

Eastern Panhandle Mental Health Resource Directory

OUTPATIENT MENTAL HEALTH SERVICES- Berkeley, Jefferson, and Morgan Counties

Provider	Clinic information	Participating Insurances
A Brighter Tomorrow 1586 Winchester Ave Martinsburg, WV 25405 304-267-0818 Email: dmellott.abt@gmail.com *For First Responders interested in services, please call Karlee Davis at (304) 671-1968	<u>Specialties:</u> Adoption Adjustments, Adjustments to various life changes, Anxiety, Anger Management Bi-Polar Disorder, Blended Families, Chronic Health Issues, Christian Informed Counseling, Codependency, Couples Counseling, Counseling for Children and Adolescents, Depression Divorce Recovery, Grief Counseling, Life Change and Recovery, Marital Counseling, Men's Issues, Mood Disorders, Relationship Issues, Sexual Abuse and Recovery, Spiritual Development, Trauma, Women's Issues	Blue Cross Blue Shield, PEIA, and self-pay clients.
Apple Ridge Counseling Services 2914 Hedgesville Rd. Martinsburg, WV 25403 304-754-8495	Adult/Children/Teens <u>Specialties:</u> Individual, Family, Couple Therapy Marriage and family counseling, Parenting issues	BCBC PEIA/Healthsmart Cigna- Out of network
Ascending Psychotherapy 312 W. King Street, Apt B Martinsburg, WV 25401 304-620-5994	Megan Simms, LICSW owns a private practice in Martinsburg where she works with children, adults and families who struggle with anxiety, depression, grief and loss, PTSD, and life transitions. She is trained in PCIT and enjoys working with children and their families to improve the parent/child relationship.	Blue Cross Blue Shield Or Self Pay
Be Well Counseling 206 E. Burke Street Martinsburg, WV 25401 304-433-7212 Email: info@bewellbetter.com	<u>Specialties:</u> Anxiety, Depression, Panic Attacks Obsessive Compulsive, Disorder, Life Transitions Troubled Relationships, Self-Esteem/Self Worth Trauma Recovery, Grief <u>Therapeutic Services:</u> Adult Counseling Child and Teen Counseling	PEIA/UMR & Blue Cross Blue Shield
Body Mind Spirit Wellness 410-810-4598 Website: https://bodymindspiritwellness.clientsecure.me/	<u>Services:</u> <ul style="list-style-type: none"> • Pregnancy, Prenatal, Postpartum • Mother and Child • Couples • Movement Spaces & Workshops • Postpartum Wellness Program • Resourcing 	
Callahan Counseling Services 1020 Winchester Ave Martinsburg, WV 25401 304-886-4118	Adult/Children/Teen <u>Specialties</u> -DUI program, substance abuse and mediated treatment, depression, anxiety, behavioral issues	Most major insurances: Unicare, The Health Plan BCBS, PEIA/Healthsmart Aetna, Tricare
Christian Psychological Services 55 Meridian Parkway Ste. 103 Martinsburg, WV 25404 304-260-8808 www.christian-psychological.com	Accepting new patients Adult/Children – as young as 6 years old/Teen <u>Specialties</u> -grief, premarital, relationships, anxiety, depression, recovery, and more!	BCBS, PEIA/UMR/Healthsmart, PEAK Health. Will bill other payors for Out of Network benefits

