



**Affordable, sliding scale fees,
daytime, evening & weekend sessions
free 30 minute consultations**

**8700 Manchaca Road, Suite 806
Austin, TX 78748
(512) 850-6781
www.counselingsouthaustin.com**

This listing is designed to help people connect with psychiatrists accepting some of the most common insurance plans in the Austin area. It has two parts.

The first part offers a list of psychiatrists and psychiatric nurse practitioners in private practice in Austin, Texas who accept insurance and offer medication management services.

The second part of this guide provides a list of agencies, clinics and hospitals that offer psychiatric services. Some of these agencies offer services on an income-based sliding scale. Some accept insurance.

You should confirm your insurance coverage before scheduling an appointment.

Counseling and medication work well together.

For the most affordable counseling services in the Austin area:

YWCA offers counseling on a sliding scale that starts at \$5 per session (women, couples & families only).

Capital Area Counseling offers services on a sliding scale that starts at \$10 per session.

We also offer counseling services at [Counseling South Austin](#), a quiet private practice serving 78748 & surrounding areas, on a sliding scale of \$40-\$80 per session.

If you or someone you know is in crisis, please don't wait.

If you're in Austin, Texas, you can call 512-472-HELP (4357) for immediate assistance.

If you're outside of Austin & you need to talk, or you're concerned about someone else, you can call the National Suicide Prevention Lifeline at 800-273-8255.

Regardless of your location, you can also call 9-1-1 or go to your nearest emergency room.

Crisis services are also available online at [I'mAlive](#) and [Crisis Chat](#).

This list provides general information for educational & referral purposes only.

Counseling South Austin and its associates are not liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product you obtain through this list and the links provided herein. This list is not comprehensive: providers and insurance contracts do change. You should contact your insurance plan directly to confirm coverage prior to treatment.

Psychiatric Providers Accepting Insurance in Private Practice

BCBS

[Ashwin Gowda, MD](#)
[Bernard Kim, MD](#)
[Brent Turnipseed, MD](#)
[Camille Watson, APRN](#)
[Carlos Vargas, MD](#)
[Charles Sweet, MD](#)
[Cole Weatherby, DO](#)
[David Urrate, MD](#)
[Divyansu Patel, MD](#)
[Francisca Ifesinachukwu, MD](#)
[Jane Kang, MD](#)
[Leonard Weiss, MD](#)
[Mark Esche, MD](#)
[Mary Jane Warren, PMHNP](#)
[Martha Mefferd, PMHNP](#)
[Matthew Masters, MD](#)
[Meredith Tompkins, PMHNP-BC](#)
[Michael Musgrove, MD](#)
[Nakia Scott, MD](#)
[Nazrul Islam, MD](#)
[Priscilla Sierk, DO](#)
[Sarah Allison-Kolb, PMHNP](#)
[Scott Elkin, DO](#)
[Sean Howell, MD](#)
[Suzanne Grantham, PMHNP](#)
[Virginia Garay, MD](#)
[William Munyon, MD](#)

Humana

[Ashwin Gowda, MD](#)
[Irwin Schussler, DO](#)
[Karalee LeBlanc, APRN](#)
[Lisa Beisel, MD](#)
[Nazrul Islam, MD](#)
[Michael Musgrove, MD](#)
[William Munyon, MD](#)

United Healthcare

[Arvinder Walia, MD](#)
[Ashwin Gowda, MD](#)
[Brian Earthman, MD](#)
[Camille Watson, APRN](#)
[Constance George, MD](#)
[David Urrate, MD](#)
[Francisca Ifesinachukwu, MD](#)
[Leonard Weiss, MD](#)
[Linda von Kreisler, PMHNP](#)
[Lisa Beisel, MD](#)
[Mark Esche, MD](#)
[Martha Mefferd, PMHNP](#)
[Mary Jane Warren, PMHNP](#)
[Matthew Masters, MD](#)
[Michael Musgrove, MD](#)
[Paul Putman III, MD](#)
[Priscilla Sierk, DO](#)
[Robin May-Davis, MD](#)
[Sarah Allison-Kolb, PMHNP](#)
[Scott Elkin, DO](#)
[Sean Howell, MD](#)
[Suzanne Grantham, PMHNP](#)
[Virginia Garay, MD](#)
[William Munyon, MD](#)

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Cigna

[Arvinder Walia, MD](#)
[Ashwin Gowda, MD](#)
[Francisca Ifesinachukwu, MD](#)
[Irwin Schussler, DO](#)
[James Hageman, MD](#)
[Leonard Weiss, MD](#)
[Martha Mefferd, PMHNP](#)
[Scott Elkin, DO](#)
[Suzanne Grantham, PMHNP](#)
[Virginia Garay, MD](#)

