

# Graduate Student Mental Health Resources

*\*Given the number of options, please do not view this list as an endorsement of each individual practice or provider, but rather a detailed resource for your use*

## **Tuscaloosa Service Providers**

### **Ben F McMath III, Ph.D.**

902 Main Ave  
Northport, AL 35476  
(205) 310-4497

#### **Services Provided:**

Expertise is primarily with anxiety and mood spectrum challenges. Approach is integrative, using elements of client-centered, psychodynamic, and cognitive-behavioral therapies (CBT). Dr. McMath states "I believe in building genuine relationships in psychotherapy, and the relationship between the therapist and client/patient has been shown to be the most important part of the treatment."

\*UA graduate, former Counseling Center employee

### **Mona Ochoa-Horshok**

812 5th Avenue  
Tuscaloosa, Alabama 35401  
(205) 588-6178

#### **Services Provided:**

30 years of experience. Relationship problems, panic and/or anxiety, depression or other mood disorders, low self-esteem, eating disorders, sexual identity issues, chronic pain or spiritual or existential questions, or self-improvement. Experience working with adolescents, with both perpetrators and victims of domestic violence, and with adult survivors of childhood sexual abuse. I use a number of therapeutic approaches, depending on the client's needs, but cognitive behavioral therapy is a common thread throughout.

#### **Payment Information:**

Cost per Session: \$90

Pay By: American Express, Cash, Check, Mastercard, Visa

### **Lifeline Creative Solutions for Living**

420 28th Avenue, Suite 200  
Tuscaloosa, AL 35401  
205.737.3720

#### **Services provided:**

Offers counseling, consulting, and connecting with counselors and social workers. Tara has been recommended

# Graduate Student Mental Health Resources

## **Barry Snider, LCSW**

5690 Watermelon Rd, Ste. 300  
Northport, AL 35473  
(205) 310-1392

## **FAMILY COUNSELING CENTER**

2020 Paul W. Bryant Drive  
Tuscaloosa, AL 35401  
205-752-2504

### **Services:**

Fifteen professionals who offer a range of group intervention services, plus 4 counselors who offer individual treatment for anxiety, emotional conflict, depression, stress management, grief, goal setting, and anger.

### **Payment Information:**

Accepts most insurance

## **Teresa Taylor, LPC**

720 Energy Center Boulevard, Suite 502  
Northport, AL 35473  
205-523-2151

## **Teresa Davis**

5690 Watermelon Rd  
Northport, AL 35473

[\(205\) 391-9777](tel:(205)391-9777)

## **April Lane, LPC**

307 Main Ave  
Northport, AL 35476

[\(205\) 248-0124](tel:(205)248-0124)

# Graduate Student Mental Health Resources

## **Miranda Armstrong, PhD.**

2617 7th St  
Tuscaloosa, AL 35401

[\(205\) 758-1439](tel:(205)758-1439)

## **Stress Management Tuscaloosa**

1107 23<sup>rd</sup> Avenue  
Tuscaloosa, AL 35401  
<https://stressmanagementtuscaloosa.com>

### **Services Provided:**

Effective methods for anxiety, mindfulness, depression recovery, trauma recovery, substance abuse, couples therapy. Dr. Matt Heatherly focuses on pastoral counseling.

## **Betty Shirley Clinic**

850 Peter Bryce Blvd.  
Tuscaloosa, AL 35401  
(205) 348-1770

### **Services Provided:**

Those with mental health needs are cared for at The Betty Shirley Clinic by psychiatrists, psychologists and social workers. Our providers work with patients to provide them with a biopsychosocial understanding of their conditions.

\*Caroline Boxmeyer

### **Payment Information:**

Accepts insurance

## **Psychiatry South**

### **Birmingham Location:**

3000 Southlake Park, Suite 100  
Birmingham, AL 35244  
(205) 987-0724  
<http://psychiatricsouth.com/>

### **Tuscaloosa Location:**

825 Rice Mine Road North  
Tuscaloosa, AL 35406  
(205) 764-9844

### **Services Provided:**

Many psychiatrists, counselors, and social workers. Psychopharmacology, psychotherapy, family counseling, marital counseling, substance abuse treatment, group therapy,

# Graduate Student Mental Health Resources

treatment for: mood disorders, anxiety disorders, substance use disorders, eating disorders, cognitive disorders, psychotic disorders, sexual disorders, personality disorders

**Payment Information:**

Psychiatry South accepts most major insurances including Blue Cross and Blue Shield of Alabama plans including Expanded Psychiatric Services (EPS) and Blue Choice.

# Graduate Student Mental Health Resources

## **Birmingham area Service Providers**

### **Bair, Peacock, McDonald and McMullan, P.C.**

400 Vestavia Parkway, Suite 101  
Birmingham, AL 35216  
(205) 822-7348  
<https://www.bpmmb.com>

#### **Services Provided:**

Multiple psychologists in practice. Psychological assessment services and individual, couples, and family therapy for most adult psychological issues including mood and anxiety disorders, adult ADHD, anger problems, addiction recovery, grief and end of life issues, chronic pain, sexual and gender identity issues, thought disorder and psychosis, and personality disorders. Stress management and assertiveness training are also offered.

