

Pleasant Valley Social Work Services

Resource Guide

2026-2027



This is a guide of local providers and agencies. It is suggested that you follow up with your insurance company to confirm:

- **What kind of mental health coverage you have.**
- **If there are any limits on the number of sessions you can have in a year.**
- **If you have any copays or deductible.**

You may have to contact these offices several times before an appointment can be scheduled.

Hope Counseling & Behavioral Services, LLC

1023 Interchange Road (Route 209) Gilbert, PA 18331

Phone: (610) 681-5389

<http://www.hopecounselingbehavior.com/>

Areas of Focus:

- Depression
- Abuse and Neglect
- Anxiety
- Phobias
- Sexual Abuse
- Relationship Issues
- Self Esteem Issues
- Marital and Family Problems
- Anger management
- Loss/Grief

Insurance accepted:

- Medicaid
- Private Insurance - Call to verify.

George Waldenmayer LPC, CAADC

149 Horseshoe Drive Effort, PA 18330

Phone: [\(570\) 794-3751](tel:(570)794-3751)

Please review specialties and expertise at:

<https://www.psychologytoday.com/us/therapists/george-waldenmayer-lpccaadc-effort-pa/344606>

Insurance accepted:

- Medicaid
- Private Insurance - Call to verify.

Aspire Counseling and Consulting

134 Broad Street, Suite 7 Stroudsburg, PA 18360

Phone: (570)421-7868

<https://www.aspirecounselingllc.com/>

Professional counseling services provided for:

- Depression and Mood Disorders
- Anxiety and Panic Attacks
- Couple and Relationship Problems
- Child Behavioral Problems
- Medical and Health Concerns
- Grief and Loss
- Work and Career Issues
- Sexuality Issues
- Trauma Related Disorders
- Stress Management
- Brain Injury Survivors
- Brain Injury Caregivers and Advocates
- Parenting and Family Issues
- Conflict Resolution
- Adjustment Disorders
- Caregivers to Dependent or Disabled Adults
- Newly Diagnosed Young Adults
- Cultural & Racial Identity Issues

Insurance accepted:

- Aspire Counseling and Consulting (AC&C) is a participating provider of many insurance companies and employee assistance programs. New plans are accepted regularly. Call to inquire.

Pocono Counseling Associates

105 Terrace Drive Suite 102 PO Box 288 Stroudsburg, PA 18360

Phone: (570) 620-4311

<https://poconocounseling.com/>

Counseling Services:

- Anxiety
- Depression
- Stress Management
- Premarital Counseling
- Marriage Counseling
- Divorce Recovery
- ADD/ADHD
- Grief and Bereavement
- Self-Esteem
- Trauma
- Social Skills
- Phobias
- Employment Issues
- Life Changes
- Budget Planning
- Anger Management/Classes
- Play Therapy
- LGBTQIA
- Body Image

Insurance accepted:

- Accepts multiple insurance carriers. Call to verify.

A Pathway to Healing Counseling Services

31 West 1st Street, Unit 1 Wind Gap, PA 18091

Phone: (610) 881-4545

<https://www.findingapathway.com/about-us>

Services:

- Grief Therapy
- Anxiety
- Depression
- Trauma informed therapy

Insurance accepted:

- Most major insurances are accepted. Call to verify.

Pocono Behavioral Wellness

24 N 7th St Suite 202, Stroudsburg, PA 18360

Phone: (570) 994-2664

Specialties:

- Mood Disorders
- Anxiety
- Obsessive Compulsive Disorder
- Trauma Counseling - Post Traumatic Stress Disorder (PTSD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anger Management
- Parenting
- Oppositional Defiance
- Peer Relationships
- Loss & Bereavement
- Spirituality
- Mindfulness/Meditation
- Divorce
- Lesbian, Gay, Bisexual, Transgender, Queer, Intersex (LGBTQ+) Issues
- Women's Issues

Insurance accepted:

- Accepts most insurances. Call to verify.

Connections Counseling Services, LLC

1300 North 5th St Suite 102 Stroudsburg, PA 18360

Phone: (570) 730-4211

<https://www.connectionsounselingservicesllc.com/>

317 Dartmouth Dr. Unit 3 Marshalls Creek, PA 18335

Phone: (570) 730-4211

Please visit the website to review client concerns they treat:

<https://www.connectionsounselingservicesllc.com/services-policies>

Insurance accepted:

- Medicaid
- Accepted insurances vary from therapist to therapist within our practice. Contact to verify.

