



## DFW South Asian Clinician Resources

Name/Credentials	Contact Info	Specialty	Insurance Y/N and Type
<b>LCSW,LPC and PhD's</b>			
<b>Nimisha Patel, LCSW-S, RDN/LD</b>  In person In home Telehealth	469 854 1656 HealthyLifestylesPLLC@gmail.com	Anxiety, Depression, Emotional Eating. Mental Health and Functional Nutrition Therapy for gut, brain and hormonal health support	Yes Aetna and United for psychotherapy patients only
<b>Ateka Contractor PhD Clinical Psychology</b>	<a href="mailto:ateka.c@gmail.com">ateka.c@gmail.com</a> .	Trauma, Depression, Depression, Anxiety in underserved communities	
<b>Binita Kumar, LPC-S</b>	469-644-8746/ <a href="mailto:Binita.kumar@gmail.com">Binita.kumar@gmail.com</a>	Telehealth only; Adults and Adolescents. CBT/Brief Therapy/ Solution Focused Therapy (Anxiety/ Mood/Adjustment Disorders)	Private Pay or Compsych EAP
<b>Monica Govindarajan MS, LPC</b> 469-298-9135	<a href="https://www.beyondlayerscounseling.com/">https://www.beyondlayerscounseling.com/</a>	DID, Trauma, Relationships and Cultural Conflicts Ages 13+	Yes. Aetna , Cigna, BCBS and UHC
<b>Snehal Kanitkar LPC-Associate</b>	<a href="mailto:snehal@thecouchtherapy.org">snehal@thecouchtherapy.org</a>	Couples, adults with anxiety, women in transition	No.
<b>Neelima Kurji, LPC,LCDC</b>	<a href="mailto:Neelima.counselor@gmail.com">Neelima.counselor@gmail.com</a> (469) 664-9388	Anxiety disorders, grief and Life transitions Individual Therapy Adults and 16 +	Yes, Aetna, Cigna, Optum, Blue Cross Blue Shield
<b>Balavikash Ravi, LCSW</b>	<a href="mailto:vikashrivilcsw@gmail.com">vikashrivilcsw@gmail.com</a>	Adults 18+, Trauma, Domestic and sexual abuse	Yes Optum, Oscar,United Health, Aetna, Cigna, BCBSTX



<b>Abida Minhas MA LPC-S</b>	<a href="mailto:aminhas@impactcounselors.com">aminhas@impactcounselors.com</a> 214 778 2836	Age 14+ Adults, families and couples using CBT and DBT techniques	No insurance. Sliding scale offered
<b>Gauthami Vemula-Queijo MS,MSE Family Crisis Management Consulting Firm</b>	<a href="mailto:gauthamivemula-queijo@colormesafe.net">gauthamivemula-queijo@colormesafe.net</a> 214-738-6490	Family Crisis Management	No
<b>Zaina Thakur LMSW</b>	<a href="mailto:zaina@dallasrapecrisis.org">zaina@dallasrapecrisis.org</a> <a href="tel:214-712-4915">214-712-4915</a>	Trauma, CBT, EMDR At DARCC. Not in private practice.	No cost to Dallas Rape Crisis Center clients.
<b>Psychiatrists and Psychiatric Nurse Practitioners</b>			
<b>Aekta Malhotra MD Apollo Psychiatry Plano, TX</b>	214 506 3334 <a href="mailto:contact@ApolloPsych.com">contact@ApolloPsych.com</a>	Psychiatry	No
<b>Jyotsna Muttineni MD,MS Dallas, TX</b>	<a href="http://drmuttineni.com">drmuttineni.com</a>	Child and Adolescent Psychiatry. In-person and virtual	No
<b>Deepika Bhargava, MD McKinney TX</b>	<a href="http://www.Exulthealthcare.com">www.Exulthealthcare.com</a>	Board certified adult and geriatric psychiatrist Board Certified in Addiction medicine. Therapy and mood disorder iop / SUD iop	Accept Medicare and all major insurance including Tricare
<b>Sunita Singh, MD</b>	<a href="https://apexpsychiatry.com">https://apexpsychiatry.com</a>	American Board of Psychiatry and Neurology	BCBS, Aetna
<b>Sejal Mehta MD</b>	<a href="https://pmaplano.com/">https://pmaplano.com/</a> 972 267 1988	Adult, Child and Adolescent Psychiatry	Aetna, BCBS, Friday Health, Baylor Scott and White, Optum, United Healthcare and Magellan



<b>Paresh Jaini DO</b>	<a href="https://pmaplano.com/">https://pmaplano.com/</a> 972 267 1988	Psychiatry	Aetna, BCBS, Friday Health, Baylor Scott and White, Optum, United Healthcare and Magellan
<b>Rishi Patel DO</b>	972 267 1988 <a href="https://pmaplano.com/">https://pmaplano.com/</a>	Psychiatry	Aetna, BCBS, Friday Health, Baylor Scott and White, Optum, United Healthcare and Magellan
<b>Panchanok Thompson PMHNP</b>	972 267 1988 <a href="https://pmaplano.com/">https://pmaplano.com/</a>	Psychiatry	Aetna, BCBS, Friday Health, Baylor Scott and White, Optum, United Healthcare and Magellan
<b>Dietitians/ Nutritionists</b>			
<b>Nimisha Patel, LCSW-S, RDN/LD</b>	469 854 1656 <a href="mailto:HealthyLifestylesPLLC@gmail.com">HealthyLifestylesPLLC@gmail.com</a>	18+ only. Anxiety, Depression, Eating Disorders, Emotional Eating. Mental Health and Functional Nutrition Therapy for gut, brain and hormonal health support	Yes Aetna and United for psychotherapy patients only <b>In person</b> <b>In home</b> <b>Telehealth</b>
<b>Zarana Parekh RD, CLT, IFNCP</b>	<a href="http://www.nutriliciousbyz.com">www.nutriliciousbyz.com</a>	Gut health, autoimmune, metabolic health conditions . Food sensitivity testing	BCBs, Cigna, United Telehealth and Virtual appointments