Aetna

[Arvinder Walia, MD](#)
[Ashwin Gowda, MD](#)
[Brian Earthman, MD](#)
[Camille Watson, APRN](#)
[Carlos Vargas, MD](#)
[Charles Sweet, MD](#)
[Denae Rickenbacker, MD](#)
[David Urrate, MD](#)
[Divyansu Patel, MD](#)
[Francisca Ifesinachukwu, MD](#)
[Irwin Schussler, DO](#)
[Leonard Weiss, MD](#)
[Mark Esche, MD](#)
[Martha Mefferd, PMHNP](#)
[Mary Jane Warren, PMHNP](#)
[Matthew Masters, MD](#)
[Michael Musgrove, MD](#)
[Nazrul Islam, MD](#)
[Peter Soo, MD](#)
[Sarah Allison-Kolb, PMHNP](#)
[Scott Elkin, DO](#)
[Sean Howell, MD](#)
[William Munyon, MD](#)

Many of the providers on this list are not accepting new patients, or they are booking appointments months in advance.

However, if you have gone through this list and the list of providers supplied by your insurance company and cannot get an appointment booked, you still have options:

1.) Community clinics & agencies.

The second portion of this guide includes a number of agencies & clinics offering psychiatric care.

Many of these clinics can bill your insurance or offer services on an income-based sliding scale.

2.) Investigating out of network coverage.

Depending on your coverage, you may have out-of-network benefits that will cover most or all of the cost of treatment.

In these cases, you will need to pay in full at the time of service and then file a statement with your insurance company for reimbursement.

This option offers you more freedom in choosing your provider, though you will likely incur more out-of-pocket expenses.

3.) Single case agreement (SCA).

A single case agreement is a contractual agreement you can develop with your insurance company to work with an out-of-network provider at in-network rates.

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Agencies & Clinics Offering Psychiatric Care

Seton Medical Center

[Seton Mind Institute](#) has 20+ psychiatrists providing inpatient and outpatient services at multiple locations in Austin. Seton Medical Center accepts [most insurances](#).

[Shoal Creek Hospital](#)

[Brackenridge Psychiatric Emergency Dept.](#)

[Seton McCarthy Community Health Center](#)

[Seton Kozmetsky Community Health Center](#)

[Seton Topfer Community Health Center](#)

Scott & White Healthcare

[Scott & White Healthcare](#) is a non-profit collaborative healthcare system serving central Texas. Scott & White accepts [most insurances](#).

[302 University Blvd. Round Rock, TX](#)

[425 University Blvd., Round Rock, TX](#)

[910 E. Whitestone Blvd., Cedar Park, TX](#)

Austin Child Guidance Center

[Austin Child Guidance Center](#) is staffed by a multi-disciplinary team serving youth aged 17 and younger. Counseling, medication & parenting classes are available.

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Lone Star Circle of Care

Lone Star Circle of Care is a federally qualified community health center service center. Lone Star Circle of Care [provides care to anyone](#), regardless of income, residency status, employment, health insurance coverage, or ability to pay.

[Ben White Health Clinic Behavioral Health](#)

[Seton Circle of Care Behavioral Health](#)

[Behavioral Health at Round Rock](#)

[Behavioral Health at Lake Air Med. Ctr.](#)

[Seton Circle of Care Behavioral Health at TAMHSC](#)

El Buen Samaritano

[El Buen Samaritano](#) is a faith-based non-profit offering health, education and food assistance services to the uninsured of Austin.

People's Community Clinic

[People's Community Clinic](#) is a non-profit clinic providing healthcare for uninsured Austinites. PCC offers sliding scale and accepts Medicare, Medicaid, & CHIP.

LifeWorks

[LifeWorks](#) is a non-profit offering counseling, housing & workforce development services to youth.

CommUnityCare

[CommUnityCare](#) has partnerships with ATCIC, UT School of Nursing and other agencies. Note that these clinics offer psychiatric care via teleconferencing.

[ARCH](#) (for people who are homeless)

[UT School of Nursing Wellness Clinics](#)

[East Austin Health Center](#)

[Montopolis Health Center](#)

[North Central Health Center](#)

[Oak Hill Health Center](#)

[Pflugerville Health Center](#)

[Rosewood Zaragosa Health Center](#)

[Rundberg Health Center](#)

[South Austin Health Center](#)

Texas Child Study Center

[Texas Child Study Center](#) is affiliated with Dell Children's Hospital. Medication management, therapy, psychiatric evaluations & testing are all offered on site.

Austin Travis County Integral Care

[Austin Travis County Integral Care](#) is the community mental health center for Travis county serving children & adults of all ages with qualifying mental health diagnoses.

Bluebonnet Trails Community Services

[Bluebonnet Trails Community Services](#) is the community mental health center for Williamson county serving children & adults of all ages with qualifying mental health diagnoses.

Hill Country MHDD Centers

[Hill Country MHDD](#) is the community mental health center for Hays & 18 other counties in central Texas, serving children & adults of all ages with qualifying mental health diagnoses.

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