Restorative Family Services

529 Seven Bridge Rd. Suite 304 East Stroudsburg PA 18301

Phone: (570) 807-0267

<https://restorativefamilyservices.com/>

Focus areas/Services offered:

- ADHD
- Anxiety/Panic Disorders
- Trauma Treatment
- Couples Therapy
- Family Therapy
- Group Therapy
- Individual Therapy
- Telehealth

Insurance accepted:

- Not contracted with Pennsylvania State Medicaid or Medicare. Please call to confirm insurance coverage.

Pocono Psychological Services, LLC (bi-lingual services)

408 Scotrun Ave, Scotrun, PA 18355

Phone: (570) 688-2929

<https://www.poconopsychologicalservices.com/>

Treatment specialization includes:

- Therapy for Depression and Anxiety
- Children and their Disorders
- Family Counseling
- Parenting Support and Training
- Grief Counseling
- Work and Career issues
- Stress Management
- Custody Scheduling
- Reconciliation Therapy
- Conflict Resolution
- Play Therapy
- Bi-Lingual Services

Insurance accepted:

- Most insurances accepted. Call to verify.

Forensic Counseling Associates

1385 Pocono Blvd, Mt Pocono, PA 18344

Phone: (570) 476-7704

<https://forensiccounselingassociatesllc.com/>

Treatment areas:

- Depression
- Anxiety
- PTSD,
- Personality disorders
- Behavior issue
- Couples counseling
- Sexual and substance abuse,
- OCD
- Anger
- Family-based decision making,
- Victim/trauma counseling.

Insurance accepted:

- Most major insurances except for Medicare and TriCare. - Call to verify

Empowered Living LLC.

7164 Route 209 Stroudsburg, PA 18360

Phone: (570) 234-0403

Services offered:

- Individual
- Family
- Couples Counseling

Insurance accepted:

- Call to confirm insurance plans that are accepted.

Community Counseling Services (Operated by Methodist Services)

51 Market St, Bangor, PA 18013

Phone: 610-588-9109

<https://mshn.org/service/counseling-services/>

Services offered:

- Individual Therapy
- Family Therapy
- Medication Management
- Telehealth Services

Insurance Accepted:

- Accepts public Medical Assistance, Medicare and a variety of commercial plans.
- If you do not have insurance, CCS may be able to offer self-pay or grant funding through Two Rivers Health & Wellness of Easton for those who qualify. **What if I need mental health services but can't afford it?** The "WE in Wellness" project is a low, out of pocket cost service, funded through the generosity of Two Rivers Health & Wellness Foundation. In addition to therapeutic services, assistance is provided to help clients connect with community resources and navigate the healthcare system.

Pocono Resolutions

3041 PA-Route 940, unit 106, Mount Pocono, PA 18344

Phone (272) 219-0844

<https://poconoresolutions.clientsecure.me/>

Services provided:

- Psychiatric Medication Review
- Psychiatric Evaluations
- CBT and Behavioral Therapy

Insurance accepted:

- Call to confirm insurance plans accepted.

Behavioral Health Associates in Lehighton

413 Bridge Street Weissport, PA 18235

Phone: (610) 379-9304

<https://www.bhaedu.com/outpatient-services/>

Services provided:

- Medication Management
- Individual Therapy
- Couple Therapy
- Assessments
- Spectrum of Mental Health Services
- Grief Counseling
- Trauma and Stress Therapy
- PCIT
- Psychiatric Evaluation
- Counseling Services
- Psychological Testing
- Crisis Response Team
- Grandparent Support Group
- LGBTQ Concerns
- Comprehensive Outpatient Services

Insurance accepted:

- Medicaid
- Most major insurances * Call to confirm insurance plans accepted.

Finding Peace Psychiatry

7164 Route 209 Stroudsburg, PA 18360

Phone: (855) 461-3061

<https://www.findingpeacepsychiatry.com/>

Services:

- Medication management
- Comprehensive psychiatric evaluation and diagnosis
- Client centered plan of care

Insurance accepted:

- Call to confirm insurance plans accepted.

Preventive Measures Inc.

243 E. Brown Street East Stroudsburg, Pennsylvania 18301

Phone: (484) 225-4323

<https://www.preventivemeasuresinc.com/>

Services:

- Medication management
- Psychiatric evaluation
- Individual therapy
- Child therapy

Insurance accepted:

- Medicaid. Please contact to find out which insurances we take at each office location.

Merakey

912 Main St. Stroudsburg PA, 18360

Phone: (570) 424-9229

<https://www.merakey.org/services/children-and-family>

Services:

- Psychiatry
- Outpatient Therapy

Insurance accepted:

- Call to confirm insurance plans accepted.

