



THE ROMAN CATHOLIC DIOCESE OF PHOENIX

MENTAL HEALTH RESOURCES

This list is provided for informational purposes only, to assist individuals in independently making personal decisions based upon their needs. The Diocese of Phoenix does not license, endorse, or recommend any particular provider, nor does the Diocese make any judgment about the quality of care given by any provider. Individuals should interview a provider, check his/her references carefully, and perform all necessary due diligence before seeking care from any provider.

TELEHEALTH ONLY

- **Amy Guido**
(602) 743-5299
amyguidomsw@gmail.com
www.amyguido.com
Areas of Service: ADHD + Anxiety Specialist
Family & Couple Counselor & Coach
Telehealth Only
- **Christian Living Center**
Stadheim (Ph.D. LPC), Robert L.
(480) 831-1212
myrna@stadheim.org
<https://www.christiancounselingarizona.com>
Areas of service: Abuse, Addiction, Eating Disorders, Family & Individual Therapy
Telehealth Only
- **Fleur de Lis Counseling**
Diana Hernandez
(480) 710-6822P
diana@fdlcounseling.com
www.fdlcounseling.com
Areas of service: Teens, Adults, EMDR (trauma, PTSD), addiction, and struggles with sexual identity. Teens – identity concerns, self-esteem. General population – Anxiety, Depression, Domestic Violence, other forms of trauma
Telehealth Only
Catholic
- **Heidi Hill LPC**
(480) 925-9743
WhiteStagWellness@gmail.com
WhiteStagWellness.com
Areas of service: Specialty in trauma healing, general mental health, women's issues, faith and spirituality.
Telehealth Only
Catholic

- **Raul Espericueta LMSW, CCTSI**
Pathways to Connection, LLC
 (928) 792-1357
raul@pathwaystoconnection.com
www.pathwaystoconnection.com
 Areas of Service: Certified Trauma Specialist, Bilingual Spanish/English, Addictions, Anxiety/Depression, Marital Counseling, Priest Accompaniment, Men Issues, EMDR
 Certification in process
Telehealth only
Catholic
- **Rising Light Counseling**
Bethsy Amador
 (480) 339-7124
info@risinglightcounseling.com
www.risinglightcounseling.com
 Areas of Service: 3 years and older
 Autism (ASD), ADHD, Anxiety, Depression, Relationships, Trauma, Grief and Loss
Telehealth only
Se habla español
- **Terry Galler, MA, LPC**
 (602) 909-0042
terry@terrygaller.com
www.terrygaller.com
 Areas of service: Depression, Anxiety, Stress Management, Trauma Work, Past Abuse Issues, Women's Issues, Grief Counseling
Telehealth only

CITY OF CHANDLER

- **Concentric Counseling**
Crowell, Michelle (LCSW)
 3200 N Dobson Rd. Bldg. C,
 Chandler, AZ 85224
 (480) 897-7307
www.concentriccounseling.com
 Areas of service: Adult, Marriage, Family, Eating disorders, Trauma, PTSD
- **Michael Hutt**
 6909 W. Ray Road Building 15
 Chandler, AZ 85226
 (480) 815-4351
info@hutt counseling.com
www.hutt counseling.com
 Areas of service: Adults, Couples, Domestic violence, general men's issues (anger, porn, etc)
Telehealth options available
Catholic

CITY OF COTTONWOOD

- **Spectrum Healthcare**
 8E Cottonwood St.
 Cottonwood, AZ 86326
 (877) 634-7333
 Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
 Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español

- **Spectrum Healthcare**
636 Main Street
Cottonwood, AZ 86326
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
Areas of Service: Children, Adults, Family, Individuals,
Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español
- **Spectrum Healthcare**
651 W. Mingus Ave.
Cottonwood, AZ 86326
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
Areas of Service: Children, Adults, Family, Individuals,
Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español

CITY OF GILBERT

- **Bradley Barker**
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(612) 293-4755
brad@barkersolutions.net
<https://barkersolutions.net/>
Areas of Service: Adults & Couples

