Kathleen Den Bleyker, Psy.D:
313 W Liberty St, Suite 228,
Lancaster, PA 17603
717368-2350
https://www.kathleendenbleykerpsychologist.com/
- Insurance Options: Highmark Blue Shield, Capital Blue Cross, Aetna, Independence Blue Cross, Wellspan, CoreSource, Medicare
- Specialty Area(s): trauma, addiction, depression, anxiety, grief, relationship issues

Ronald J. Dahl, PhD, LLC:
Telehealth Only
717-808-8400
- Insurance Options: BlueCross and BlueShield, Capital Blue Cross, Health America/Health Assurance-MHNET, Highmark, Medicare, Self-pay, Total Care Network, United Healthcare- United Behavioral Health, Out of Network
- Specialty Area(s): OCD, and other anxiety disorders

Kelly Dennis, M.S., L.P.C:
Telehealth Only
717-951-0266
www.kellyfdennis.com
- Payment Options: No insurance accepted; Cash payment only.
- Specialty Area(s): trauma, PTSD, eating disorders, body image, OCD, anxiety

Robert Frazier, PhD:
Capstone Behavioral Health
2501 Oregon Pike
Lancaster, PA 17601
717-925-7033
- Specialty Area(s): depression, anxiety, chronic pain, neuropsychology

Doug Friesen, PhD:
Emotional Health Center of Lancaster
1525 Oregon Pike, Suite 1002
Lancaster, PA 17601
717-405-0554
https://www.ehclancaster.com/
- Insurance Options: No accepted insurance, flexible payment.
- Specialty Area(s): depression, anxiety, behavioral issues, relationship issues-couples/families
**Yorlan Psychological Associates**
3601 Concord Rd, York, PA 17402
717-885-0503
[https://yorlanpsych.com/](https://yorlanpsych.com/)
- Insurance Options: No Medicare/Medicaid, Cigna, Highmark Blue Shield, United Health Care, Capital Blue Cross, Aetna, Quest, South Central Preferred, Optim Healthcare, UPMC
- Specialty Area(s): depression, anxiety, couple counseling, anger problems, PTSD, trauma

**Gary Friedman, PhD:**
313 W Liberty St, Suite 228,
Lancaster, PA 17603
717-575-7847
[https://garyfriedman.net/](https://garyfriedman.net/)
- Insurance Options: Highmark Blue Shield, Capital Blue Cross, Independence Blue Cross, Health America/Health Assurance, United Behavioral Health, Quest, Aetna, Magellan
- Specialty Area(s): trauma, anger problems, mood disorders, ADHD, substance-use disorders, chemical dependency

**Connect Counseling**
237 N Prince St, Suite #304
Lancaster, PA 17603
717-224-1273
[https://www.connectcounselingpa.com/](https://www.connectcounselingpa.com/)
- Insurance Options: Can take clients without health insurance; Quest Insurance, Blue Cross Blue Shield, Lancaster General Health (LGH), Pennsylvania Health Insurance
- Specialty Area(s): Anxiety disorders, assault, gender issues

**Kathryn R. Maz, Psy.D:**
313 W Liberty St, Suite 263
Lancaster, PA 17603
717-208-8197
- Insurance Options: No accepted insurance; sliding scale fee
- Specialty Area(s): substance use, sexual addictions, anger management, depression, LGBTQIA

**Jeff Pincus, PhD:**
2151 Linglestown Rd, Suite 200, Harrisburg, PA 17110
717-540-1313
- Insurance Options: Medicare, Highmark Blue Shield, Capital Blue Cross, Aetna, UPMC, Magellan, Geissinger

**Anita Pilkerton-Plumb, MSW, LCSW:**
424 W. James St., Lancaster, PA 17603
717-850-8780
[http://www.onewhoplantsseeds.net/](http://www.onewhoplantsseeds.net/)
- Insurance Options: No accepted insurance; Gives receipts for possible insurance reimbursement; Takes health savings account funds; 75$/hour
- Specialty Area(s): anxiety, depression, body image issues, eating disorders, sexual assault advocate, LGBTQIA advocate
Bill Rennecker, M.Ed., L.P.C
46 W. Frederick St., Millersville, PA 17551
717-341-5716
bcrennecker@gmail.com
- Accepts: Considers limited insurances; Cash payment; No charge for first session
Specialty Area: PTSD

Sarah Regner, MA, LPC
Integrative Life Counseling
309 N George St, Millersville, PA 17551
717-584-1388
https://www.integrativelifecounseling.com/
sarahlacyregner@gmail.com
- Accepts: Highmark, United Health Care, Quest, Capital Blue Cross, Cigna; sliding scale
- Specialty Area(s): depression, anxiety, eating disorders, trauma

Kendra Trufahnestock, LCSW:
New Passages
3235 N 3rd St., Harrisburg, PA 17110-1308
717-234-3839
- Insurance Options: No Medicaid or Medicare, Highmark, Aetna, Capital Blue Cross, United Behavioral Health, UPMC,
- Specialty Area(s): eating disorders, PTSD, LGBTQIA, grief, post-partum depression, marriage and family

Jane Weirbach, PhD:
1630 Manheim Pike, Suite #4
Lancaster, PA 17601
717-560-6234
- Insurance Options:
- Specialty Area(s): grief, chronic pain conditions, body image, ADHD, anxiety
- American Sign Language Certified

