from 6:30pm to 8:00 pm in the St. Jane Room in the Parish Ministry Center. Contact Sheila Klemm at 616-481-3959 or sheilaklemm@hotmail.com for more information. Barbara Kiekintveld Address: 1121 Ottawa Beach Rd # 240, Holland, MI 49424 Contact for more information about Counseling insurance and rates. Phone: (616) 368-9284 Beach Counseling, Address: 291 W Lakewood Blvd suite f-1, Holland, MI 49424 Insurance LLC Phone: (616) 404-3251 Aetna; ASR Health Benefits; BHS/ Behavioral Website: Health Systems; Blue Care Network; Blue https://www.psychologytoday.com/us/therapists/gayle-marie Cross; Blue Shield; BlueCross and BlueShield; -beach-holland-mi/425930 Cigna and Evernorth; Cofinity/First Health; HSA; Medicaid; Meridian; Molina Healthcare; MultiPlan; Optum; Priority Health; Self-Pay; TRICARE; UnitedHealthcare UHC/UBH Address: PO Box 2703 Holland, MI 49422 Beacon of Hope Phone: (616) 594-5380 ext. 101 Website: https://www.beaconhope.net/services-offered

No cost counseling for all.

Bethany Christian Services Address: 11335 James St. Holland, MI 49424 Phone: (616) 396-0623 ALLEGAN Address: 650 Grand Street Allegan, MI 49010 Hours: By appointment only.

Email: beaconofhope.holland@gmail.com

Phone: (269) 512-6300 Website: https://bethany.org/get-help/families/family-counseling-serv

communities. It's part of our mission. To offset the expenses, we accept a variety of funding and may be able to work with your insurance provider. Please contact us to learn what is available in your area.

Insurance

Catholic Charities of Address: 456 Century Lane Holland, MI 49423 West Michigan Phone: (616) 796-9595 Website:

ices

https://ccwestmi.org/what-we-do/counseling-services/ Scheduling a counseling session begins with a call to our intake coordinator: (616) 356-6247

Insurance Participates with many insurances, including Medicaids. In some locations, additional funding is available to help cover costs for the uninsured utilizing a sliding fee scale.

At Bethany, we believe healthy individuals

and families are important for strong

Center for Family Development	Address: 513 E. 8th Street, Suite 12 Holland, MI 49423 Hours: M 11am - 9pm; T 3am - 9pm; W 11am - 8pm; Th 10am - 7pm Phone: (616) 392-7695 Website: https://www.hollandtherapy.com/ Email: info@hollandtherapy.com	Insurance We accept most insurance plans. Currently we are not accepting Cigna Plans, Medicare and Medicaid
CK Psychological Associates PC	Address: 246 South River Avenue, Suite 105 Holland, MI 49423 Hours: M-F 9am - 5pm Phone: (616) 494-0808 Email: ckpsych@macatawa.com	Contact for more information about insurance and rates.
Counseling Center of West Michigan - Holland Campus	Address: 3124 N Wellness Drive Suite 50 Holland, MI 49424 Phone: (616) 805-3660 Ext. 1201 Website: https://www.counselingcenterwm.org/locations Email: holland@counselingcenterwm.org	Insurance Aetna; ASR; Blue Care Network; BCBS; BCBS Medicare/Medicare + Blue; Beacon Health; Blue Cross Complete Medicaid; Blue Cross Federal; Cigna; Cofinity; ComPsych; HAP; Humana; Humana Medicare; McLaren; McLaren Medicaid; McLaren Medicare; Meridian; Meridian Medicaid; Meridian Medicare; Meritain; Molina; Molina Medicaid; Molina Medicare; Priority Health; Priority Health Medicaid; Priority Health Medicare; Sisco; Straight Medicaid; Straight Medicare; TriCare; UBH/UMR (Optum)
Daybreak Mental Wellness	Address: 3124 N. Wellness Dr. Suite 30 Holland, MI 49424 Phone: (616) 879-9965 Website: http://daybreakllc.com/ Email: bethany@daybreakllc.com	Contact for more information about insurance and rates.
Developmental Enhancements Behavioral Health Services	Address: 854 Washington Ave. Suite 600. Holland, MI. 49423 Phone: (616) 499-2218 Website: http://debh.org/services/#	Insurance We work with most insurance companies, including Traditional and PPO Blue Cross/Blue Shield of Michigan; Blue Care Network; MESSA; Priority Health; Aetna; ASR; Allied; McLaren; and Cofinity; among select others. For ABA services, we also accept Medicaid through your local county Community Mental Health. If your insurance is not listed, please ask a receptionist to help determine if your insurance covers services. Some plans may not cover all services, and it is highly recommended that you call to verify your coverage.
Diane Mudde, LMSW, ACSW	Address: 36 W. 8th Street Suite 250 Holland, MI 49423 Phone: (616) 796-6635 Website: https://www.dianamudde.com/ Email: diana@dianamudde.com	Insurance Most insurances will cover some of this cost. If you have concerns regarding affording psychotherapy, we can discuss these and whether or not you may meet my guidelines for a sliding fee scale. I work out mutually agreeable payment options with all of my clients so that cost does not hinder them in pursuing counseling.

