Counseling Resources

EMERGENCY INFORMATION:
If you or someone you know is experiencing an emergency, please call 911
Alaska Careline Crisis Intervention Hotline: (TOLL FREE) 1-877-266-4357
Alaska Crisis Line: (907) 563-3200
National Hotline number: 988
Dial 2-1-1 or go to alaska211.org

Alaska Behavioral Health - alaskabehavioralhealth.org  (907)561-0954

Alaska Neuro/Therapy Center - adhdance.com  (907)331-6787
Neurofeedback, ADHD, anxiety, depression, only virtual appointment option presently

Alyeska Counseling Group, LLC - alyeskacounselinggroup.com  (907)782-4553
Kam Altaffer, LCSW – Telehealth appt. only; accepting new 11th/12th graders
Barbara Baum, LMSW – In-person appt. for students age 18+; PP for Blue Cross & Aetna
Megan Johnson, LMSW – Telehealth appt. only; PP for Blue Cross & Aetna
Damito Owen, LPC-S, Therapist – family/adolescents age 15+
Maria Poulsen, LMSW – ages 12+; evening/weekend/telehealth appt. available

Lee Cage, MSW, LCSW  (907)696-1212
Shepherd House Counseling Service

Chugach Counseling & Consulting - chugachcounseling.com  (907)202-7166
Stacey Brown, LPC
Julissa Corona, LCSW – *Bilingual Spanish/English
EMDR providers with military connection, trauma, relationships, depression, anxiety, self-harm/SI, mood disorders
*In-network: Blue Cross, Aetna, EBMS, Tricare, Triwest, and they offer cash pay.
Not accepting Medicaid/Denali KidCare

Counseling Solutions of Alaska (ER office) - counselingsolutionsak.com  (907)689-3450
Child, adolescent, and family services, testing & assessment

Deborah Gonzales, LCSW - deborahmgonzales.com  (907)982-7031
Adolescents age 16+, Telehealth appointments only.
*Accepts Tricare, Military One Source, & all commercial ins.; not accepting Medicaid/Denali KidCare
Eagle River Behavioral Health - eagleriverbh.com  
ADD/ADHD, ASD; mood, anxiety, & panic disorders; bipolar, depression, PTSD, sleep disorders  
*In-network: Aetna, Blue Cross, Cigna, Regence, Tricare, & United

Megan Gruhl, LPC - alpenglowcounseling.com  
Child, adolescent, adult, anxiety, depression, grief & loss, transitions, family counseling, parenting, stress management, LGBT, addiction

Orion Behavioral Health - obhn.org  
ADHD, autism, mood disorders, anxiety disorders, psychotic disorders; in-person & telehealth  
*Accepts all major insurances including Tricare & Medicaid

Our Meadows, Therapeutic Counseling Services - OurMeadows.org  
Individuals & families, all ages; early morning and evening appointments available.

Lighted Path Therapy - lightedpaththerapy.com  
Tina McGauthiar, LCSW, CDC I, MAC - alaskatransitions.com  
Adolescent, adult, depression, anxiety, stress management, self-harm, addiction, trauma, EMDR, life transitions/military  
*Accepts most insurances, including Tricare; not accepting Medicaid/Denali KidCare

Peak Counseling - peakcounseling.com  
Kendra Bowman, LPC  
Dana Hall, LPA  
Natasha Roush, LCSW  
ADHD, Anxiety, autism, depression, school issues, divorce, parenting, grief & loss, group therapy

Psychology Resources, APC - mypsychologyresources.com  
Jennifer Burkholder, MS, LPC, NCC  
Maddie Moore, LCSW  
George Subeldia, LCSW  
Kathleen Walgren, MS, LPC  
Child, adolescent, & family services, autism support, ADHD, depression, anxiety, life transitions  
*PP for Blue Cross & United Healthcare; not accepting Medicaid or Tricare

Brittney Ramert, LCSW  
Adolescent individual & family therapy, CBT, DBT, EMDR

Mary Helen Snider, LPC - eaglerivercounseling.com  
Child & adolescent emotional/behavioral assessment & intervention, co-parenting therapy/education, difficult child custody situations, integrating newly formed families
The Talking Place - thetalkingplace.org  
Laurie Hoyt, MSW, LCSW  
Lucas Rowley, MA LPC  
Rebecca Shaw, PhD, LPC  
Johnette Weinberger, MS LPC  
Larry Williams, MS LPC  
*PP for Blue Cross, EBMS, and Tricare; not accepting Medicaid/Denali KidCare

Whitney Whitman, LPC, LLC - whitneywhitman.com  
Adult, family, & adolescent counseling

Glenn Williams, Ph.D. - humanrelationscenter.com  
Adolescent counseling

Willow Medical & Wellness - willowmedicalwellness.com  
Teens & adults; CBT, mood disorders, anxiety, trauma, grief & loss, sexual abuse, spirituality

This list is provided as a resource, and is not exhaustive. Eagle River HS neither recommends nor requires you to use this list or the services provided by individuals/programs on this list. It is for the parent/guardian to decide upon services, if any, for a child.