

Local Counseling, Testing, and Psychiatry Resources

This list just scratches the surface of resources available in Birmingham. If you do not find that any of these fit your needs, or if your needs are more individualized than these services, please feel free to ask Mrs. Garrett or Ms. Smith for more!

It can be challenging to find therapeutic support sometimes. By beginning to seek help, you have taken the first step to feeling better! We encourage you to reach out to 2-3 providers to ensure you find the right fit for yourself. If you begin treatment & it does not feel like the right fit, that is okay & normal! You can always look for a new provider.

Mrs. Garrett & Ms. Smith are available to help with your search & provide therapeutic support until you find the right provider for your needs.

Testing:

- **The Birmingham Psychology Group**
 - [Clinical Psychologists | Birmingham Psychology Group | Alabama](#)
 - BPG provides evaluation and therapeutic services for children, adolescents, and adults. Assessment services include ASD, ADHD, and learning disability evaluations across the lifespan, as well as diagnostic clarification evaluations for behavioral, emotional, and personality functioning.
- **Grayson & Associates**
 - (205) 871 – 6926
 - <http://grayson.associates/>
- **Akerson & Associates – Cognitive and Behavioral Services**
 - [Ackerson & Associates \(ackersonandassociates.com\)](http://ackersonandassociates.com)
 - (205) 823 -2373
- **Dr. Trey Hill - Covenant Counseling (ADHD assessment)**
 - [Covenant Counseling and Education Center - Birmingham AL](#)
- **Alice Churnock, LPC – Covenant Counseling (MBTI)**
 - [Covenant Counseling and Education Center - Birmingham AL](#)
- **Dr. Rebecca Dossett – Neurodevelopmental Disorder Diagnostic and Treatment Services**
 - (205) 542 - 3283
- **Focus MD**
 - [Focus-MD – Diagnosis and Treatment of ADHD](#)
- **Communication and Reading Therapies**
 - (205) 919 – 0955
 - <https://www.communicationandreading.com/>
- **Lindamood-Bell**
 - (800) 233 – 1819
 - <https://lindamoodbell.com/evaluation>
- **Thrive Counseling & Psychology (ADHD testing)**
 - [Thrive Counseling & Psychology \(thrive-trauma.com\)](http://thrive-trauma.com)
 - 205 – 705 – 0195

Individual/Family therapy:

- **The Birmingham Psychology Group**
 - [Clinical Psychologists | Birmingham Psychology Group | Alabama](#)
 - BPG provides therapeutic services for ASD, ADHD, learning differences, recovery from trauma, grief, OCD, and a wide range of emotional, behavioral, and interpersonal issues.
- **The Wise Center for DBT**
 - 205 – 747 – 0758
 - Services offered: individual therapy, comprehensive Dialectical Behavioral Therapy training, learning in coping skills alongside individual therapy, group counseling, parent support
- **Child and Adolescent Partners**
 - (205) 451 – 6496, or (205) 492 - 2426
 - Learn more about their services on their website: <https://www.childadolescentpartners.com/>
- **Oasis Counseling for Women and Children**
 - (205) 933-0338
 - Learn more about their services on their website: <http://www.oasiscounseling.org/>
- **Impact Family Counseling**
 - (205) 916-0123
 - Learn more about their services on their website: <http://impactal.org/index.html>
- **Creative Wellness**
 - 205-933-5422
 - Learn more about their services on their website: <https://www.creativewellnesscounseling.org/>
- **Adult & Child Development Professionals**
 - (205) 933-9276
 - Learn more about their services on their website:
- **Alexander Counseling Services**
 - (205) 538-3099
 - Learn more about their services on their website: <https://www.alexandercounselingservices.com/>
 - (317) 989-9799
- **Insights Counseling Center**
 - [Insights Counseling Center — Birmingham, AL \(insightsc.com\)](#)
 - 205- 903 – 6282
- **Thrive Counseling & Psychology**
 - [Thrive Counseling & Psychology \(thrivetrauma.com\)](#)
 - 205 – 705 – 0195
- **Common Thread Counseling**
 - **Dr. Maegen Renee**
 - drmaegenrenee@gmail.com
 - 205-936-9236
 - **Dr. Andrea Hendricks**
 - andreahendricksphd@gmail.com
 - 415-509-7373
- **Forge Behavioral Wellness**
 - [Forge Behavioral Wellness - Home \(forgewellnesscenter.com\)](#)
 - 205- 402-8197

