Community Resources for Low-Cost Counseling

The following is a list of professionals in the community who provide low-cost counseling to UCF students. Note: The University of Central Florida does not endorse these service providers or assume any liability for the services they provide. If you mention that you are a student at UCF, some of these providers may provide services at a reduced rate.

Ana Songer - Gentle Growth Counseling –
Telehealth only
407-900-7048
GentleGrowthCounseling.com
Cost: $45-75/session
Specialties: EMDR, Trauma, Mindfulness-Based, CBT, LGBTQ+ populations, kink friendly

Heartbonds Counseling
600 E Colonial Dr Ste. #220, Orlando, FL 32803
407-801-3578
www.heartbondscounseling.com/
Cost: $50-70/session – Sliding fee scale available
Specialties: Life transitions, anxiety, and depression

Debbie Haughton, LMHC – Orlando Counseling Services
3361 Rouse Rd Ste. #125, Orlando, FL 32817
www.orlandocounselingservices.net/
Cost: Call for rates
Specialties: Relationship issues, family struggles, lack of confidence, PTSD, grief, trauma, veterans, and anxiety, EMDR, Child Play Therapy

Susan Solano – Eirene Counseling Services –
Telehealth only
3505 Lake Lynda Dr Ste. #200, Orlando, Fl 32817
407-449-8225
Cost: $50-$70 per session/Sliding fee scale available
Specialties: Depression, anxiety, coping skills, relationship issues, grief, stress, women's issues, spirituality, drug & alcohol abuse, and parenting

Jason Keilman – Jason Keilman Counseling –
Telehealth /in person
1950 Lee Road, Suite 101, Winter Park, FL 32789
407-917-3130
www.JasonKeilmanCounseling.com
Cost: $75-$175 per session
Specialties: Depression, Anxiety, Trauma. I practice IFS, ACT, Mindfulness, & ART (Accelerated Resolution Therapy).

Nyesha Logan – Logan Listens– Telehealth only
407-921-6276
www.meetmonarch.com/therapist/nyesha-logan-registered-clinical-social-work-intern-saint-petersburg-fl
Cost: $85/session - Sliding fee scale available
Specialties: Anxiety, Depression, Life Transition, Relationships Issues, Stress

Pamala Duff – Red Couch Counseling –
Telehealth/in person services
1335 Palmetto Ave, Winter Park FL
352-224-9612
www.redcouchtalks.com
Cost: $75-$95/session
Specialties: Anxiety, relationship issues, career, codependency

Seasons Counseling Orlando – Telehealth/in person
2300 Lee Rd, Winter Park, FL 32789
407-960-3938
www.seasonscounselingorlando.com/
Cost: $35- $85/session

Stephanie Paugh – Orlando Counseling and Behavioral Services, LLC – Telehealth/In person
1060 Woodcock Rd Ste 133 Orlando, Fl 32803
689-244-1743
www.orlandocounselingandbehavioralservices.clientsecure.me
Cost: $70-$140/session
Specialties: Trauma Focused-CBT, DBT, Mindfulness certified

Agape Therapy Institute – Telehealth/In Person
37 N Orange Ave, Suíte 1100, Orlando, FL 32801
(407) 900-8633
www.agapementalhealth.org
Cost: $25-$150/session
Specialties: Mental health counseling for individuals, couples therapy, family therapy, trauma-informed approach, anxiety and depression, life transitions, emerging adults, career-related concerns, relationship problems, trauma and stressor related conditions, EDMR, ART

Karrah Rinehart – Journeys Counseling Center
Telehealth/In person services
668 North Orlando Ave, Suite 210, Maitland, FL 32751
407-951-8829 ext 702
www.journeyscounselingorlando.com/
Cost: $65-$100
Specialties: College/phase of life transitions; family of origin and relational issues; depression/anxiety

Renew Counseling Telehealth /in person
1059 Maitland Center Commons Boulevard,
Maitland, FL 32751
407-776-0958
www.renew-counseling.org
Cost: $30-$90 (Based on need)
Specialties: trauma, addiction, depression, anxiety, relationship issues, communication, self-esteem, etc.

Ashley Honohan, LMHC – Ashley Honohan Counseling, LLC – Telehealth only
689- 244-0932
www.Ashleyhonohancounseling.com
Cost: $80-$150
Specialties: Depression, Anxiety, Trauma

Heather Bering, LMHC – Telehealth only
717-380-4404
www.,mentalhealthmatch.com/therapist-profile/florida/heather-bering
Cost: $65-$125
Specialties: Anxiety, Anger, Communication, Depression, Stress, Social Issues, Trauma, Life Coaching, Career Coaching

All information reflects the information provided by the community clinician.

