

Frequently Asked Questions

Can I receive a consultation prior to scheduling an appointment?	Yes. Consultation is provided at no cost, for 15-20 minutes, over the telephone.
Is a fee imposed for late cancellations/no shows?	Yes. Prior to scheduling your next appointment, you must pay a fee for late cancellations and no shows.
Are evening appointments provided?	Yes. Appointments are scheduled for evenings, Monday – Thursday.
Are weekend appointments provided?	Yes. Appointments are scheduled for Saturday.
Is insurance accepted?	Yes. Most insurance plans are accepted
Do you complete FMLA (Disability) paperwork?	No. You should consult with a psychiatrist or primary care physician.
Are you an EAP provider?	Yes. Most EAP plans are accepted.
Do you accept private pay?	Yes.
What forms of payment are accepted?	Payments are accepted via cash, credit card, and/or debit card.
Can I schedule an appointment online?	Yes, upon setting up your online account.
Do you provide telehealth sessions?	Yes. Therapy sessions are provided via face to face and telehealth (video). However, due to the COVID-19 Pandemic, services are currently being provided via telehealth (video) only.
Do you accept HMO health insurance plans?	No.
Do you schedule standing appointments?	No. Appointments are scheduled one session at a time.