***Merakey Incredible Years:** Group therapy 3- 6 yrs old and 7-12 yrs old. Parent group occurs separately from the children during the same time.

Location: 912 Main Street Stroudsburg, PA 18360

Phone: 570-424-8119

Email: Incredibleyears@merakey.org

New Beginnings

564 Main Street Stroudsburg PA 18360

Phone: (570) 622-9101

<https://www.newbeginningscenters.com/>

Services:

- Medication Management
- Psychiatric Evaluations
- Individual Counseling

Insurance accepted:

- Insurance plans accepted listed on: <https://www.newbeginningscenters.com/> - Call to confirm insurance plans accepted.

Pinebrook Family Answers

16 South Broadway, Suite 2 Wind Gap, PA 18091

Phone: (610) 863-8151

Services/Treatment focuses:

- Medication Management
- Psychiatric Evaluation
- Anger management
- Attention deficit and developmental disorders
- Behavioral disorders
- Depression
- Emotional disorders
- Life, school, work balance
- Parentings skills
- Trauma and abuse
- Family conflict
- Assessment & Referral
- Individual – most often come for counseling to help deal with depression, anxiety, and/or stress.
- Couples – Couples needing assistance with their relationship for various reasons.
- Family – Can include parents and children, parents and adult children, and/or parents, children and grandparents.
- Group

Insurances accepted:

- Participates in the Magellan, PerformCare and CCBH networks, Medicare Assistance and most commercial insurance, including clients enrolled with employee assistance plans.
Call to confirm insurance plans accepted.

Clarvida (formerly The RedCo Group)

Stroudsburg:

564 Main St, Stroudsburg, PA 18360

Phone: (570) 420-8070

Lehighton:

777 Blakeslee Blvd Dr E, Lehighton PA 18325

Phone: (610) 377-8525

<https://www.clarvida.com/services/>

Services offered:

- Medication management
- Individual counseling

Insurance accepted:

- Only accepting Medicaid.

Intensive Behavioral Health Services (IBHS)

***Must have Medicaid to receive services**

- Matrix Behavior Solutions, LCC: (570) 234-3989
- Step by Step Inc.: (570) 223-8247
- Youth Advocate Programs: (570) 807-3611
- Access Services: (610) 866-6667
- Colonial IU 20: (610) 252-5550
- Devereux: (570) 839 - 6154

Outpatient Drug and Alcohol Providers:

- PA Treatment & Healing (PATH) - Outpatient Drug and Alcohol
149 Saw Mill Court East Stroudsburg, PA. 18301
Phone: (570) 517-7153
<https://pathtochange.org/program/licensed-outpatient-drug-alcohol>
- Pyramid Healthcare - Drug and Alcohol Outpatient
1619 North 9th Street Suite 14 Stroudsburg PA 18360
Phone: (814) 430-4449
<https://www.pyramid-healthcare.com/locations/pennsylvania/bartonsville/>

Additional Resources:

- **Suicide and Crisis Lifeline: Dial 988**

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

<https://988lifeline.org/>

- **New Perspectives Telephone and Mobile Crisis Intervention Services**

Phone: (570) 992-0879

<https://www.rhd.org/program/new-perspectives-telephone-and-mobile-crisis-intervention-services/>

Provides crisis and emergency counseling and referral 24 hours a day. New Perspectives Telephone and Mobile Crisis Intervention Services provides assessment, crisis intervention counseling, crisis stabilization, referral and linkage with other services, and assessment of the need for emergency hospitalization at consumers' homes or at other community locations. The Medical Mobile Crisis Intervention Service provides a registered nurse and a mental health professional who, in collaboration with a licensed psychiatrist, assess crises related to consumers' psychiatric medication.

- **St. Luke's Psychiatry & Behavioral Health - Behavioral Health Walk-in Center**

St. Luke's Lehighton Campus. 211 N. 12th Street, Lehighton, PA 18235

(610) 577-0555

*Anyone who is age 14 and older and a resident of Carbon, Monroe or Pike counties.

<https://www.slnh.org/psychiatry-and-behavioral-health/outpatient/behavioral-health-walk-in-center>

- **PoconoInfo:** a free one-stop information and referral service for Monroe County that provides easy access to human services in our community. The PoconoInfo Helpline also maintains a list of Food Pantries and Clothing Closet programs across the county for use by churches and other agencies who help those in need.

Phone: (570)-517-3954

<https://poconounitedway.org/get-help/>