Ellie Mental Health	Address: 238 Hoover Blvd Suite 30 Holland, MI 49423 Hours: Mon-Fri 9AM to 9PM Phone: (616) 312- 2989 Website: https://elliementalhealth.com/locations/holland-hoover-mi/ Email: ellieMI11402@elliementalhealth.com	Insurance Blue Cross Blue Shield; Blue Cross Blue Shield of Michigan; BCN; Cigna/Evernorth; McLaren; Medicare; Michigan Medicaid; Molina; Optum; Priority Health; Self Pay
EnCourage Counseling of Holland	Address: 607 Heritage Court Holland, MI 49423 Hours: M 9am - 6pm; TWTh 8:30am - 6pm Phone: (616) 396-6285 Website: http://www.encouragecounseling.com/ Email: encouragecounseling@gmail.com	Insurance We accept most major insurances as either in or out of network providers. Please note that not all therapists can take all insurance plans, so please check with us regarding your particular plan. Aetna; ASR; BCBS; Blue Care Network; Cigna; Cofinity; HAP; Magellan; McLaren; Medicaid; Medicare; Meridian; Molina; Optum; Priority Health; Tricare; United Behavioral Health; Value Options. Please check with us, as we are continually updating our list of credentialed insurance carriers.
Evergreen Counseling, LLC	Address: 222 S River Ave #206 Holland, MI 49423 Phone: (616) 207-3530 Website: https://www.eg-counseling.com/#home	Insurance I currently do not accept insurance for a variety of reasons. My standard rate is \$120 per session, but I offer a reduced rate for clients who request financial assistance.
GR Therapy Group, Holland	Address: 238 Hoover Blvd, Suite 10 Holland, MI 49423 Phone: (616) 591-9400 Website: https://grandrapidstherapygroup.com/locations/holland/	Contact for more information about insurance and rates.
Headwaters Counseling	Address: 201 W. Washington, Suite 280, Zeeland, MI 49464 Hours: Week Days: 8am - 8pm; Evenings & Saturdays: By request Phone: (616) 259-5452 Website: https://headwaterscounseling.net/contact/ Email: melissa@headwaterscounseling.net	Insurance Depending on your current health insurance provider or employee benefit plan, it is possible for services to be covered in full or in part. Please contact your provider to verify how your plan compensates you for psychotherapy services. Prices vary based on provider.
Hoeksema Psychological Services	Address: 720 E. 8th St., Ste. 2 Holland, MI 49423 Phone: (616) 355-0473 Website: https://jameshoeksema.com/ Email: jim@jameshoeksema.com	Contact for more information about insurance and rates.

Holland Family Counseling, LLC

Address: 490 Century Ln #200, Holland, MI 49423

Phone: (616) 594-0810

Website: https://hollandfamilycounseling.com/ Email: info@hollandfamilycounseling.com

Insurance

The average therapy session lasts 50 minutes. Fees range from \$160 - \$120 per session depending on the clinician and service, though a sliding scale fee may be available for clients depending on their financial situation. Our therapists work with a variety of the biggest health insurance plans though are out-of-network for other plans. Some services are not covered by some insurance plans. We are able to accept payment through HSA, FSA, credit, debit, check, and cash. We work with several area churches and ministries for those needing assistance with their counseling payments. Please inquire about our service fees and ability to work with your insurance company.