Carolyn Whitt, MA, Psychologist:
2219 Marietta Ave, Lancaster, PA 17603
717-397-7710
- Insurance Options: Blue Cross & Blue Shield, Capital Blue Cross, Highmark, Aetna, Magellan, Independence Blue, Cigna, Beacon, Anthem Optum.
- Specialty Area(s): PTSD, substance abuse, depression, anxiety, marital conflict, family issues
Outpatient Mental Health Agencies

**Behavioral Healthcare Consultants:**
1755 Oregon Pike, Lancaster, PA 17601  
717-851-5255  
- Insurance Options: Accepts most insurances  
- Hours: Monday-Thursday, 8:00am-6:30pm; Friday 8:00am-4:00pm

**Community Services Group:**
790 New Holland Ave, Lancaster, PA 17602  
717-392-2164  
- Website: [http://www.csgonline.org/](http://www.csgonline.org/)  
- Insurance Options: MedAssist, Highmark Blue Shield, Capital BlueCross  
- Outpatient psychiatry and psychotherapy; partial day programs

**Move Forward Counseling:**
101 W. Main St., Unit F4  
Salunga, PA 17538  
717-330-3734  
- Insurance Options: Highmark, BlueCross BlueShield, Quest, United Behavioral Health (UBH), Optimum, Value Options, MH Net (Health America), EAP  
- Hours: Monday-Friday 8:00am-8:00pm; Saturday 9:00am-4:00pm  
- Specialty Area(s): Women’s issues  
- Website: [http://moveforwardlancaster.com](http://moveforwardlancaster.com)

**Penn State Medical Group, Psychiatry and Behavioral Health - Outpatient Cognitive Behavioral Therapy Clinic for Anxiety:**
22 Northeast Dr, Hershey, PA 17033  
(717) 531-1886  
- Reasons for referral: generalized anxiety/worry, social anxiety, panic, specific phobia  
- Nishant Bhat, MD (under the supervision of Amanda Pearl, PhD)  
- Monday afternoons, January - June, 2021  
- Telehealth and in-person sessions offered  
- Insurance will be charged with a co-pay  
- Interested clients should contact Erin Phillips at above number and state they are interested in CBT for anxiety with Dr. Bhat and Pearl (*If they don't indicate this they will be told we are closed to new clients)

**Pennsylvania Counseling Services:**
40 Pearl St, Lancaster, PA 17603  
855-272-1653  
- Hours: Monday-Thursday 8:00am-8:00pm; Friday 8:00am-5:00pm  
- Services Provided: General Counseling, Mental Health Counseling, Alcohol and other Drug Counseling

**Samaritan Counseling Center:**
1803 Oregon Pike, Lancaster, PA 17601  
717-560-9969  
- Insurance Options: Most insurances except Medical Assistance and Cigna  
- Website: [www.scclanc.org](http://www.scclanc.org)  
- Offers evening counseling

**TeamCare Behavioral Health:**
1808 Colonial Village Ln, Suite #103, Lancaster, PA 17601  
717-391-0172  
- Hours: Monday-Friday, 8:00am-5:00pm  
- Website: [http://teamcarebh.com/](http://teamcarebh.com/)  
- Outpatient Therapy, General Therapy

**The Light Program:**
1725 Oregon Pike, Suite #205B  
Lancaster, PA 17601  
610-644-6464  
- Provides a Level of Care Assessment  
- Insurance Options: Most insurance accepted, except for state insurances  
- Website: [www.mylightprogram.com](http://www.mylightprogram.com)

**T.W Ponessa & Associates Counseling Services, INC:**
410 N. Prince Street, Lancaster, PA 17603  
717-560-7917  
- Hours: Monday-Thursday 8:00am-8:00pm; Friday 8:00am-7:00pm  
- Website: [https://www.twponessa.com](https://www.twponessa.com)
WellSpan Philhaven:
2501 Oregon Pike, Suite #105
Lancaster, PA 17601
717-273-8871
- Insurance Options: Most insurances accepted with the exception of TriCare
- Services Provided: Walk-In Hours
  (Monday-Thursday, 8am-3pm and Friday, 8am-12pm)

Yorlan Psychological Associates
3601 Concord Rd, York, PA 17402
717-858-0503
- Website: http://yorlanpsych.com
- Hours: M-F 9:00am-8:00pm
- Specialty Area(s): CBT, anger management, grief, women issues, workplace problems

Intensive Outpatient Providers

The Light Program:
1725 Oregon Pike, Suite #205B
Lancaster, PA 17601
610-644-6464
- Monday-Thursday: 10:00am-12:15pm
- Average Program Length: 6-8 weeks
- Specialty Area(s): CBT, holistic treatments
  (art therapy, music therapy, yoga)

Pennsylvania Counseling Services:
40 Pearl St, Lancaster, PA 17603
855-272-1653
- Monday/Tuesday/Thursday: 6:00pm-8:00pm
- Specialty Area: Drug and Alcohol-intervention and recovery
  (Covered by Medical Assistance)

WellSpan Philhaven
812 N. Prince St, Lancaster, PA 17603
717-273-8871
- 3 Days/Week: 8:30am-2:20pm
  (Not covered by Medical Assistance)
- 5 Days/Week: 8:30am-2:20pm
  (Covered by Medical Assistance)