- **Immaculate Heart Counseling**
Robbie Griffin
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(480) 270-4464
Robbie.griffin@immaculateheartcounseling.com
www.immaculateheartcounseling.com
Areas of service: Adults, Adolescents, Children (12+), Trauma,
depression, anxiety, OCD, sexual and behavioral addictions for
adults, adolescents and children.
Catholic
- **Intercessory Counseling & Wellness**
Michael J. Rayes, LPC, LISAC
1176 E. Warner Rd. Suite 203
Gilbert, AZ 85296
(602) 599-2000
info@intercessory.org
www.intercessory.org
Areas of service: Adults, couples, adolescents, children, all
mood and personality disorders including depression and
anxiety, addictions, trauma, bereavement counseling,
Substance abuse.
Telehealth options available
Catholic
- **Saint Raphael Counseling**
Grace Fitzgerald, LAC
1176 E. Warner Rd Suite 203
Gilbert, AZ 85296
(480) 630-3521
grace@saintraphaelcounseling@gmail.com
www.saintraphaelcounseling.com
Areas of service: Adults, IFS informed, Experiential/Client
Centered
Relationships, Depression, Anxiety, Trauma
Telehealth options available
Catholic

- Saint Raphael Counseling**
Michelle Goodwill, LPC
 1176 E. Warner Rd Suite 203
 Gilbert, AZ 85296
 (623) 866-7602
michelle@saintraphaelcounseling@gmail.com
www.saintraphaelcounseling.com
 Areas of service: Adults, Emotionally focused Couples therapy, EMDR Therapy, IFS informed, Relationships, Depression, Anxiety, Trauma
Telehealth options available
Catholic
- Saint Raphael Counseling**
Stephanie Wogomon, LCSW
 1176 E. Warner Rd Suite 203
 Gilbert, AZ 85296
 (480) 630-3521
stephanie@saintraphaelcounseling@gmail.com
www.saintraphaelcounseling.com
 Areas of service: Adults, Children 6+, Families, Trauma Focused-CBT, DBT, Play Therapy
 Family Dynamics, Depression, Anxiety, Trauma
Telehealth options available
Catholic
- Spectrum Healthcare**
 1420 N. Greenfield Road #101
 Gilbert AZ 85234
 (877) 634-7333
 Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
 Areas of Service: Children, Adults, Family, Individuals, Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español
- St. Cupertino Counseling**
Ingrid A. Mota de Alcantara LCSW
 1176 E. Warner Rd. Suite 203
 Gilbert, AZ 85296
 (480) 561-7920
Ingrid@stcupertinocounseling.com
www.stcuperstinocounseling.com
 Areas of Service: 18+, Depression, Anxiety, Life transitions, PTSD, Post-abortion healing, Trauma, EMDR
Telehealth Options available
Español & Portugues
Catholic
- St. Joseph Counseling**
Ched Mendoza, BHPP
 1176 E. Warner Rd. Suite 203
 Gilbert, AZ 85296
 (480) 466-0756
ched@stjosephcounseling.com
www.stjosephcounseling.com
 Areas of service: Adolescents, Adults, Men's Issues, Priests, treatment for pornography addictions
Catholic
- St. Joseph Counseling**
David Edwards
 1176 E. Warner Rd. Suite 203
 Gilbert, AZ 85296
 (480) 466-0756
David@stjosephcounseling.com
www.stjosephcounseling.com
 Areas of service: Adolescents, Adults, Men's Issues, Priests, treatment for pornography addictions
Catholic

CITY OF GLENDALE

- **Intercessory Counseling & Wellness**
Michael J. Rayes, LPC, LISAC
7121 W. Bell Rd. Suite 115
Glendale, AZ 85308
(602) 599-2000
info@intercessory.org
www.intercessory.org
Areas of service: Adults, couples, adolescents, children, all mood and personality disorders including depression and anxiety, addictions, trauma, bereavement counseling, Substance abuse.
Telehealth options available
Catholic
- **Scott Bennion, D.Min**
Integrative Pastoral Counseling
(623) 777-9394
scott@faithloveandsexuality.com
www.faithloveandsexuality.com
Areas of service: Faith-centered pastoral counseling, life coaching, and spiritual direction for individuals and couples. Integrating faith and mental health. Personal and spiritual growth, relationships and sexuality, life and love.
Telehealth options available
Catholic