Holland Free Health Clinic

Address: 99 W. 26th Street, Holland, MI 49423

Hours: M-Th by appointment 9am - 5pm; F by appointment

only

Phone: (616) 392-3610

Website: http://www.hfhclinic.org/counseling.html

Email: kreinink@hfhclinic.org

Contact for more information about insurance and rates.

Holland Hospital Behavioral Health

OUTPATIENT

Address: 854 Washington Ave Holland, MI 49423 Hours: M-F 8am - 5pm or by appointment

Phone: (616) 355-3926

INPATIENT

Address: 602 Michigan Ave Holland, MI 49423

Hours: 24/7

Phone: (616) 392-5141

Website

https://www.hollandhospital.org/find-a-service/behavioral-h

ealth-services

Insurance

We recommend patients review their insurance benefits or contact their insurance provider to determine what their policy will pay and what out-of-pocket expenses they

may incur.

Hope & Wholeness Psychology Center

Address: 503 Century Lane Suite 2 Holland, MI 49423

Hours: MT 9am - 9pm; WTh 9am - 8pm; F 9am - 5pm; Sa 9am

- 2pm

Phone: (616) 795-0298

Website: https://hopeandwholenesspsychology.com/

Email: office.hwpc@gmail.com

Insurance

We do NOT want money to be a reason people do not get the help they need. Currently, we accept several types of insurance plans. If you are uninsured, have a high deductible, or have a plan that does not cover mental health services, we would love the opportunity to meet with you in order to problem-solve about how to get you the services you need. We have therapists that accept very low rates and also contract with various organizations that help cover the costs of counseling. Please contact us at ryan@hopeandwholenesspsychology.com if you have concerns about cost and get information on payment options that will work for you.

Intercare Community HOLLAND HEALTH CENTER Insurance Health Network Address: 285 James Street Holland, MI 49424 Accepts Medicaid, Medicare and most other Hours: M 8am - 7 pm; TWF 8am - 5pm; Th 8am - 5:30pm public and private insurance plans and will Phone: (855) 869-6900 bill your insurance as a courtesy to you. After Hours: (866) 545-0010 Please bring current insurance information with you when you check in for your visits. PULLMAN HEALTH CENTER We will make every effort to keep you Address: 5498 109th Avenue Pullman, MI 49450 informed about what your insurance will pay Hours: MTW 8am - 5pm; Th 8am - 7pm; F 8:30am - 4pm and what they determine you are responsible Phone: (855) 869-6900 After Hours: (866) 545-0010 Wehsite: https://www.intercare.org/programs-services/mental-healthservices/ Lakeshore Address: 36 W 8th St. Suite 250 Holland, MI 49423 Psychological and Hours: MTF 9am - 5pm; W 10am - 10pm; Th 10am - 6pm Aetna; BlueCross BlueShield of Michigan; Counseling Services Phone: (616) 355-7190 Priority Health; MESA; Medicare (most Website: https://sjwork.wixsite.com/stjphd locations): Medicaid (Priority Health and Email: stevenjohnsonphd@gmail.com some others); Many other plans as well. Lighthouse Christian Scott Courey, MSW, LMSW Insurance Address: 36 West 8th, Suite 250 Holland, MI 49423 Scott is a Blue Cross and Blue Shield of Counseling Center, LLC Phone: (616) 394-4287 Michigan Provider; other plans may also provide coverage for his counseling services. Website: http://www.couplesrecovering.com/index.html **Email:** scott@lighthousechristiancounseling.com Please check your coverage carefully. Lisa Giles, LMFT Address: 36 W 8th St, Suite 200, Holland, MI 49423 Insurance Phone: (616) 294-8570 I can provide a superbill for your insurance Website: https://www.lisagileslmft.com/ provider, which can entitle you to Email: <u>lisagiles32@gmail.com</u> reimbursement depending on your individual plan. The provided superbill is out of network, so you would need to meet your out of network deductible first. Midtown Counseling Address: 96 W 15th St, Ste 208-9 Holland, MI 49423 Insurance Phone: (616) 594-7135 Fills the gap between the cost of counseling Services Website: http://midtowncounseling.org/contact-us.html and what the client is able to pay. Clients coming to Midtown requiring financial assistance are screened for their ability to pay. Using a simple formula of \$1 for every \$1000 of annual income the session fee is determined. Clients who are in need of some help pay an average of \$25 for a 50 minute counseling session. Many on very limited income qualify for no fee counseling. Mosaic Counseling Address: 503 Century Lane Holland, MI 49423 Contact for more information about insurance and rates. Phone: (616) 842-9160 Website: https://mosaiccounseling.com/