Capital Crescent Counseling and Consulting 4781 Kearneysville Pike Shepherdstown, WV 25443 240-305-7620	Services Provided: Individual Counseling for Adults and Young Adults (Ages 18 and up) Relationship Counseling, including: Couples Counseling Co-Parenting, including those who are separated or divorced Parent(s) and Adult Child(ren) Adult Siblings Multicultural, Interfaith, and LGBTQ Couples Counseling	Fees can be discussed in an initial free 15-minute phone consultation. Currently accepting: Blue Cross Blue Shield PPO and HMO plans in Maryland and Highmark / Blue Cross Blue Shield, and PEIA/UMR in West Virginia. Plan rates / co-pays are applicable. Please speak with your provider to confirm eligibility for “out-of-network” behavioral health services. Required paperwork for reimbursement provided for out-of-network insurance plans.
Courageous Journey PLLC 1664 Winchester Ave Martinsburg, WV 25405 304-901-4347	Accepting new patients Adult/Children/Teen <i>*Emergency/Crisis appointments available within 24hrs</i>	BCBS, Aetna, Unicare, Aetna Better Health, Tricare, WVChip, The Health Plan
East Ridge Health Systems 24hr Crisis Line: 855-807-1258 Crisis Telephone & Mobile Team Response	Serving: Adult/Children/Teen/Group/Family Offers Individual, group or family therapy and/or medication management.	We accept Medicaid, Medicare, as well as many private insurance plans (coverage will vary by insurance provider and plan). Our office can confirm coverage of services, or you can contact your insurance provider directly. Those without insurance coverage may Self-Pay at time of service.
East Ridge Health Systems - Martinsburg 236 S. Water Street Martinsburg, WV 25401 304-263-8954 East Ridge Health Systems – Berkeley Springs 89 Sugar Hollow Rd Berkeley Springs, WV 25411 304-258-2889 East Ridge Health Systems - Kearneysville 340 Edmond Rd Kearneysville, WV 25430 304-725-7565	<u>Specialties</u> - mental health, developmental disabilities, substance abuse, medication management, alcohol and drug programs, crisis services *Walk in Psychiatry Clinic- Monday at 8am Martinsburg location	
Eastern Panhandle Psychiatry 51 Street of Dreams Martinsburg, WV 25401 304-264-1442	Adult/Children 7+/Adolescents <u>Specialties</u> - mental health and substance abuse counseling, Psychiatric assessment, and Medication management	Most Major insurances
Groups Recover Together 143 Aikens Center #1 Martinsburg, WV 25404 Office: (681) 210-0712 Intake/After Hours:(681) 339-0826 Groups Recover Together 24/7 (888) 858-1723 https://joiningroups.com/	Suboxone Prescriptions, Group Support Meetings, Custom Life Goals Assistance.	Participating Insurances: WV Medicaid (Aetna and Unicare); Highmark BS/BS; United Healthcare/Optum, Humana Medicare Advantage, Medicare
Hometown Healing 3790 Hedgesville Road Hedgesville, WV 25427 (681) 258-2382 Email: HometownHealingTeam@gmail.com	Offering Counseling Services, Eating Disorder Nutrition Counseling, Non-Diet Medical Nutritional Therapy	BlueCross and BlueShield CHIP Children's Program, Highmark, Public Employees Insurance Agency, Unicare
Hospice of the Panhandle 330 Hospice Lane Kearneysville, WV 25430 304-264-3902	Grief Support- Individual, Support groups, educational workshops	
James Gregory, LICSW 116 Washington Street	Children/Families	Most major insurances

Charles Town, WV 25414	304-728-8282	<u>Specialties:</u> ADHD, Oppositional Defiant Children	
Inner Awakening Counseling 115 Aikens Ctr. Ste. 14 Martinsburg, WV 25404	304-820-9365	Inner Awakening Counseling and Consultation supports individuals, couples, and families who are ready to heal, grow, and transform their lives. We support our clients by delivering excellent person-centered service and utilizing creative, innovative, and evidence-based strategies and tools.	Medicaid and Medicaid MCO plans, Medicare, BCBS PEIA/Healthsmart
KVC Behavioral Healthcare 261 Aikens Center Martinsburg, WV 25404	304-440-9955 304-440-1801	Providing in home and in office, therapy. Currently accepting referrals for clients who have Medicaid. We are serving children and adults in Morgan, Jefferson, and Berkeley. The best way to make a referral is to call our office. Website: https://westvirginia.kvc.org/	Accepting: Regular Medicaid, Aetna Medicaid, The Health Plan Medicaid and Unicare Medicaid. Do not accept Medicare or other insurance currently.
Mastering Mental Health - Diana Ketterman Call for appointment and Info: 540-247-5036 *Evening appointments available		Accepting new patients on limited basis Adult/Teen/Children 3yo and older <u>Specialties:</u> Grief Recovery specialist	Private Pay, only
New Horizons Counseling Services 129 East German St. Shepherdstown, WV 25443	304-876-3878	Christian Counseling	Most private insurances
Novus Healthcare 307 Medical Court Martinsburg, WV 25401	681-260-6831	Psychiatric assessment and Medication management	Medicare, Medicaid, Most Private insurances
Patti Miller, LPC, NCC, CCBT 329 Arden Nollville Road, Suite 5 Inwood, WV 25428	304-582-5888	Telehealth appointments available: Certified in CBT & Addiction <u>Specialties:</u> Addiction therapy, Anxiety, Depression, Bipolar mood disorder	BCBS, PEIA/UMR, Accordia
Pyramid Mountaineer Outpatient, Detox & Residential Treatment Center 3094 Charles Town Road Kearneysville, WV 25430	304-901-2070	Outpatient Program: Our outpatient program offers an array of specialized services for adults aged 18 and over. These services encompass a wide range of therapeutic approaches, including individual, group, family and couples therapy, along with psychiatric medication management: <ul style="list-style-type: none"> • Outpatient Treatment - ASAM Level 1 • Medication-Assisted Treatment (MAT) • Substance Use Assessments • Specialized Therapeutic Approaches • Peer Recovery Support Services Detox & Residential Treatment: To initiate a referral 24/7, call (888) 853-2894. Offering medically supervised withdrawal management for adult men and women with substance use disorders at Mountaineer Treatment Center in Kearneysville, WV. Services include: <ul style="list-style-type: none"> • 24/7/365 admissions • Same-day admissions • 24/7 medical monitoring 	Accepted insurance at Pyramid include: All WV Medicaid plans All BlueCross BlueShield plans Aetna, Cigna, ComPsych, Devon Health Services, Geisinger, Health America, Magellan, MHN – A Health Net Company, Optum, Peak Health (at Kearneysville), Preferred Health Care Quest Behavioral Health, UPMC, United Healthcare, VA Community Care Network, Value Options We accept out-of-network benefits for companies not listed above. Other Forms of Payment accepted: Self-payment via cash, personal check, or credit
Martinsburg Residential Treatment 42 residential bed facility for Men 64 Boy Scout Road Hedgesville, WV 25427	866-739-3669		