#### **Payment Information:**

BPMM participates with many insurance carriers and will bill all insurance companies as a courtesy to patients. Insurance coverage varies and will need to be confirmed with your insurance company prior to services. Copays and deductibles are due at the time of service. \$175 for initial assessment; continuing sessions \$90-\$215.

### **Cahaba Psychology Center**

2 Riverchase Office Plaza, Suite 115  
Birmingham, Alabama 35244-2810  
(205) 403-0955  
<http://www.cahabapsychology.com/index.htm>

#### **Services Provided:**

Several psychologists available, offering a variety of specialties.

#### **Payment Information:**

Cahaba Psychology center participates with many insurance carriers and will bill all insurance companies as a courtesy to patients. Insurance coverage varies and will need to be confirmed with your insurance company prior to services. Copays and deductibles are due at the time of service.

# Graduate Student Mental Health Resources

## **Grayson & Associates**

Offices in Homewood, Park Plaza, Meadowbrook, Riverchase, Trussville, and Montgomery  
Birmingham Area Intake: 205-868-6702

<http://graysonmentalhealth.com/index.html>

### **Services Provided:**

Grayson & Associates has over 50 clinicians, including psychiatrists, psychologists, counselors, and nurses. It is the largest private practice providing mental health services to children, adolescents, and adults in Alabama. Outpatient services are provided in six locations in the Birmingham area and include individual, couples, and group psychotherapy, neuropsychological assessment, and parent education.

### **Payment Information:**

Payment is required at the time of service. Methods of payment accepted are Mastercard, Visa, checks, or cash. Most providers accept insurance.

## **Pitts & Associates**

601 Beacon Parkway West, Suite 101

Birmingham, AL 35209

(205) 870-3520

<https://drbertpitts.com>

### **Services Provided:**

Pitts & Associates has 4 psychologists, 6 counselors, and 1 psychiatrist offering a range of services.

### **Payment Information:**

Clinician fees range from \$145-250 for the initial visit. Accepts most insurances, including Medicare.

## **Fry Behavioral Health, P.C.**

6 Office Park Circle, Suite 318,

Birmingham, AL 35223, USA

(205) 803-3800

<http://www.drrachelfry.com/home.html>

### **Services Provided:**

Individual, couples, and family therapy. Dr. Rachel Fry specializes in treatment of depression, anxiety, weight loss and management, women's issues, couple's issues, self-esteem and confidence-building, life adjustment, and boundary-setting.

### **Payment Information:**

Insurance: Blue Cross Blue Shield

# Graduate Student Mental Health Resources

Fees: \$160 for initial session; \$140 for continuing sessions

**Chebon Porter, PhD**  
4126 Autumn Lane  
Cahaba Heights 35243  
(205) 218-8991

**Services Provided:** Individual therapy for men

**Payment Information:** Payment required up front. A billing statement will be provided to the client for reimbursement purposes. Provider for Blue Cross Blue Shield of Alabama.

**Caroline Nichols, LCSW**  
(205) 515-7784  
counselorcaroline@gmail.com

**Services Provided:** Individual, couples, and family therapy. Areas of expertise include eating disorders, chemical addiction, co-dependency, trauma, and relationship issues.

**Payment Information:** Payment required up front. \$95 per session. A billing statement will be provided to the client for reimbursement purposes. Out-of-network provider for Blue Cross Blue Shield of Alabama.

**Mollie Kelly Thomas, PhD, LLC**  
1903 Oxmoor Rd  
Birmingham, AL 35209  
(205) 877-3558

**Services Provided:**

Individual, marital, family, and group therapy. Dr. Thomas' areas of expertise include assessment and treatment of addiction, trauma, impulsivity, personality disorders, and mood disorders.

**Payment Information:**

Insurance: American Behavioral, Blue Cross Blue Shield, Federal Blue Cross/Blue Shield, Value Options

Fees: \$175 for initial session and \$145 for continuing sessions (sliding scale available)

**Pam & Steve Moore – The Moore Institute**  
4126 Autumn Lane  
Birmingham, AL 35243  
(205).967.3277

**Services Provided:** Addiction counseling, relationship therapy, alternative addiction treatment, individual counseling

# Graduate Student Mental Health Resources

## **The Doleys Clinic, Pain and Rehabilitation Center**

2270 Valleydale Road, Suite 100

Birmingham, AL 35244

(205) 982-3596

<http://www.doleysclinic.com/>

### **Services Provided:**

Jeffrey Dolce, PhD-Specializes in individual therapy for pain, weight-related issues, eating disorders, chronic/terminal illnesses, health & wellness, stress & anxiety disorders, smoking cessation

### **Payment Information:**

The Doleys Clinic participates with many insurance payors and will bill all insurance companies as a courtesy to patients. Insurance coverage varies and will need to be confirmed with your insurance company prior to services. The Doleys Clinic accepts self-pay patients on a fee-for-service basis. Copays and deductibles are due at the time of service.