

Counseling Recommendations & Referrals

For mental health services, we recommend these credentialed professionals:

- **Cyndy Barden, BS in Christian Counseling, with Breaking Chains Counseling**
 - Specializes in marriage, pre-marital, & individual Christian counseling
 - 813-833-3119, Cyndy@BreakingChainsCounseling.net
 - Rate: \$80 an hour (sliding scale available)
- **Brittany Marrero, LCSW, with Deep Roots Counseling**
 - Specializes in trauma therapy, PTSD, phobias, & Accelerated Resolution Therapy (ART)
 - 813-618-7626, info@DeepRootsLCSW.com
 - Rate: \$100 a session (sliding scale available)
- **Sharon Gusmus, LPC, with Beach Therapy** (virtual therapy available)
 - Specializes in adult individual therapy, addiction recovery, couples counseling, & EMDR
 - 720-404-4883, Sharon@MyBeachTherapy.net, <https://mybeachtherapy.net/>
 - Rate: Accepts United Healthcare, Aetna & Cigna, or private pay \$195 an hour
- **Kandi Bailey, BS in Pastoral Counseling, with Steady Heart Counseling & Coaching**
 - Specializes in Accelerated Resolution Therapy (ART) for trauma, anxiety, & coping
 - (813) 364-4610, SteadyHeartLLC@gmail.com
 - Rate: \$60 a session (sliding scale available)
- **Sarah Ortiz, LMHC, with Grounds for Therapy** (virtual therapy only)
 - Specializes in teen & adult, addiction, trauma, & Accelerated Resolution Therapy (ART)
 - 813-364-4159, info@groundsfortherapy.com
 - Rate: Accepts most insurances or private pay \$110 an hour (sliding scale available)
- **Mel Coriolan, LMHC, with Coriolan Counseling** (virtual therapy only)
 - Specializes in teens & adults with anxiety, depression, OCD, & postpartum struggles
 - 813-575-2167, Melanie@CoriolanCounseling.com
 - Rate: Accepts Aetna, Optum & Cigna or private pay \$120 an hour (sliding scale available)
- **Julia Monte, LMHC** (virtual treatment available)
 - Specializing in addiction, recovery, mental health struggles, brain spotting, CBT & EFT
 - (813) 575-8199, www.lifetransformationcounseling.com
 - Rate: \$150 for 50 minutes
- **Roy Taylor, BS in Pastoral Counseling, with LifeBuilders Christian Counseling**
 - Specializes in Accelerated Resolution Therapy (ART), individual & marriage therapy
 - 1-813-438-5949, <https://lifebuilderscounseling.org/>
 - Rate: \$75 for 50 minutes
- **Life Transformation Counseling**
 - Practice of multiple therapists with varied specializations & rates from \$50-\$160
 - (813) 575-8199, www.lifetransformationcounseling.com
- **Every Rose Psychiatry**, (virtual treatment available)
 - Provides Psychiatric Medication Management
 - (813) 922-1532, <https://everyrosepsychiatry.com/>
 - Rate: Accepts most insurances, except Medicaid

For 24/7 crisis resources:

- **Call 211**- crisis counseling, mental health concerns, domestic violence, sexual assault, & resource assistance or for true emergencies always **call 911**