

# RECOMMENDED COUNSELORS

LAST REVISED March 2021

1. Jacksonville Counseling Services, LLC  
Rebecca Maxwell, LMFT  
Sara Allen, RMHCI  
Phone: 904.735.8730  
Address: 13500 Sutton Park Dr. S. Suite 802  
Email: [jacksonvillecounseling@gmail.com](mailto:jacksonvillecounseling@gmail.com)  
Website: [jacksonvillecounseling.net/](http://jacksonvillecounseling.net/)
  - a. Couples, families, children and adolescents, individual counseling for anxiety/depression, grief, adjustment, general mental health
  - b. No insurance accepted at this time
  
2. New Day Ministries, LLC - Dr. Jennifer Santos Wright, Ph.D., L.M.H.C.,  
Developmental Psychologist & Christian Counselor  
Phone: 904.735.5025  
Address: 2380 South 3rd Street, Suite 2, Jacksonville Beach, FL 32250  
Email: [admin@newdaymin.org](mailto:admin@newdaymin.org)  
Website: [newdaymin.org](http://newdaymin.org)
  - a. 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
  - b. No direct insurance billing, you may be eligible for out of network reimbursement
  - c. Accepts HSA and credit cards
  
3. Dr. Charles "Chuck" Coker, PhD, DMin, SPHR  
Phone: 904.838.8585  
Address: 1207 21<sup>st</sup> Street North, Jacksonville Beach, FL 32250  
380 South 3<sup>rd</sup> St., Suite 2 Jacksonville Beach FL 32250 (Fri. only)  
Email: [cwcoker@lifethrive.com](mailto:cwcoker@lifethrive.com)
  - a. Personal/individual, pastoral counseling, pre-marital, marriage, marriage retreats, corporate chaplain, personal and spiritual formation/development, military and general mental health/coaching
  - b. No direct insurance billing
  
4. Gary R. Proctor, MD (Cornerstone Psychiatric Services of NE Florida)  
Board Certified Physician in Psychiatry and Forensic Psychiatry  
Phone: 904.315.1985  
Address: 100 Executive Way, Suite 112, Ponte Vedra, FL 32802

# RECOMMENDED COUNSELORS

Email: [gproct369@gmail.com](mailto:gproct369@gmail.com) or [cornerstonepsychiatric@gmail.com](mailto:cornerstonepsychiatric@gmail.com)

- a. Medication management for depression, anxiety, bipolar disorder, schizophrenia, substance use disorders and all other major mental disorders (adults generally, adolescents on a case-by-case basis)
- b. Combined counseling and medication management (case-by-case basis)
- c. No direct insurance billing accepted at this time

5. Living Well Therapy and Coaching – David Tolbert, LMHC, and associates

Address: 800 Third Street, Ste B, Neptune Beach, FL 32266

Email: [info@livingwelljax.com](mailto:info@livingwelljax.com)

Website: [livingwelljax.com](http://livingwelljax.com)

- a. Gottman Method Couples Counseling, EMDR, trauma and PTSD, addictions, infertility, anxiety, depression, sensory processing disorders
- b. Adults, adolescents, children
- c. No direct insurance billing, may be eligible for out of network reimbursement

6. Elbow Tree Christian Counseling, LLC

Phone: 904-559-1944

Jax Beach Address: [408 4th Street North, Jacksonville Beach, FL 32258](#)

St. Augustine Address: [38 South Dixie Highway, St. Augustine, FL 32084](#)

General Email: [turnhere@elbowtreeflorida.com](mailto:turnhere@elbowtreeflorida.com)

Owner Email: [hayne@elbowtreeflorida.com](mailto:hayne@elbowtreeflorida.com)

Website: [elbowtreeflorida.com](http://elbowtreeflorida.com)

- a. Individuals, couples, premarital, children, pre-adolescent, adolescents, adults, seniors, first responders (firefighters, EMT paramedics, and law enforcement), military and veteran, trauma, anxiety, depression, adjustment disorders
- b. Diverse team of like hearted counselors offering counseling and spiritual direction along the north Florida coast.
- c. Self-pay (HSA/credit/debit, check or cash)

7. Michael Stapleton, Jr., LMCH, MH#7103

Phone: 904.502.1952

Address: [145 Hilden Road, Suite 108, Ponte Vedra, FL 32081](#)

Website: [stapletonconsultingservices.com](http://stapletonconsultingservices.com)

- a. Specializing in: Men's issues, marriage, pre-marital counseling, unwanted sexual behaviors, trauma, anxiety, family issues, teens, first responders/military, adoption, spiritual health
- b. Ages 12+
- c. Self-pay, provides out-of-network reimbursement receipts, some EAP

## RECOMMENDED COUNSELORS

8. Kathleen Patneau MHA, MA, LMFT, CAP #318-6412  
Phone: 904.308.3751
  - a. Individuals, couples, pre-marital counseling
  - b. Accepts Aetna, Humana, Beech Street, Tricare, Blue Cross, Cigna
  