- HUDSONCOUNSELINGLLC@gmail.com
- **Ascent Counseling & Consulting**
 - [Ascent Counseling and Consulting - Behavioral health therapy in Birmingham, AL \(ascentcc.net\)](http://www.ascentcc.net)
 - 205-224-9794
- **Dr. Denise Fournet** – Licensed psychologist located in Homewood
 - [Dr. Denise Fournet \(denisefournetphd.com\)](http://www.denisefournetphd.com)
 - [2055208123](tel:2055208123)
 - dfournet@fjmtoffice.com
- **Eliza Parrott**
 - (540) 314 – 0445
 - Learn more about her on Psychology Today: <https://www.psychologytoday.com/us/therapists/eliza-parrott-birmingham-al/377491>
- **Alexis Saville**
 - [Alexis Saville Therapy and Consulting | Birmingham, Alabama | Mental Health](http://www.AlexisSavilleTherapyandConsulting.com)
 - 205 – 946 – 0770
 - Learn more about her on Psychology Today - [Alexis Saville, Clinical Social Work/Therapist, Birmingham, AL, 35209 | Psychology Today](http://www.PsychologyToday.com)
- **Dr. Chebon Porter**
 - (205) 289-1961
 - Learn more about him on Psychology Today: <https://www.psychologytoday.com/us/therapists/chebon-a-porter-cahaba-heights-al/188611?sid=5d7ba8dcb13e1&name=chebon+po&ref=1&tr=ResultsName>
- **Dr. Rebecca Dossett**
 - (205) 542 - 3283
- **Anna Carlisle**
 - [achoomes@gmail.com](mailto:ACHOOOMES@gmail.com)
- **Lauren Roberts**
 - <https://lcounselingservices.clientsecure.me>
 - 205-541-5116
- **Lee Knight**
 - <https://lcounselingservices.clientsecure.me>
 - 205-541-5116
- **Julie Vence**
 - jvence@crimson.ua.edu
 - Learn more about her on Psychology Today: [Julie Vence, Licensed Professional Counselor, Tuscaloosa, AL, 35401 | Psychology Today](http://www.PsychologyToday.com)
- **Dr. David Goldberg**
 - (205) 282-9166
 - Learn more about him on Psychology Today: <https://www.psychologytoday.com/us/therapists/david-goldberg-birmingham-al/32235>
- **Michelle McClintock**
 - 205 – 772 – 3033
 - [Michelle McClintock - Counseling \(welcomehomewellness.me\)](http://www.welcomehomewellness.me)
- **Kathryn Ely** (*former Altamont parent)
 - (205) 730 – 6570
 - Learn more about her on her website: <https://empowercounselingllc.com/>

- **Mary Kashaa**
 - 205-236-1653
 - Learn more about her on Psychology Today: [Mary Kashaa, Counselor, Birmingham, AL, 35216 | Psychology Today](#)
- **Michelle Torbor**
 - 205-623-5984
 - Learn more about her on Psychology Today: [Michelle Torbor, Licensed Professional Counselor, Birmingham, AL, 35216 | Psychology Today](#)
- **Katie Reed**
 - 205- 293-0227
 - Learn more about her on Psychology Today: [Katie Reed, Licensed Professional Counselor, Birmingham, AL, 35226 | Psychology Today](#)
- **Beau Armistead**
 - 205- 578- 2028
 - [Sojourn Counseling](#)
 - Learn more about him on Psychology Today: [Beau Armistead, Licensed Professional Counselor, Birmingham, AL, 35216 | Psychology Today](#)
- **Kade Boliek**
 - 205 – 751 – 6756
 - [Outlier Counseling and Wellness - Inclusive Counseling in Birmingham, AL \(outlierbham.com\)](#)
 - Learn more about him on Psychology Today: [Kade Boliek, Associate Licensed Counselor, Birmingham, AL, 35244 | Psychology Today](#)

Faith Based Counseling Services

- **Covenant Counseling & Education**
 - (205) 879 – 7500
 - Learn more about their services on their website: <https://www.covenantcounsel.com/>
- **Freedom Professional Counseling**
 - (251) 751-9205
 - Learn more about their services on their website: <https://www.freedomprofessionalcounseling.com/>
- **Pathways Professional Counseling**
 - 1-866-991-6864
 - <https://www.pathwaysprofessional.org/>