Insurance

BlueCross and BlueShield; Priority Health

Address: 205 W 29th St #10, Holland, MI 49423

https://www.psvchologvtodav.com/us/therapists/jean-chamn

Phone: (616) 219-8286

ess-russner-holland-mi/399935

Website:

New Beginning

Psychotherapy

Northern Light Counseling, PLLC	Jill Bawks, LMSW Address: 499 Century Lane Suite 50 Holland, MI 49423 Phone: (616) 326-2564 Website: https://www.psychologytoday.com/us/therapists/jill-e-bawks -holland-mi/257070	Insurance BlueCross and BlueShield; Priority Health; Out of Network
OnPoint - Allegan County Community Mental Health	24 Hour Crisis Line: (888) 354-0596 Access/Emergency Services: (269) 673-0202 Address: 540 Jenner Drive, Allegan, MI 49010 Hours: MTWF 8am- 5pm; Th 8am - 7pm Office Phone: (269) 686-5124 Website: https://onpointallegan.org/	Insurance Medicaid and Medicare may be accepted, as well as private or commercial insurances.
Oriana Counseling Center	Address: 312 Douglas Avenue Holland, Michigan, 49424 Phone: (616) 928-8500 Website: http://oriana-counseling.com/ Email: orianachristina@sbcglobal.net	Insurance Blue Care Network; Blue Cross & Blue Shield; Cofinity; Magellan; Priority Health; ASR; Meridian; Medicaid
Ottawa County Community Mental Health	Crisis Helpline: (866) 512-4357 or TTY 711 Access Center: (877) 588-4357 or TTY (616) 494-5508 Address: 12265 James Street Holland, MI 49424 Hours: M-F 8am - 5pm Office Phone: (616) 392-1873 Website: https://www.miottawa.org/health/cmh/ Email: cmhcustomerservices@miottawa.org	Contact for more information about insurance and rates.
Peace of Mind Counseling and Consulting	Address: 603 E 16th St., Ste 260, Holland, MI 49423 Hours: M-Th 10am - 7pm Phone: (616) 737-9125 Website: https://lisabenavideslpc.wixsite.com/peaceofmindcounselin Email: lisabenavideslpc@gmail.com	Insurance Aetna; Meritain Insurance; BCN; BCBS; Blue Cross Complete Insurance; Cigna; McLaren; Meridian Health Plan; Optum Health/UHC; Straight Medicaid; Out of Network
Pine Rest	HOLLAND CLINIC Address: 926 S. Washington Ave., Suite 210 Holland, MI 49423 Hours: M-Th 8pm - 6:30pm; F 8am - 3pm Phone: (616) 820-3780 Website: https://www.pinerest.org/locations/holland/ ZEELAND CLINIC Address: 8333 Felch Street, Suite 201 Zeeland, MI 49464 Hours: M 8am - 7pm; TTh 8am - 6pm; W 8am - 5:30pm; F 8am - 2pm Phone: (616) 741-3790 Website: https://www.pinerest.org/locations/zeeland/ To schedule new outpatient appointment: (866) 852-4001 For after-hours emergencies, please call the Pine Rest Contact Center at 616.455.9200 or 800.678.5500.	Insurance Private Insurance; Medicare; Priority Health; Blue Cross Blue Shield; ASR; Blue Care Network

Resilience: Advocates for Ending Violence

→ Trauma Therapy for Sexual Assault 24/7 SUPPORT FOR DOMESTIC VIOLENCE, SEXUAL ASSAULT,