CITY OF GOODYEAR

- **Imagine Therapy**
250 N. Litchfield Rd, Ste 260
Goodyear, AZ 85338
(623) 337-2275
admin@imaginetherapyaz.com
www.Imaginetherapyaz.com
Areas of Service: 1:1 therapy, marriage counseling, EMDR.
Telehealth options available

- **Journey to Peace Counseling Services**
Romano Cedillos, MS, LAC
250 N. Litchfield Rd # 130
Goodyear, AZ 85338
(480) 787-1955
romano@jtpcs.org
www.jtpcs.org
Areas of service: Adults, CBT, SFBT, ACT, Pornography, and sexual addiction
Telehealth options available
Catholic
- **Journey to Peace Counseling Service**
Sonia Cano
250 N. Litchfield Rd # 130
Goodyear, AZ 85338
(623) 439-2177
soniac@jtpcs.com
www.jtpcs.org
Areas of Service: Adults and children ages 8 and up, DBT, EMDR, CBT, Trauma, PTSD, individual, couples, and family therapy and have worked with people who experience an array of behavioral and mental health issues including ADHD, anxiety, mood disorders, trauma, personality disorders, self-harm, grief, and relational issues.
Catholic
Spanish

CITY OF LAKE HAVASU

- **Harborlight Family Therapy**
Fielder (M.A), Christine
1951 Mesquite Ave, Ste J,
Lake Havasu City, AZ 86403
(928) 453-1328
Harborlight@frontiernet.net; cfielder@frontiernet.net
www.harborlightfamilytherapy.com
Areas of service: Children (5+), Adult, Family, Marriage,
Substance Abuse
Other Language: German

CITY OF LITCHFIELD

- **Tania Rojo, MAPC, LAC**
(602) 834-1800
501 East Plaza Circle Suite#10
Litchfield Park, AZ 85340
tania@christiancounselingservicesaz.com
Areas of Service: EMDR, trauma informed care, IFS. Anxiety,
Codependency, Depression, Divorce, Emotional Disturbance,
Family Conflict, First Responders, Grief, Infidelity, Marital
distress, Pregnancy, Prenatal, Postpartum, Relationship Issues,
Sexual Abuse, Spirituality, Stress, Suicidal Ideation, Trauma
PTSD, Women's Issues.
Se habla español.

CITY OF MESA

- **Catholic Charities**
Holy Cross Parish
(602) 749-4405
counseling@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples,
children (5+) and adolescents, Abuse: Emotional, physical,
sexual, and verbal, Anger management, Anxiety/ Depression,
Divorce/Marriage, Grief and loss, Parenting, Stress
management, Substance Abuse
Se habla español
- **Integrative Therapy Lab**
Sheana Kupitz, LCSW, CFMTS
5616 E McKellips Rd,
Mesa, AZ 85215
(480) 256-8347
sheana@integrativetherapylab.com
www.integrativetherapylab.com
Areas of service: Children birth +, adolescents and adults,
Individuals, families, couples, relationship, marriage,
parenting, abuse, trauma, adoption issues
Catholic
- **Journey to Peace Counseling Services**
Cindy Bird
1921 S. Alma School Road #212
Mesa, AZ 85210, AZ
(480) 535-6930
cindy@jtpcs.org
www.jtpcs.org
Areas of Service: Couples, families, adults, adolescents
(especially girls), trauma, anxiety, depression and parenting
support. EFT, EMDR and CBT trained.
Catholic

