

# RECOMMENDED COUNSELORS

LAST REVISED January 2023

Each of the counselors listed below may have registered license with the Florida Department of Health that may be verified at the following website:

<https://mqa-internet.doh.state.fl.us/MQASearchServices/HealthCareProviders>

## 1. Jacksonville Counseling Services, LLC

- a) Registered license with the Florida Department of Health
- b) Couples, families, children and adolescents, individual counseling for anxiety/depression, grief, adjustment, general mental health
- **Counselor(s):**
  - Rebecca Maxwell, LMFT MT3283
  - Sara Allen, Registered Mental Health Counselor Intern
  - Garlyn Lawrence, Registered Mental Health Counselor Intern
- **Office Location(s):** 3995 Hunt Club Rd. Jacksonville, FL 32224
- **Contact Information:**
  - Phone: 904.735.8730
  - Email: [jacksonvillecounseling@gmail.com](mailto:jacksonvillecounseling@gmail.com)
  - Website: [jacksonvillecounseling.net](http://jacksonvillecounseling.net)
- **Insurance Affiliations:**
  - No insurance accepted at this time
- **Cost of Services: \$\$**
  - Accepts: HSA/credit/debit or cash

## 2. New Day Ministries, LLC

- a) Registered license with the Florida Department of Health, MH9026
- b) Children, adolescents and adults, individual, couples and family counseling for anxiety, depression, grief, sexual abuse and a range of behavioral, emotional, relational and adjustment issues
- **Counselor(s):** Dr. Jennifer Santos Wright, Ph.D., LMHC
- **Office Location(s):** 2380 South 3rd Street, Suite 2, Jacksonville Beach, FL 32250
- **Contact Information:**
  - Phone: 904.735.5025
  - Email: [admin@newdaymin.org](mailto:admin@newdaymin.org)
  - Website: [newdaymin.org](http://newdaymin.org)
- **Insurance Affiliations:**
  - No direct insurance billing, you may be eligible for out of network reimbursement
- **Cost of Services: \$\$**
  - Accepts HSA and credit cards

**LEGEND** \$ = < \$50, \$\$ = \$100-\$150 per session/per hour, \$\$\$ = \$125-\$175 per hour, \$\$\$\$ = > \$175

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## 3. Living Well Therapy and Coaching

- a) Registered license with the Florida Department of Health
- b) Gottman Method Couples Counseling, EMDR, trauma and PTSD, addictions, infertility, anxiety, depression, sensory processing disorders and grief
- c) Adults, adolescents, children
- d) Telehealth Provider
- **Counselor(s):** David Tolbert, LMHC – MH8992 and associates
- **Office Location(s):** 800 Third Street, Ste B, Neptune Beach, FL 32266
- **Contact Information:**
  - Phone: 904.242.6318
  - Email: [info@livingwelljax.com](mailto:info@livingwelljax.com)
  - Website: [livingwelljax.com](http://livingwelljax.com)
- **Insurance Affiliations:**
  - No direct insurance billing, you may be eligible for out of network reimbursement
- **Cost of Services: \$\$\$**
  - Accepts Cash, HSA and credit cards

## 4. Elbow Tree Christian Counseling, LLC

- a) Registered license with the Florida Department of Health
- b) Individuals, couples, premarital, children, pre-adolescent, adolescents, adults, seniors, firefighters, EMT paramedics, law enforcement, military and veterans.
- c) Trauma, anxiety, depression, adjustment disorders
- **Counselor(s):** Please see website
- **Office Location(s):**
  - Jax Beach Address: 408 4th Street North, Jacksonville Beach, FL 32258
  - St. Augustine Address: 38 South Dixie Highway, St. Augustine, FL 32084
- **Contact Information:**
  - Phone: 904.559.1944
  - General email: [turnhere@elbowtreeflorida.com](mailto:turnhere@elbowtreeflorida.com)
  - Owner email: [hayne@elbowtreeflorida.com](mailto:hayne@elbowtreeflorida.com)
  - Website: [elbowtreeflorida.com](http://elbowtreeflorida.com)
- **Insurance Affiliations:**
  - Self-pay
  - No direct insurance billing, you may be eligible for out of network reimbursement
- **Cost of Services: \$\$**
  - Eight or more sessions = 20% discount
  - Accepts: HSA/credit/debit, check or cash