AND STALKING:

24 Hour Helpline: 1-800-848-5991 or TF: 616-392-1970

Español: 1-866-728-2131 or TF: 616-355-9755

Safe Email: <u>GinnyP411@gmail.com</u>

HOLLAND PROGRAM CENTER AND BUSINESS OFFICE: Address: 411 Butternut Dr, Holland, MI 49424

Hours: M-F 9am - 5pm Business Line: (616) 392-2829

Website: https://resiliencemi.org/sexual-assault/

Business Email: mail@ResilienceMl.org

ALLEGAN SATELLITE OFFICE:

Address: 151 Brady St, Allegan, MI 49010 Hours: By appointment only, please call ahead.

Business Line: (269) 673-2299

Insurance

Therapy is free and we don't bill insurance.

Sollars and Associates of Holland Address: 12930 James Street #140 Holland, Michigan 49424

Phone: (616) 322-1954

Website: https://sollarsassociates.com/locations/holland/

Insurance

Straight Medicaid; Blue Cross Complete; United Community Health; McLaren Medicaid; Molina Medicaid; Meridian; Medicaid; Cigna; BCBS; Blue Care Choice; Blue Cross Blue Shield; Optum; United; Behavioral Health; United Health Care; Tricare - Reserve Select; Tricare - Standard; Aetna; Alliance Work Partners; Beacon; Blue Care Network; Cofinity; Humana; Lifesynch; Magellan; McLaren Commercial; Medicare A & B; Meridian Commercial; Smart Health; Value Options

Stacy McNeely, LMSW, ACSW Address: 36 W. 8th Street Suite 250 Holland MI 49423

Phone: (616) 805-8341

Website: https://stacymcneely.com/
Email: stacy@stacymcneely.com

Insurance

I am in network with a number of insurance providers. Please contact me to discuss your particular plan.

Untangled Counseling / Pivot Counseling

Address: 440 South State Street, Suite 320 Zeeland, MI 49464

Phone: (616) 990-8544

Website: www.UntangledCounseling.com/ https://www.pivotcounseling.com/ nsurance

ASR; BlueCross/BlueShield; MESSA; Priority Health; TRICARE; Verify your health insurance coverage through your insurance provider prior to the first appointment.

West Michigan Psychological Services; Holland Address: 890 Washington Ave, Suite 150 Holland, MI 49423

Phone: (616) 952-9957

Website: https://westmichiganpsychologicalservices.com/ Email: admin@westmichiganpsychologicalservices.com Insurance

Aetna; Blue Cross; Blue Care Network; McLaren; Medicaid & Medicare; Meridian; Molina; Priority Health; United Health Care

West Shore Counseling Services LLC Address: 426 Century Lane: Suite 100 Holland, MI 49423

Phone: (616) 355-3000

Website: https://westshorecounseling.org/
Email: wscounseling@sbcglobal.net

Contact for more information about

insurance and rates.

Whitney Counseling

Address: 675 E 16th St Suite 255 Holland MI 49423

Phone: (616) 990-2310

Website: https://whitneycounseling.com/ Email: office@whitneycounseling.com nsurance

Priority Health; Blue Cross Blue Shield; MESSA; Aetna; Physicians Care/ASR; Cofinity;

Commercial Medicaid Plans

Winning at Home

HOLLAND

Address: 21 West 16th Street Holland, MI 49423

Hours: M-Th 8am - 5pm; F 8am - 3pm

Phone: (616) 772-1733

ZEELAND

Address: 300 S. State Street, Suite 13 Zeeland, MI 49464

Hours: M-Th 8am - 8pm; F 8am - 3pm

Phone: (616) 772-1733

Website: https://winningathome.com/counseling/

Insurance

Our counselors at Winning At Home are able to bill a variety of insurances, which may provide coverage for counseling. Before you call us, it might be helpful for you to call your insurance provider and check what mental and behavioral health coverage you have in your policy. If you are not using your insurance to pay (i.e. if the counselor who's the best fit for you does not take your insurance), we bill on a sliding scale based on your income, and your counselor can also talk with you about your specific need and your own financial situation—there are options! Don't let finances prevent you from calling us.