

# Fayette County Therapy Resources

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## **Children and Adolescent Trauma Treatment and Training Institute (CATTI)**

859-218-6901  
3470 Blazer Pkwy Suite #100  
Lexington, KY 40509  
Free Services  
Trauma-Focused Services, Parent Child Interaction Therapy

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## **Integrative Counseling Center**

859-554-6028  
1081 Dove Run Rd.  
Lexington, KY 40502  
Accepts Medicaid; offers sliding scale fees  
Play Therapy, Couples Counseling, Trauma Counseling, Parenting Support

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## **Cashion Creative Counseling Center**

502-684-2183  
713 Millpond Rd. Unit 1  
Lexington, KY 40514  
Does not accept insurance but offers sliding scale fee  
Individual Psychotherapy

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## **HealthFirst Bluegrass**

859-288-2425  
496 Southland Dr.  
Lexington, KY 40503  
Accepts Medicaid and Commercial Insurances; offers sliding scale fees  
LGBTQ+ Friendly  
Psychiatric Services

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## **New Life Counseling Services, LLC**

859-309-2384  
431 S Broadway Suite 121  
Lexington, KY 40508  
Accepts Medicaid and Most Insurances; offers sliding scale fee  
Trauma-Focused Therapy, Problem Sexual Behavior Therapy, Substance Abuse

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## **New Vista**

859-233-0444 or 24/7 hotline 800-928-8000  
1351 Newtown Pike Building 5; Second Floor  
Lexington, KY 40511  
Accepts Medicaid, Commercial, and Private Insurances; sliding scale fees for uninsured  
Psychiatric Services, Case Management, Substance Abuse

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## **UK Pediatric Forensic Medicine**

859-218-6727  
740 South Limestone (KY Clinic: Pediatric Specialty Clinic, 2nd Floor, Wing D, Room J201)  
Lexington, KY 40536  
Accepts Medicaid and Commercial Insurances  
Trauma Informed Therapy, Grief Counseling, Play Therapy, Parent Child Interaction Therapy

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## **Life Navigation Services**

859-953-0119  
1500 Leestown Rd. Suite 304  
Lexington, KY 40511  
Private Pay Only  
Adult Counseling, Marriage/Relationship Counseling

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## **KVC Kentucky**

859-254-1035  
2250 Thunderstick Dr. Suite 1104  
Lexington, KY 40505  
Accepts Medicaid and Commercial Insurances  
In-Home Services, Trauma-Focused Therapy, Psychiatric Services, Case Management

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## **UK Healthcare: Adolescent Medicine Clinic**

859-323-5643  
740 S Limestone; Fourth Floor, Wing D  
Lexington, KY 40536  
Accepts Medicaid and Commercial Insurances  
LGBTQ+ Friendly  
Family Planning, Psychiatric Services, Reproductive & Sexual Healthcare, Counseling & Behavioral Health

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# Fayette County Therapy Resources

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## **Kentucky Counseling Center**

855-591-0092  
1500 Leestown Rd #232  
Lexington, KY 40511  
Accepts Medicaid and Commercial Insurances  
LGBTQ+ Friendly  
Psychiatric Services, Case Management

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## **Ampersand Sexual Violence Resource Center**

859-253-2615  
2025 Regency Rd  
Lexington, KY 40503  
Free Services  
LGBTQ+ Friendly  
Crisis Counseling, Individual Therapy, Group Services

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## **Lexington Counseling and Psychiatry - Offices of Paul Dalton**

859-338-0466  
501 Darby Creek Rd Suite 50;  
1092 Duval St;  
448 Lewis Hargett Circle  
Accepts Medicaid and Commercial Insurances  
Christian Orientation  
Trauma Focused Therapy, Problem Sexual Behavior Therapy, Play Therapy, EMDR

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## **Southland Child, Adult, and Family Counseling**

859-285-2959  
3320 Clays Mill Rd  
Lexington, KY 40503  
Accepts Medicaid and Commercial Insurances  
Family Therapy, Play Therapy, Trauma Focused Therapy