## 5. Debbie Davis Counseling

- a) Registered license with the Florida Department of Health
- b) Individuals, teens 15+, couples
- c) Marital, premarital, affair recovery, grief/loss, mood disorders, adjustment disorders, life stage changes, anxiety, depression
- **Counselor(s):** Debbie Davis, LMHC, MH12512
- **Office Location(s):** 1309-109 St Johns Bluff Road N. Building B, Jacksonville, FL 32225

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- **Contact Information:**
  - Phone: 904.307.8123
  - Email: [ddaviscounseling@gmail.com](mailto:ddaviscounseling@gmail.com)
  - Website: [debbiedavis.com](http://debbiedavis.com)
- **Insurance Affiliation**
  - Self-pay
  - No direct insurance billing, you may be eligible for out of network reimbursement
  - Provides out-of-network reimbursement receipts
  - EAP's: Health Advocate, Anthem, New Directions
- **Cost of Services: \$\$**
  - Accepts: HSA/credit/debit, check or cash

## 6. Elizabeth Southard, LMHC, Mental Health Counseling

- a) Registered license with the Florida Department of Health
- b) Individual, couples and family counseling; adults, adolescents and children
- c) Depression, anxiety, mood swings, trauma, grief, adjustment/general mental health
- d) In-person and telehealth appointments available, evenings and Saturdays
- **Counselor(s):** Elizabeth Southard, M.A., LMHC, MH13026
- **Office Location(s):** 690-A West Macclenny Avenue; Macclenny, FL 32063
- **Contact Information:**
  - Phone: 904.400.0517
  - Email: [elizabethsouthardlmhc@gmail.com](mailto:elizabethsouthardlmhc@gmail.com)
  - Website: None at this time
- **Insurance Affiliations:**
  - Accepts Aetna, United Healthcare, self-pay
- **Cost of Services: \$\$**
  - \$100 per one hour session
  - Accepts: HSA/credit/debit or cash

## 7. First Coast Counseling and Recovery

- a) Individual therapy and group therapy
- b) Sex, love, and pornography addiction, infidelity, betrayal
- **Counselor(s):** Dr. Michelle Powell, MH18931
- **Office Location(s):** 13500 Sutton Park Dr. S. Suite 802, Jacksonville, FL
- **Contact Information:**
  - Phone: 904.325.7770
  - Email: [michellepowellphd@yahoo.com](mailto:michellepowellphd@yahoo.com)
  - Website: [michellepowellcounseling.com](http://michellepowellcounseling.com)
- **Insurance Affiliations:**
  - No insurance accepted at this time
- **Cost of Services: \$\$**
  - Accepts: HSA/credit/debit, check or cash

## 8. Grace Christian Counseling

- a) Registered license with the Florida Department of Health, MH13598

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- b) Addiction, mood disorders, adjustment disorders, grief, marriage and families, military and veterans, teens and adults
- **Counselor(s):** Dana Bridges, NCC, LMHC MH13598
- **Office Location(s):** 6620 Southpoint Dr. S, #450-J, Jacksonville, FL 32216
- **Contact Information:**
  - Phone: 904.800.9422
  - Email: [dana@gracechristiancounseling.net](mailto:dana@gracechristiancounseling.net)
  - Website: [gracechristiancounseling.net](http://gracechristiancounseling.net)
- **Insurance Affiliations:**
  - Accepts Aetna, TRICARE, Beacon/Military One Source, Humana
- **Cost of Services: \$\$**
  - Accepts: Self-pay, HSA/credit/debit, check or cash

## 9. Megan Atwood, LMFT

- a) Registered license with the Florida Department of Health
- b) Individuals, couples, premarital, children, pre-adolescent, adults, seniors, military and veteran, trauma, anxiety, depression, adjustment disorders
- **Counselor(s):** Megan E. Atwood, M.A., LMFT – MT3470
- **Office Location(s):** 2523 Herschel Street, Jacksonville, FL 32204
- **Contact Information:**
  - Phone: 904.395.7133
  - Email: [meganatwoodlmft@gmail.com](mailto:meganatwoodlmft@gmail.com)
  - Website: [meganatwoodlmft.com](http://meganatwoodlmft.com)
- **Insurance Affiliations:**
  - No insurance accepted at this time
- **Cost of Services: \$\$**
  - Accepts cash/credit/debit

