



**Megan English**

Zip Code: 21204

Zip Postal: 21204-6834

Language: English

Populations Treated: Adolescents/Teens, Adults, LGBTQI

Organization: Anxiety & Stress Disorders Institute of Maryland

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Stress, Trichotillomania, Social Anxiety Disorder, Body Focused Repetitive Behaviors, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Dysmorphic Disorder, Emetophobia, Gender Identity, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, LGBTQ+, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy, Other

Payment Options: Sliding Scale, Accepts Credit Cards

Address1: 6525 N Charles St

Address2: Ste 224

Website: <https://www.anxietyandstress.com/>

City: Towson

State/Providence: Maryland

Country: United States

Degree: MA

Preferred Pronouns: she/her/hers

Email: [meganenglish@anxietyandstress.com](mailto:meganenglish@anxietyandstress.com)

Office Phone: 443-377-3023

Telehealth: Maryland

Cell Phone: 443-377-3023

Professional focus: Counselor

## ABOUT

I am an anxiety and OCD specialist who primarily works with folks with ADHD. I work with older adolescents and adults, and particularly enjoy serving the LGBTQ+ population. I pull from ERP, ACT, I-CBT, and related modalities with a neurodiversity-affirming lens.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

Other

## POPULATIONS TREATED

Adolescents/Teens

Adults

LGBTQI

## DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Emetophobia  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
LGBTQ+  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Social Anxiety Disorder  
Stress  
Trichotillomania

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## PAYMENT OPTIONS

Accepts Credit Cards  
Sliding Scale



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>