	<ul style="list-style-type: none"> • Free transportation to and from our facilities • Medication-assisted treatment (MAT) • Aftercare planning 	card (VISA, MasterCard, and Discover). We also accept state and county funding and Medical Assistance (Medicaid). We also work with unions and Employee Assistance Programs.
Psychological Counseling Therapy PLLC 27 Polo Green Dr, STE B Martinsburg, WV 25401 304-901-4298	<u>Specialties:</u> Substance abuse, anxiety, depression	BCBS, United Healthcare, WV Medicaid
Renovo Center 201 N. George St. Charlestown, WV 25414 681-252-1632 Email: info@renovocenter.com	Art Therapy, Attachment-Based Therapy, Autism, Ear Acupuncture (Acudetox), EMDR (Eye Movement Desensitization & Reprocessing), Yoga <u>Specialties:</u> substance abuse treatment, art therapy, anxiety, depression, PTSD, addiction	Unicare, BCBS, PEIA/Healthsmart
Sandy Kay, LPC, NCC 181 Sylvia Lane Berkeley Springs, WV 25411 304-258-4239	Individuals/Couples/Families <u>Specialties:</u> Art oriented Child Therapy	Most major insurances
Serenity Springs Counseling 109 War Memorial Drive Berkeley Springs, WV 25411 240-343-7083 Email: alexis@serenityspringscounseling.org .	<u>Expertise:</u> Anxiety Coping Skills Depression First Responders Marital and Premarital Men's Issues Relationship Issues Stress Trauma and PTSD Weight Loss Women's Issues	Insurances accepted: BCBS, Peak, and PEIA, as well as self-pay
Shenandoah Community Health: Behavioral Health Phone: 304-263-4999 Shenandoah Community Health - Martinsburg 99 Tavern Road, Martinsburg, WV 25401 Phone: 304.263.7023 Shenandoah Community Health - Charles Town 44 Trifecta Place, Suite 205, Charles Town, WV 25414 Phone: 304.728.3716 Shenandoah Community Health – Berkeley Springs 106 Sand Mine Road, Berkeley Springs, WV 25411 Phone: 304.263.7023	Adult, adolescent, or child - services include: - Psychiatric assessment and treatment - Therapy for individuals, couples, families, and groups - Substance use counseling and treatment. - Medication management - Specialized therapy techniques including EMDR, ILS, Biofeedback - Specialty counseling for an array of topics: conflict resolution, parenting, grief, relationships, and family dynamics	Accepts most commercial insurance plans as well as Medicaid, Medicare and offers a sliding fee program for those who qualify.
Shenandoah Women’s Center - Martinsburg 236 W. Martin Street Martinsburg, WV 25401 304-263-2855 Shenandoah Women’s Center - Charlestown 110 N. Lawrence St. Charles Town, WV 25414 304-725--7080 Shenandoah Women’s Center – Berkeley Springs 131 Congress Street Berkeley Springs, WV 25411 304-258-1078	Domestic Violence, Sexual Assault, Childhood Abuse, Human Trafficking, Stalking, Counseling, Support Groups, Advocacy, Emergency protective order preparation, Safety planning 24/7 Hotline: 304-263-8292	
Solace Counseling and Wellness LLC	Now offering Wellness Coaching.	Accepting: BlueCross and BlueShield