## 10. Anchor of Hope

- a) Registered license with the Florida Department of Health
- b) Individuals 18 + anxiety, grief, depression, communication skills, women's issues, life transitions.
- **Counselor(s):** Kelly Roberts, LPC, LMHC – MH16920
- **Office Location(s):** Crosswater Community Church – 211 Davis Park Road, Ponte Vedra Beach, 32081
- **Contact Information:**
  - Phone: 904.606.9566
  - Email: [kelly@anchorofhopecounselor.com](mailto:kelly@anchorofhopecounselor.com)
  - Website: [kellyrobertscounselor.com](http://kellyrobertscounselor.com)
- **Insurance Affiliations: none**
- **Cost of Services: \$\$**
  - Accepts: HSA/credit/debit, check or cash

## 11. Stormy Seas Coaching and Counseling, LLC

- a) Registered license with the Florida Department of Health.
- b) Individuals, couples, adults and seniors, medical providers and other clinicians.
- c) Anxiety, depression, perfectionism and self-esteem, grief/loss, adults with childhood sexual abuse, trauma, adjustment/life transitions,

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women's issues, mental health related to managing a disability/medical condition/chronic illness, and general mental health.

d) Telehealth available for Florida Residents

- **Counselor(s):** Jen Wilburn, LMHC, CIC, MH13887
- **Office Location(s):** 804 3rd St N, Suite AB, Neptune Beach, FL 32266
- **Contact Information:**
  - Phone: 904.646.8884
  - Email: No public email
  - Website: [stormyseascounselor.com](http://stormyseascounselor.com)
- **Insurance Affiliations:**
  - Aetna, Cigna, self-pay
- **Cost of Services: \$200 initial evaluation session, then \$\$\$**
  - Accepts: HSA/credit/debit, check or cash

## 12. Parkwood Counseling Center

a) Specializes with creative/gifted teenagers, young adults and their families, processing trauma, anxiety, depression, grief and all aspects of identity development (mental health, physical health, spiritual health, sexuality, boundaries, personality, etc.)

- **Counselor(s):** Emily Yi, LCSW, SW11780
- **Office Location(s):** 3995 Hunt Club Rd. Jax 32224
- **Contact Information:**
  - Phone: 904.357.0536
  - Email: [emilykateyi@gmail.com](mailto:emilykateyi@gmail.com)
  - Website: [parkwoodcounselingcenter.com](http://parkwoodcounselingcenter.com)
- **Insurance Affiliations:**
  - TRICARE, self-pay
- **Cost of Services:** Unknown

## 13. Brittney Werth Counseling

a) Registered license with the Florida, Idaho and Utah Department of Health

b) Counseling is a vulnerable process, and I am committed to navigating it with you free of shame or judgement because the work we will do together is brave and courageous! My research work has focused on women's issues, postpartum, adoption-related issues, anxiety, depression, trauma, relationships and abuse.

c) Currently am 100% telehealth/virtual

d) Individuals, families, couples and groups

- **Counselor(s):** Brittney Werth, LCPC, LMHC, CMHC - LCPC #7537 - MH14566 - CMHC #12158381-6004
- **Office Location(s):** Telehealth/Virtual
- **Contact Information:**
  - Phone: 904.994.2119
  - Email: [Brittney@brittneywerthcounseling.com](mailto:Brittney@brittneywerthcounseling.com)
  - Website: [brittneywerthcounseling.com](http://brittneywerthcounseling.com)
- **Insurance Affiliations:** N/A
- **Cost of Services, \$\$**

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- Accepts: HSA/credit/debit, check or cash
- Free 15-minute phone consultation to see if we will be a good fit

