

# Choices Mental Health Counseling PLLC expands services to NE Pa.

**N**arrowsburg Choices Mental Health Counseling PLLC, led by licensed mental health and addiction counselor Thomas Rue, is expanding its services into the Keystone State.

This expansion will allow residents of Wayne and Pike counties, and others across both the Commonwealth and New York State, to access confidential counseling services either in-person at the Narrowsburg office or conveniently through telehealth.

Rue was notified on October 31st of his Pennsylvania license as a professional counselor, now authorizing him to offer private services to people physically located in the commonwealth.

Located at 7 Erie Avenue in Narrowsburg, Choices Mental Health Counseling PLLC has built a reputation for compassionate,

evidence-based mental health and addiction counseling for residents of Sullivan County, and beyond.

The expansion to Pennsylvania will increase access to mental health care for individuals and families seeking support across state lines. Previously based in Monticello, Rue moved his practice to Narrowsburg in August 2023.

He worked as a psychotherapist and counselor for public and private agencies in New York State from 1987 until entering private practice in 2010. Before 1987, he worked for Wayne County Children and Youth Services in Beach Lake, Pa.

Rue brings decades of experience supporting individual adults and teenagers, couples, and groups. Choices Mental Health Counseling PLLC offers individual psychotherapy generally for those

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aged 12 and older, group therapy for adults, and couple therapy. Issues may include depression, anxiety, trauma, grief/loss, ADHD, or other mental health concerns, as well as recovery from addiction or alcoholism.

Rue noted that for four decades he has collaborated with allied

healthcare providers, schools, probation/parole officers, courts, attorneys, child welfare workers, and others, with clients’ consent and consistent with their unique needs and preferences.

“By reaching out to Pennsylvanians, we aim to bridge the gap and offer accessible mental health services across state lines,” Rue said. “Our mission is to ensure that anyone who needs support, whether in New York, Pennsylvania, or elsewhere, has access to compassionate, non-judgmental, person-centered care. Choices Mental Health Counseling celebrates and honors diversity.

“My office is a safe and supportive space, including for LGBTQIA+ individuals and their allies, where everyone is welcomed and valued, in-person or virtually. I am committed to providing

compassionate care tailored to the unique needs of each client,” he added.

Choices Mental Health Counseling PLLC is dedicated to accessibility and accepts Medicare as well as commercial insurance plans, including Aetna Behavioral, Allied Benefit System, Beacon Health Options, Capital District Physicians Health Plan (CDPHP), CIGNA Behavioral, Emblem Health, Anthem and other BCBS affiliates, Fidelis Care NY, Geisinger Health Plan, GHI, HealthFirst NY, Local 1199 SEIU, MVP Healthcare, MagnaCare, Quest Behavioral Health, TRICARE, ValueOptions; and several employee assistance program. Applications are currently pending with the Community Care Behavioral Health (CCBH) managed care and other Pennsylvania health plans. Self-payment is also accepted.

To learn more or to schedule an appointment, please contact Choices Mental Health Counseling PLLC at 845-513-5002 or email [tom@choicesmhc.com](mailto:tom@choicesmhc.com).