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## **Hope Springs Counseling Center**

859-242-5201  
870 Corporate Dr Suite 301  
Lexington, KY 40503  
Accepts Most Insurances; offers sliding scale fee  
Christian Orientation  
Problem Sexual Behavior Therapy, Trauma Informed Therapy, Grief Counseling, EMDR

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## **Specialized Alternatives for Families and Youth (SAFY)**

859-971-2585  
401 Lewis Hargett Circle Suite 220  
Lexington, KY 40503  
Accepts Medicaid and Commercial Insurances  
Problem Sexual Behavior Therapy, Family Therapy, Foster Parent Training

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## **KVC Kentucky**

859-254-1035  
2250 Thunderstick Dr. Suite 1104  
Lexington, KY 40505  
Accepts Medicaid and Commercial Insurances  
In-Home Services, Trauma-Focused Therapy, Psychiatric Services, Case Management

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## **The Kentucky Center for Grieving Children and Families**

859-813-2759  
Location varies based on the support group  
Free Services  
School-Based and Community-Based Grief Support Groups

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## **The Ridge Behavioral Health System**

859-269-2325  
3050 Rio Dosa Dr  
Lexington, KY 40509  
Accepts Medicaid (ONLY with an MCO attached) and Commercial  
Inpatient and Outpatient Psychiatric Services, Foster Program, Medication Management

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## Fayette County Therapy Resources

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### **Lionheart Trauma Support Services, LLC**

859-447-0855  
3147 Custer Dr.  
Lexington, KY 40517  
Accepts Medicaid and Commercial Insurances  
LGBTQ+ Friendly  
Family Therapy, Parenting Classes, Substance Abuse, Targeted Case Management, Play Therapy, Grief Support, EMDR

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### **Glencairn Marriage & Family Therapy Center**

859-263-4687  
501 Darby Creek Rd., Suite 67  
Lexington, KY 40509  
Accepts Medicaid  
Forensic Evaluations available

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### **Key Assets**

859- 226-5022  
961 Beasley St. Suite 160  
Lexington, KY 40509  
Accepts Medicaid and Commercial Insurances  
Trauma Treatment, Case Management, EMDR, Problem Sexual Behavior Therapy

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### **Life Stance Health**

859-297-6723  
1030 Monarch St. Suite 100;  
161 Prosperous Place Suite 100;  
1255 Providence Place Pkwy Suite 115  
Accepts Medicaid, Medicare, and Commercial Insurances  
LGBTQ+ Friendly  
Substance Abuse, Couples Therapy, Grief Counseling, Problem Sexual Behavior Therapy, Medication Management, EMDR

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### **Intrust Healthcare**

859-252-0003  
3320 Tates Creek Rd Suite 210  
Lexington, KY 40502  
Accepts Medicaid and Commercial Insurances  
Trauma Informed Therapy, Grief Counseling, Case Management, Substance Abuse, Parenting Support, Couple Group & Family Therapy, Problem Sexual Behavior Therapy

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### **Creative Solutions of the Bluegrass, LLC**

859-229-1053  
851 Corporate Dr Ste. 201,  
Lexington, KY 40503  
Accepts Medicaid, Commercial, and offers a sliding scale fee to those uninsured  
Trauma Focused Therapy, Play Therapy, Grief Counseling, Parent Support, Problem Sexual Behavior Therapy, Parent Child Interaction Therapy

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### **Heather Risk, PsyD & Associates**

859-303-8041  
249 E Main St Suite 205,  
Lexington, KY 40507  
Private Pay ONLY  
Trauma Focused Therapy, Child & Family Therapy, Trauma Assessments, Parent Assessments, Parent Child Interaction Therapy, Grief Counseling

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### **United Behavioral Health Associates**

859-278-1162  
1021 Majestic Dr. Suite 100  
Lexington, KY 40513  
Accepts Medicaid and all insurance based in KY  
Psychiatric Services, Substance Abuse Services, Medication Management