## 14. Mandarin Christian Counseling Center

- a) Registered license with the Florida Department of Health
  - b) Older adolescents and adults, individual, couples and family counseling for anxiety, depression, grief, abuse and trauma recovery and a range of behavioral, emotional, relational and adjustment issues
- **Counselors:**
    - Peggi Wegener, LMHC MH3102
    - Stuart Whitlow, LMHC MH9449
    - Alex Vis, LMHC MH18620
    - Debbie Davis, LMHC MH12512 (Ft. Caroline office only)
  - **Office location(s)**
    - 2950 Halcyon Lane, Suite 204, Jacksonville, FL 32223
    - 1309 St. Johns Bluff Road, Bldg B, Suite 109, Jacksonville, FL 32225
  - **Contact Information:**
    - Phone: 904-262-1900
    - Email: [admin@jaxchristiancounseling.com](mailto:admin@jaxchristiancounseling.com)
    - Website: [jaxchristiancounseling.com](http://jaxchristiancounseling.com)
  - **Insurance Affiliation:**
    - Self-pay, HSA/credit/debit, check or cash
    - In network for: Aetna, United Healthcare, Optum, Oscar, Cigna, Tricare, many EAPs
    - Can accept out of network insurance that has out of network benefits (e.g., many BCBS plans)
    - Claims filed by office or by Headway
  - **Cost of Services: \$\$\$\$ , \$\$\$ , \$\$**
    - Peggi and Stuart -- \$180 Initial Consultation, \$150 thereafter
    - Alex and Debbie -- \$160 Initial Consultation, \$135 thereafter

## 15. Restoration Counseling, LLC

- a) Registered License with the Florida Department of Health, MT3081
  - b) Married couples, families and individuals.
  - c) Affair recovery, pornography addiction, men's issues, premarital, codependency, trauma, grief and loss, anxiety disorders, depression, parenting, clergy/pastoral issues, adjustment/life transitions.
  - d) Trained in Emotionally Focused Couples and Family Therapy (EFT)
- **Counselor(s):** Dr. David C. Moenning, D. Min., LMFT
  - **Office Location(s):** 12627 San Jose Blvd. Ste. 203, Jacksonville, FL 32223
  - **Contact Information:**
    - Phone: 904.412.2876
    - Email: [moenningdavid@gmail.com](mailto:moenningdavid@gmail.com)
    - Website: [drdavidcounseling.com](http://drdavidcounseling.com)
  - **Insurance Affiliations:**
    - Self-pay: No direct insurance billing, however, you may be eligible for out of network reimbursement

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- **Cost of Services: \$\$**
  - Accepts HSA, credit, debit, cash or check

## 16. WellSpring Counseling and Health

- a) Registered License with the Florida Department of Health, MH1323
- b) Married couples, teens, individuals
- c) Trauma reduction, eating disorders, anxiety and depression, short-term solution-focused, faith-based therapy
- **Counselor(s):** Kathleen Abbott, MSW, LMHC MH1323
- **Office Location(s):** 1301 Plantation Island Dr S Suite 201A, St. Augustine, FL 32080
- **Contact Information:**
  - Phone: 904.770.7587
  - Email: [kabbottwellspring@gmail.com](mailto:kabbottwellspring@gmail.com)
  - Website: [wellspringcounselingandhealth.com](http://wellspringcounselingandhealth.com)
- **Insurance Affiliations:**
  - Self-pay: Insurance is filed by the office as a courtesy, but reimbursement goes to the client
- **Cost of Services: \$\$**
  - Accepts HSA, credit cards and checks

## 17. Anchored

- a) Registered License with the Georgia Department of Health
- b) Children, adolescents and adults including individual, couples and family counseling
- c) Anxiety, depression, grief and sexual abuse
- d) Treatment and support for substance use disorder offered to Wayne County residents
- **Counselor(s):**
  - Shauna Mattingly, LCSW and Associates
- **Office Location(s):** 189 North Brunswick Street, Jesup, GA 31546
- **Contact Information:**
  - Phone: 912.530.8889
  - Email: [office@anchoredonline.com](mailto:office@anchoredonline.com)
  - Website: [anchoredinwellness.wixsite.com/office](http://anchoredinwellness.wixsite.com/office)
- **Insurance Affiliations:**
  - Please call for more information. We accept most insurance policies and in addition, offer some free services for recovery support.
- **Cost of Services: \$\$**
  - Prices range \$60-\$150 depending on service