<p>703 Unit A South Washington St Berkeley Springs, WV 25411 304-582-1993 Email: lacee@solacewv.com www.solacewv.com</p>	<p>Offering individual therapy as well as Trauma Informed Yoga classes for children. Offering Beginner Restorative Yoga and Meditation for adults. Top Specialties: Child Anxiety Depression Expertise: Addiction Coping Skills Life Transitions Mood Disorders Stress Trauma and PTSD</p>	<p>Cigna and Evernorth Public Employees Insurance Agency</p>
<p>Tri-County Pastoral Counseling 220 W. Burke St Martinsburg, WV 25401 304-263-6205</p>	<p>Marriage/Family/Group counseling, premarital counseling, non-legal divorce mediation, sexual counseling</p>	
<p>Two Rivers Counseling LLC 107 W. Washington St Charles Town, WV 25414 304-725-7176 Email: inquiry@2riverscounseling.com</p>	<p>Providing counseling for children, adolescents, adults, and couples. Treatment specialization includes: • ADHD, Depression and Anxiety • Couples Counseling • Women's Issues • Parenting Support • Grief Counseling • Stress Management • Trauma • Conflict Resolution</p>	<p>BCBS, PEIA/Healthsmart, will bill out of network benefits</p>
<p>Upstream Behavioral Health LLC 144 Grove Heights Road Berkeley Springs, WV 25411 www.upstreambh.com 304-207-0515</p>	<p>In addition to teletherapy across West Virginia, offering therapy, coaching, and/or resources to enhance your mental health, with compassionate, evidence-based care that empowers you to uncover the roots of your challenges and cultivate lasting transformation. Specializing in Treatment of:</p> <ul style="list-style-type: none"> • Trauma • Anxiety • Depression • Behavioral Issues • Compassion Fatigue • Military/First Responder Issues <p>APPROACHES:</p> <ul style="list-style-type: none"> • Eye Movement Desensitization & Reprocessing Therapy (EMDR) • Cognitive Behavioral Therapy (CBT) • Acceptance and Commitment (ACT) • Cognitive Processing Therapy (CPT) • Solution Focused Brief (SFBT) • Trauma Focused • Family/Marital Therapy 	<p>BlueCross and BlueShield, Optum, Public Employees Insurance Agency, UnitedHealthcare UHC UBH</p>
<p>WV Counseling & Advocacy (YAP) 229 E. Martin St. Suite 6 Martinsburg, WV 25401 304-260-6360</p>	<p>Offering outpatient Mental Health services to active WV Medicaid community members in Berkeley, Morgan & Jefferson Counties. We can</p>	<p>WV Medicaid</p>

Fax: 304-260-6459	meet our members where they are by offering an array of service locations which include our office, the members' home, school setting & community	
<p>WVU Medicine Behavioral Health and Psychiatry:</p> <p>Inpatient Behavioral Health Unit Berkeley Medical Center 2500 Hospital Drive Martinsburg, WV, 25401 Direct Line: 304-264-1230 Emergency Psychiatric Services: 304-350-3338</p> <p>Outpatient Monday – Friday: 8 am – 5 pm WVU Medicine Behavioral Medicine and Psychology – Martinsburg 2004 Professional Court Martinsburg, WV 25401 304-596-5780</p> <p>WVU Medicine Behavioral Medicine and Psychiatry – Martinsburg 2010 Doctor Oates Drive Suite 105 Martinsburg, WV 25401 304-596-5780</p> <p>WVU Medicine Behavioral Medicine and Psychiatry – Shepherdstown Shepherdstown Medical Office Building 60 Maclaine Way Shepherdstown, WV 25443 304-596-5780</p> <p>WVU Medicine Behavioral Medicine and Psychiatry – Ranson 205 E Fifth Ave Ranson, WV 25438 304-596-5780</p>	<p>Outpatient Services</p> <ul style="list-style-type: none"> • Addiction/substance abuse • ADHD • Anxiety • bipolar disorders • Depression • Mood disorder • OCD • Panic disorder • PTSD • Schizophrenia <p>Inpatient Services</p> <ul style="list-style-type: none"> • Emergency psychiatric assessment and intervention • Involuntary psychiatric hospitalization • Treatment of secondary diagnosis of substance abuse • Voluntary psychiatric hospitalization • Individual psychotherapy for adults • Medication management • Psychological assessments 	<p>Medicare, Medicaid Most major insurances</p>

National Resources:

NATIONAL SUICIDE PREVENTION LIFELINE

988

The 988 Lifeline is available 24/7/365. Your conversations are free and confidential.

Call, Text, Chat and ASL

You can also call 800-273-TALK (8255) or visit: <https://988lifeline.org>

Help is also available in Spanish by calling 888-628-9454.

988 Lifeline Crisis Chat

Visit crisischat.org to chat
with crisis centers around the
United States.

**** Note:** Entries are being updated by a combination of verifications through websites, social media and/or direct contact by the practice/agency. As the need for additional updates are identified, please contact the Morgan County Partnership's MHAT Program Coordinator, Jennifer Schetrompf at jennifer@morganpartnership.org.

Disclaimer: This directory is for information sharing purposes only and not to be considered as personal or professional recommendations or referral.
