



Insight

Insight Counseling Centers exists to restore lives to wholeness - mentally, emotionally, and spiritually. We provide quality mental health counseling services to individuals, families, and couples in Tennessee.

Our spiritually-integrative approach means that we treat the whole person, taking into account the client's spiritual beliefs and faith tradition.



Contact Us

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Insight Counseling Centers

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Employee Assistance Program

a healthy workplace

Insight Counseling Centers' Employee Assistance Program (EAP) is designed to benefit your organization with quality mental health counseling services.

How It Works

Each employee or client receives a number of counseling sessions determined and underwritten by your organization at a negotiated rate. If the employee or client wishes to continue counseling services, they may do so at an adjusted fee per Insight's income-based fee scale.



testimonial

"Insight Counseling Centers has been a tremendous blessing to The Hope Station and its clients. The diversity and knowledge of Insight's counselors strongly influenced our decision to become and remain partners with the organization. Insight has changed the lives of nearly 100 women and children who may have otherwise not received mental wholeness support. The Hope Station looks forward to continuing this amazing partnership for years to come."

-Quintina Waller, Founder, The Hope Station