

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

Eagle River Behavioral Health - eagleriverbh.com ----- (907)726-0378
ADD/ADHD, ASD; mood, anxiety, & panic disorders; bipolar, depression, PTSD, sleep disorders
*In-network: Aetna, Blue Cross, Cigna, Regence, Tricare, & United

Frontier Health and Wellness - fhwak.com ----- (907)222-6066
Child & adolescent outpatient psychiatric services for both assessment and treatment

- Fuller Diagnostics, LLC - fulleralaska.com ----- (907)561-0552
Neuropsychological assessment, individual and group therapy
- 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
- Megan Gruhl, LPC - alpenglowlcounseling.com ----- (907)903-5352
Child, adolescent, adult, anxiety, depression, grief & loss, transitions, family counseling, parenting, stress management, LGBT, addiction
- Lighted Path Therapy - lightedpaththerapy.com -----(907)631-9365
- Tina McGauthiar, LCSW, CDC I, MAC - alaskatransitions.com -----(907)622-1522
Adolescent, adult, depression, anxiety, stress management, self-harm, addiction, trauma, EMDR, life transitions/military
*Accepts most insurances, including Tricare; not accepting Medicaid/Denali KidCare
- Orion Behavioral Health - obhn.org -----(907)696-7466
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 ----- (907)726-3535
Individuals & families, all ages; early morning and evening appointments available.
- Peak Counseling - peakcounseling.com ----- (907)622-1002
Kendra Bowman, LPC
Dana Hall, LPA
Natasha Roush, LCSW
ADHD, Anxiety, autism, depression, school issues, divorce, parenting, grief & loss, group therapy
- Psychological Services Group - psgofalaska.com -----(907)268-1572
- Psychology Resources, APC - mypsychologyresources.com ----- (907)272-4407
Multiple (12+) providers in an array of disciplines: Child, adolescent, & family services, autism support, ADHD, depression, anxiety, life transitions, and more
*PP for Blue Cross & United Healthcare, accepts Tricare, not accepting Medicaid
- Psychology Services Center at UAA - uaa.alaska.edu/psc ----- (907)786-1795
Low-cost to no-cost services based on financial need; counseling provided by supervised therapists enrolled in UAA's master's and doctoral psychology programs.

- Brittney Ramert, LCSW - lightedpaththerapy.com ----- (907)748-1516
 Adolescent individual & family therapy, CBT, DBT, EMDR
- Jordann Reynolds, LCSW - summitsunrise.net ----- (907)715-4993
 Individual adolescent & adult therapy, CBT, EMDR, person-centered; accepts most insurances.
- Mary Helen Snider, LPC - eaglerivercounseling.com ----- (907)726-3300
 Child & adolescent emotional/behavioral assessment & intervention, co-parenting
 therapy/education, difficult child custody situations, integrating newly formed families
- The Talking Place - thetalkingplace.org ----- (907)726-0426
 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 ----- (907)440-7426
 Adult, family, & adolescent counseling
- Glenn Williams, Ph.D. - humanrelationscenter.com ----- (907)272-5500
 Adolescent counseling
- Willow Medical & Wellness - willowmedicalwellness.com ----- (907)222-0753
 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.