## 18. The Living Well Collective

- a) Registered or Licensed with the Florida Department of Health

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- b) Integrative mental health and wellness for women including psychotherapy, life and wellness coaching.
- c) Married couples, children and teens and individuals, group therapy, wellness retreats and other special programs
- d) Specializes in women's issues, affair recovery, pornography addiction, men's issues, premarital, codependency, trauma, grief and loss, anxiety disorders, depression, bipolar disorder parenting, clergy/pastoral issues, adjustment/life transitions and insomnia
- e) All counselors are trauma informed and/or trauma certified, Cognitive Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy
- **Counselor(s):**
  - Carissa Doré, LMHC, CCTP, RYT-200
  - Anthony Marler, LMHC, MH13293
- **Office Location(s):** 12400 Yellow Bluff Rd. #107, Jacksonville, FL 32226 and telehealth
- **Contact Information:**
  - Phone: 904.206.8640
  - Email: [admin@livingwell.online](mailto:admin@livingwell.online)
  - Website: [livingwell.online](http://livingwell.online); [marriagefoundry.com](http://marriagefoundry.com); [livingpornfree.com](http://livingpornfree.com); [everygirl-living.com](http://everygirl-living.com)
- **Insurance Affiliations:** For fully-licensed clinicians: Aetna, United Healthcare, Cigna, Oscar, Oxford Health
  - Self-pay
- **Cost of Services:** \$\$
  - Call for more info on wide variety of programs
  - Prices range from \$75-\$150 depending on service
  - HSA, credit, debit or cash

## 19. Uplift Counseling Center

- a) Christian counselor, Licensed Mental Health Counselor, Florida Department of Health, MH16459
- b) Couples counseling, men's sexual addiction, leadership burnout and challenges
- c) Offering couples counseling, couples intensives (1-3 days), individual counseling and men's sex addiction recovery groups
- d) 12 years of experience as a counselor, clinical director and leadership coach
- **Counselor:** Jim Urban, LMHC MH16459
- **Office Location:** 108 Kingsley Avenue Suite 202, Orange Park, FL 32073
- **Contact Information:**
  - Phone: 904.596.0496
  - Email: [jurban@upliftcounselingtherapy.com](mailto:jurban@upliftcounselingtherapy.com)
  - Website: [upliftcounselingtherapy.com](http://upliftcounselingtherapy.com)
- **Insurance Affiliations:**
  - Self-pay: Client can submit statement to their insurance company to request reimbursement
- **Cost of Services:** \$\$
  - Accepts HSA, credit cards and cash

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## 20. Ross T. DiLoreto, M.A., RMHCI

- a) Registered License with the Florida Department of Health, IMH19869
  - b) Individuals aged 12 and up for individual mental health counseling.
  - c) Presenting problems to include, but not limited to; adjustment issues, anxiety disorders, mood disorders, substance-related and addictive disorders, conduct disorders and personality disorders.
  - d) Treatments to include, but not limited to; CBT, faith-based counseling, motivational interviewing, solution-focused brief therapy; reality therapy and insight-oriented counseling.
- **Office Location:** Grace House Counseling Center - 4375 US Highway 17, Suite 103, Fleming Island, FL 32003
  - **Contact Information:**
    - **Phone/FAX:** 904.269.0886
    - **Email:** [gracehouseop@gmail.com](mailto:gracehouseop@gmail.com)
    - **Website:** [gracehousecounseling.com](http://gracehousecounseling.com)
  - **Insurance Affiliations:**
    - Self-pay: clients may be provided a “super bill” to submit to insurance carriers for possible reimbursement.
  - **Cost of Services:** \$85 per hour session

## 21. Tiffany Wood, LMHC

- a) Registered license with the Florida Department of Health
  - b) Teens, college students and young adults (ages 13-30)
  - c) Depression, anxiety, OCD, ADHD, adjustment and phase of life issues coaching
  - d) Therapies and treatments: Acceptance and commitment therapy, Cognitive Behavioral Therapy, ERP for anxiety and OCD, Christian counseling
  - e) In-person and telehealth appointments available
- **Counselor:** Tiffany Wood, LMHC, MH19996
  - **Office Location:** Marsh Landing Behavioral Group, 1538 The Greens Way, Suite 101, Jacksonville Beach, FL 32250
  - **Contact Information:**
    - **Phone:** 904.543.0161
    - **Email:** [twood@mlbgroup.com](mailto:twood@mlbgroup.com)
    - **Website:** [mlbgroup.com](http://mlbgroup.com)
  - **Insurance Affiliations:**
    - Self-pay
    - Office will file claims to out-of-network insurance as a courtesy; reimbursement goes to the client directly
  - **Cost of Services:** \$\$\$
    - Accepts cash, credit or debit

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