

Will my insurance company pay for counseling?

Most insurance policies have mental health coverage; some require preauthorization to access those benefits. Many insurance companies do cover our services or cover a percentage; however, since coverage varies widely from policy to policy, we recommend that you review your benefits to determine your expected cost.

If we are considered to be an out-of-network provider by your insurance company, meaning we currently do not accept your insurance, please direct questions about reimbursement amounts and timeliness to your insurance company.

Individuals that have flex spending accounts may also utilize those resources to cover counseling costs.

Please know all insurance companies require a diagnosis for treatment. If you have any questions about the diagnosis used please discuss this with your therapist.