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## Fayette County Therapy Resources

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### **Lexington Therapy, LLC**

859-935-1707  
501 Darby Creek Rd UNIT 50,  
Lexington, KY 40509  
Accepts Medicaid and Commercial; offers sliding scale fee  
LGBTQ+ Friendly  
Play Therapy, Problem Sexual Behavior Therapy, Trauma Informed Therapy, Substance Abuse, Grief Counseling

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### **IDEALS for Families and Communities**

859-806-4484  
1389 Alexandria Dr,  
Lexington, KY 40504  
Offers sliding scale fees - base fee is \$35  
Couples Therapy, Problem Sexual Behavior Therapy, Family Conflict Therapy, Trauma Informed Therapy

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### **The Harris Center**

859-257-6853  
644 Maxwellton Ct,  
Lexington, KY 40508  
Offer Sliding Scale fee  
Assessments, Individual Therapy

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### **Bluegrass Community Health Center**

859-259-2635  
1306 Versailles Rd. Suite #120;  
131 N Eagle Creek Dr.  
Accept Medicaid or First Appointment requires proof of income if no insurance  
Counseling & Psychiatric Services for medical patients only

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### **Birchwood Healing Place**

859-327-4416  
1050 Chinoe Rd # 112,  
Lexington, KY 40502  
Accepts Medicaid  
Trauma Focused Therapy, EMDR, Specializes in Domestic Violence, PTSD, Grief & Anxiety

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### **Bluegrass Care Navigators**

800-876-6005  
859-277-2700  
1733 Harrodsburg Rd.  
Lexington, KY 40504  
Free Services  
Grief support services

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### **Child and Family Associates Inc.**

859-733-9241  
713 Millpond Road, Suite 13  
Lexington, KY 40514  
Accepts Medicaid and Commercial; offers sliding scale fee  
Assessments/Evaluations, In School Services, Case Management, Trauma Informed Therapy, Play Therapy, Problem Sexual Behavior Therapy, Grief Support, EMDR

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### **Trauma Informed Counseling Center (TICC)**

859-309-2877  
80 Codell Drive Suite 130 & 230  
Lexington, KY 40509  
713 Millpond Road Suite B-3  
Lexington, KY 40514  
Accepts Medicaid and Commercial Insurances  
Specialize in Trauma, EMDR

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### **The Nest: Center for Women, Children, & Families**

859-259-1974  
530 N Limestone,  
Lexington, KY 40508  
Free Services  
LGBTQ+ Friendly  
Domestic Violence Counseling, Emergency Childcare Services

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## Fayette County Therapy Resources

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### **Access Wellness**

859-309-0309

2401 Regency Rd Suite 101

Lexington, KY 40503

Accepts Medicaid, Medicare, and Commercial Insurances

Family Therapy, Parenting Support, Grief Counseling

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### **Marshall Pediatric Therapy**

859-327-3033

3499 Blazer Parkway, Ste 170

Lexington, KY 40509

Accepts Medicaid and Commercial Insurances

Christian Orientation

Speech and Occupational Therapy, Physical Therapy

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### **Mountain Comprehensive Care Center**

859-368-8897

152 West Zandale Dr.

Lexington, KY 40503

Accepts Medicaid and Commercial Insurances

Substance Abuse, School-Based Services, Peer Support, Psychological Testing

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### **Mended Counseling & Trauma Services**

859-365-0184

824 Euclid Ave Suite #A102

Lexington, KY 40502

Accepts Medicaid and Commercial Insurances; offers a sliding scale fee

LGBTQ+ Friendly

Family Therapy, Targeted Case Management, Trauma-Informed Therapy, Solution-Focused Therapy, Acceptance & Commitment Therapy

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### **Open Doors Counseling Center**

606-776-6185

503 Darby Creek Rd, Suite C,

Lexington, KY 40509

Accepts Medicaid and Commercial Insurances

LGBTQ+ Friendly

Trauma-Informed Therapy, Grief Counseling, Stress Management, ADHD

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