

Payment Options

NIC accepts the following:

BCBS
Aetna
Cigna
United Healthcare *limited basis
Private pay


Locations


365 Millennium Dr. Ste A
Crystal Lake, IL 60012

Telehealth visits are
available when appropriate.



To get information about our services,
please call (815) 859-0701.
We are happy to discuss your options
with us.

 (815) 859-0701

 www.optionsandadvocacy.org

Neuro Inclusive Counseling

Empowering individuals and
their families through advocacy
and education while creating a
more inclusive community!





Our Therapists

At NIC we provide therapy to neurodivergent individuals, families and couples. We also staff bilingual, bicultural therapists for Spanish speaking individuals, a certified Autism Spectrum Disorder Clinical Specialist (ASDCS), a therapist trained in EMDR and a therapist specializing in Autplay therapy.

What We Do

We support individuals who identify as neurodivergent and are navigating a mental health challenge. We provide in-person individual, family and group therapy to McHenry county residents.

We utilize a variety of modalities including but not limited to DBT, ACT, EMDR, AutPlay therapy through a client-centered, strength-based approach.

Groups

All groups hosted by NIC are tailored for individuals who identify as neurodivergent.

Healthy Relationships group focuses on a variety of healthy relationships for individuals age 18 and over.

Mindfulness groups for adolescents who are looking to learn about mindfulness tools and how to apply them to daily life and stressful situations.