9. Debbie Davis, LMHC  
Address: 1309-109 St Johns Bluff Road N. Building B, Jacksonville, FL 32225  
Phone: 904.307.8123  
Email: [ddaviscounseling@gmail.com](mailto:ddaviscounseling@gmail.com)  
Website: [debbiedaviscounseling.com](http://debbiedaviscounseling.com)
  - a. Individuals, teens 15+, couples
  - b. Marital, premarital, affair recovery, grief/loss, mood disorders, adjustment disorders, life stage changes, anxiety, depression
  - c. No insurance accepted at this time
  - d. Can provide superbills for out of network filing, acceptance of HSA cards
  - e. EAP's: Health Advocate, Anthem, New Directions
  
10. Elizabeth Southard, M.A., LMHC  
Address: 690-A West Macclenny Avenue; Macclenny, FL 32063  
Phone: 904.400.0517  
Email: [elizabethsouthardlmhc@gmail.com](mailto:elizabethsouthardlmhc@gmail.com)
  - a. Individual, couples and family counseling; adults, adolescents and children; depression, anxiety, mood swings, trauma, grief, adjustment/general mental health
  - b. Accepts Aetna, Blue Cross, self-pay
  
11. Shannon Miller, LMHC,  
Phone: 412.523.2087  
Address: 1100 Plantation Island Dr. Suite 140 Saint Augustine, FL 32080  
Email: [Shannon@sojourn-care.com](mailto:Shannon@sojourn-care.com)
  - a. Pre-marital, couples, family, individual, teenagers
  - b. No insurance accepted at this time
  
12. Dr. Michelle Powell  
Address: 13500 Sutton Park Dr. S. Suite 802, Jacksonville, FL  
Phone: 904.325.7770  
Email: [michellepowellphd@yahoo.com](mailto:michellepowellphd@yahoo.com)  
Website: [michellepowellcounseling.com](http://michellepowellcounseling.com)
  - a. Sex and pornography addiction, infidelity, betrayal, sexual issues, infertility, postpartum, prenatal, women's issues

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- b. Couples and individual therapy
  - c. No insurance accepted at this time
13. Dana Bridges, LMHC, NCC  
Phone: 904-800-9422  
Address: 6620 Southpoint Dr. S, #450-J, Jacksonville, FL 32216  
Email: [dana@gracechristiancounseling.net](mailto:dana@gracechristiancounseling.net)
- a. Website: [gracechristiancounseling.net](http://gracechristiancounseling.net)  
Addiction, mood disorders, adjustment disorders, grief, marriage and families, military and veterans, teens and adults
  - b. Accepts Aetna, Tricare, Beacon/Military One Source, Humana, Magellan
14. Emily Yi, LCSW  
Phone: 904.357.0536  
Address: 7900 Lone Star Road 32211  
Online counseling available for FL residents  
Email: [emilykatyi@gmail.com](mailto:emilykatyi@gmail.com)  
Website: [parkwoodcounselingcenter.com](http://parkwoodcounselingcenter.com)
- a. Specializes with creative, gifted teenagers and their families, processing trauma, anxiety, depression, grief and all aspects of identity development (mental health, physical health, spiritual health, sexuality, boundaries, personality, etc)
  - b. Tricare or self-pay
15. Garlyn Lawrence, M.A.  
Phone: 973.362.6318  
Address: 13500 Sutton Park Drive South Suite 802  
Email: [glawrencecounseling@gmail.com](mailto:glawrencecounseling@gmail.com)
- a. Individuals, adolescents, couples, children, pre-marital, anxiety, depression
  - b. Self-pay
16. Megan E. Atwood, M.A., Licensed Marriage & Family Therapist  
Phone: 904.849.1190  
Address: 87003 Professional Way, Yulee, FL 32097  
Email: [megan@breakthroughsnf.com](mailto:megan@breakthroughsnf.com)  
Website: [breakthroughsnf.com](http://breakthroughsnf.com)
- a. Individuals, couples, premarital, children, pre-adolescent, adults, seniors, military and veteran, trauma, anxiety, depression, adjustment disorders
  - b. Tricare, Aetna, Cigna

## RECOMMENDED COUNSELORS

17. Kelly Roberts, LPC, LMHC  
Phone: 904-606-9566  
Address: Nocatee (contact Kelly for exact address)  
Email: [kelly@anchorofhopecounselor.com](mailto:kelly@anchorofhopecounselor.com)  
Website: [kellyrobertscounselor.com](http://kellyrobertscounselor.com)
  - a. Individuals 18 + anxiety, grief, depression, communication skills, women's issues
  - b. Accepts Aetna, United Healthcare, Cigna and Tricare; self-pay sliding scale
  
18. Brittney Werth, LCPC, LMHC, LCPC #7537 - MH#14566  
Phone: 904.994.2119  
Website: [brittneywerthcounseling.com](http://brittneywerthcounseling.com)