



Willow & Leaf
C O U N S E L I N G

External Referral List

ADHD Specialists.

Ginny Nikiforos, LCSW, BCBA, ADHD-CCSP - [Guiding Behavior](#)

Address: 2923 N Milwaukee Ave Unit 306, Chicago IL 60618

Phone: 773-726-4832

Fax: 773-409-5458

Payments Accepted: Aetna PPO and Medicare, Blue Choice PPO and Medicare, Blue Cross Blue Shield PPO, Tricare, United/Optum PPO and Medicare, Medicare, [Self-Pay](#)

Lisa Irgang, Psy.D. - [Relationship Solutions Center, P.C.](#)

Address: 937 N. Plum Grove Road, Suite D, Schaumburg, IL 60173

Phone: 630.912.2908

Fax: 630.912.2915

Email: drirgang@rscil.com

Body Work

[Bluebird Wellness](#)

trauma-informed acupuncture, bodywork, and other body-focused therapies; sliding scale (no proof of income required); community and private sessions; se habla espanol

Address: 3817 N Pulaski Rd, Chicago, IL 60641

Phone: (773) 234-3742 [English]; (773) 406-2091 [espanol]

Email: bluebirdwell@gmail.com

[Bless This Body](#)

trauma informed (Francine), sliding scale

Address: 5115 North Ravenswood Avenue #18, Chicago, IL, USA

Phone: (312) 241-0329

[Bodhi & Sage](#)

Acupuncture, Physical Therapy, Massage, Herbs & Nutritional

Address: 1525 E 53rd St, Ste 814 Chicago IL, 60615

Phone: 312.403.1853

Fax: 773.947.0084

[Comfy Fitness](#)

functional movement, fitness classes, personal training, pain and stress release, nutrition

Email: getcomfy@comfyfitness.com

[Open Path Healing Arts Collective](#)

Directory of sliding scale body workers

Dietitians

[Health At Every Size Registry](#)

LGBTQIA+ Providers

Ann Mitchell, LCPC - [Integrative Psychotherapy Associates](#)

137 N Oak Park Avenue, Suite 400, Oak Park, IL 60301

(708) 386-8800

info@ipa-llc.com

Elizabeth Stewart, MSW - [Gersten Center](#)

estewart@gerstencenter.com

847-329-9210 Ext 1023

[Hope Williams, LCSW](#) (they/them)

hope@fivepointholistic.com

Hope specializes in working with depression and anxiety (including climate and existential anxiety), psychedelic integration and substance use/harm reduction. They are relational, trauma informed, and draw largely from an ACT perspective.

Jaime Dias Delgado - [Sodade Revival](#)

Psychotherapy and coaching

jaime@sodaderevival.com

Victoria Fombelle - [RENEW YOU](#)

victoriaf@renewyouchicago.com

(773) 236-8566 x117

OCD Specialists

Aileen Kelleher, LCSW - [Therapy for Gifted and Twice-Exceptional Children and Families](#)

Address: 1200 W. 35th Street, Suite #5E5555 Chicago, IL 60609

Phone: 312-620-6329

Email: aileen.kelleher86@gmail.com

Payments Accepted: Self-Pay

[Ginny Nikiforos, LCSW, BCBA, ADHD-CCSP](#)

Address: 2923 N Milwaukee Ave Unit 306, Chicago IL 60618

Phone: 773-726-4832

Fax: 773-409-5458

Tony Bates - [Proactive Therapy](#)

Address: 20 North Clark Street, Suite 3300, Chicago, IL 60602

Payments Accepted: BCBS PPO (except Blue Choice), probono, sliding scale

Getting Started: *submit this [contact form](#) to begin the referral process*

Psychiatry

[Adne Institute](#)

Phone: 773-945-1165

Psychiatry and mental health counseling

[Clarity Clinic](#)

Therapy and psychiatry

Phone: 312-754-9404

[Dr. Marisa Serrato](#)

Address: One Westbrook Corporate Center, Suite 300, Westchester, IL 60154

Phone: (312) 632-0366

Fax: (304) 396-3075

[Terra Firma Behavioral Health](#)

Phone: 773-234-7621

Psychedelic Therapy Providers / Ketamine

[Andrea Lissuzzo, PhD, LCSW](#)

Phone: 708.710.2650

andrea.lissuzzo@gmail.com

Offers a practical, thoughtful and compassionate approach to therapy, informed by decades of clinical experience and wellness practice. Helps individuals connect to their inner wisdom, to better navigate the challenges of living, cultivate clarity, and enhance resilience, so that they are able to build rich, full and meaningful lives.

Debbie Shepard, LCSW – [Ethos Wellness](#)

Clinical focus includes anxiety, mood disorders, substance use disorders, life transitions, work and relationship issues. Utilizes evidence-based treatment modalities including CBT and approach is solution focused, strength based and holistic.

[Field Trip Health](#)

325 W Huron St, Ste 603
Chicago, IL

[Hope Williams, LCSW](#) (they/them)

hope@fivepointholistic.com

Hope specializes in working with depression and anxiety (including climate and existential anxiety), psychedelic integration and substance use/harm reduction. They are relational, trauma informed, and draw largely from an ACT perspective.

Jaime Dias Delgado - [Sodade Revival](#)

jaime@sodaderevival.com

[Relief Mental Health](#)

Multiple locations in Chicago, Oak Brook, Northbrook, Orland Park, Rockford, and St. Charles

Phone: (630) 703-2313

Email: info@relieftms.com

Sleep clinics/specialists:

[The Center for Sleep Medicine](#)

[South Chicago Sleep Lab](#)

Sliding Scale Providers

[Open Path Collective](#)

Directory of sliding scale mental health practitioners

[Sister Afya](#)

Community mental wellness. A range of payment options including insurance, sliding scale, and free sessions.

TMS Providers

[Relief Mental Health](#)

Multiple locations in Chicago, Oak Brook, Northbrook, Orland Park, Rockford, and St. Charles

Phone: (630) 703-2313

Email: info@relieftms.com