Anchored Therapeutic Services –Telehealth/in person
12301 Lake Underhill Rd, Ste 255 Orlando, FL 32828
407-459-4746
www.anchoredtherapeuticservices.com
Cost: $60/session (with registered interns)
Specialties: Anxiety, Mood Disorders, Trauma, Self esteem, Relationship issues, Stress management, All providers are LGBTQIA friendly and affirming

A Great Life Services, Inc – Telehealth/in person
1150 S Semoran Blvd Suite A Orlando, Fl 32807
407-704-7811
www.agreatlifeservices.org
Cost: $60-75 session (Depending on budget)
Specialties: anxiety, depression, lack of communication, family concern, substance abuse, low self-esteem, suicidal ideation, abuse, learning concern

Jesse Lyons – Lyon Counseling, LLC
Telehealth/in Person
315 N Wymore Rd Winter Park, FL 32789
321-430-5966
www.lyoncounseling.care/
Cost: $60-$150 per session/
Specialties: Trauma, Relationships, Anxiety, Depression & Hypnotherapy

Christina Suarez – Christina Suarez Counseling Services -Telehealth only
407-734-3134
www.christinasuarezcounseling.com
Cost: $50-$100 per session
Specialties: Trauma, Grief, Anxiety, Depression

Stacy Omara, LMHC – Telehealth/in person
661 Seminola Blvd, Casselberry 32707
407-405-0585
www.Stacyomara.com
Cost: $75-$150/session
Specialties: Anxiety, depression, bipolar (medication compliant), ADHD, adjustment, LGBTQ+, couples

Linda Messing Cook, LMHC – Telehealth/in person services
5458 Lake Howell Rd., Winter Park, FL 32792
321-274-2224
www.lindamesingcook.com
Cost: $80-100/session
Specialties: Bipolar Disorder, Trichotillomania and BFRB's, Couples and family therapy, Depression, Anxiety

EliteDNA – Telehealth/In Person
407-986-1360
www.elitedna.com/
Cost: Income Based
Specialties: Psychotherapy (Individual and Group), and Psychiatry

Yael Rivera – Telehealth only
407-986-8938
www.yaelmsw.com/
Cost: $70-$90 based on Income
Specialties: Relationships , anxiety, life transitions

Crystal Nicosia - Time for You Counseling–
Telehealth/in person
165 Sabal Palm Dr., Suite 109, Longwood, FL, 32779
407-808-1900
www.Timeforyoucounseling.com
Cost: $75/session for students
Specialties: anxiety, depression, and trauma related concerns.

Viktoria Phillips, Progress Counseling Group –-
Telehealth/In person
213 S. Dillard Street, Winter Garden, FL 34787
407-494-2373
www.progresscounselinggroup.com/provider-detail-page?pid=1798
Cost: $25-$60 per session
Specialties: Anxiety, Stress Management, Self-Esteem, Life Transitions

Shari Gamewell, LCSW– Telehealth/In Person
1850 Lee Road Suite 332 Winter Park FL 32789
407-977-6633
Cost: $75-$100 per session
Specialties: Faith-Based

Michele Kratochvil – Telehealth Only
407-870-2223
www.faithfilledliving.com
Cost: $65 per session
Specialties: stress, depression, anxiety, relationship/couple, weight

Josselyn Dinnan - Center for Counseling and Consulting
661 Seminola Blvd, Casselberry, FL 32707
803-814-3404 or 833-553-9179
Cost: $65 per session (Sliding fee scale available based on need)
Specialties: anxiety, depression, stress

Alicia Betancourt– Telehealth only
386-492-8102
www.growtherapy.com/search-results?state=Florida&address=Florida&name=alicia&insurance=Cash&setting=Virtual&typeOfCare=Talk%20therapy
Cost: $59 for intake, $29 per session for UCF students
Specialties: Anxiety, depression, and individuals with disabilities

Dr. Monica Pedemonte– Orlando Psychology Associates
1630 Hillcrest St. Orlando, FL 32803
407-447-5437
www.orlandopsychologyassociates.com/team/monica-pedemonte/
Cost: $90-$105 per session and a sliding scale is available depending on financial need
Specialties: Depression, anxiety, minorities, veterans, military families, and disturbances related to medical disabilities, terminal illnesses & grieving, Spanish speaking