- **Journey to Peace Counseling Services**

Donna Schmidt

1921 S. Alma School Road #212

Mesa, AZ 85210, AZ

(480) 787-1955

donna@jtpcs.org

www.jtpcs.org

Areas of Service: Adults, Addiction, Mood Disorders, Anger Management, Co-occurring Disorders, Trauma issues, Spiritual issues

Catholic

- **Journey to Peace Counseling Services**

Emily Speck

1921 S. Alma School Road #212

Mesa, AZ 85210, AZ

(480) 787-1955

emily@jtpcs.org

www.jtpcs.org

Areas of service: Postpartum Support, Perinatal Mood Disorders

Catholic

- **Journey to Peace Counseling Services**

Michael Keenan. S LAMFT

1921 S. Alma School Road # 212

Mesa, AZ 85210

michael@jtpcs.org

www.jtpcs.org

Areas of Service: Engaged and married couples along with neurodivergent individuals

- **Journey to Peace Counseling Services**

Nate Verschaetse, Psy.D

1921 S. Alma School Road #212

Mesa, AZ 85210, AZ

(480) 428-4550 or (480) 787-1955

nate@jtpcs.org

www.jtpcs.org

Areas of service: Children, Adults, Couples, Trauma, OCD, ADHD, Questions of Spiritual Affliction, EFT for couples, Child-Centered Play Therapy

Catholic

- **Journey to Peace Counseling Services**

Romano Cedillos, MS, LAC

1921 S. Alma School Road #212

Mesa, AZ 85210, AZ

(480) 787-1955

romano@jtpcs.org

www.jtpcs.org

Areas of service: Adults, CBT, SFBT, ACT, Pornography, and sexual addiction

Catholic

- **Joyful Hearts Counseling**

Leslie Pechkurow

2345 S. Alma School Rd Suite #110

Mesa, AZ 85210

480-420-8426

leslie@joyfulheartscounseling.com

www.joyfulheartscounseling.com

Areas of service: adults, children, and families- trauma, depression, anxiety, shame, life transitions, grief and loss, parenting, women issues (pregnancy, postpartum stress, motherhood), Play Therapy, Somatic Experiencing techniques, mindfulness, family systems, CBT

Telehealth options available

Catholic

- **Judith Rand (PhD)**
1845 S Dobson Rd, Ste 106,
Mesa, AZ 85202
(480) 466-7010
Jrandphd@gmail.com
www.judithrandphd.com
Areas of service: Adult, Family, Marriage, Geriatric
Psychological services, Individual, Couples
In-person visits available
- **SureStep Psychology Services**
Lopez PhD, Ignacio
Guille Morales
1220 S. Alma School Rd. Ste. 210
Mesa, AZ 85210
(480) 246-8998
ignaciolopez@gmail.com
www.suresteponline.org
Areas of service: Children, Adults, Family, Parenting,
Domestic violence offender treatment
Se habla español
Catholic
- **Teri Krull (LCSW, LLC)**
Registered Play Therapist
2345 S Alma School Rd, Ste 110,
Mesa, AZ 85210
(480) 917-7792
terikrull@playtherapy.tv
www.playtherapy.tv
Areas of service: Adult, Children (8+), Family, Marriage,
Parent Coaching

- **Tikvah Counseling, PLLC**
Pamela Castellanos
(480) 447-6474
Tikvahcounselor@gmail.com
Areas of service: Adults, Trauma
Catholic

TOWN OF PARADISE VALLEY

- **Franciscan Renewal Center**
5802 E. Lincoln Drive
Paradise Valley, AZ 85253
(480) 948-7460 ext. 134
Counseling@thecasa.org
- **Scott Bennion, D.Min**
Integrative Pastoral Counseling
(623) 777-9394
scott@faithloveandsexuality.com
www.faithloveandsexuality.com
Areas of service: Faith-centered pastoral counseling, life
coaching, and spiritual direction for individuals and couples.
Integrating faith and mental health. Personal and spiritual
growth, relationships and sexuality, life and love.
Telehealth options available
Catholic

CITY OF PHOENIX

- **Christian Family Care Center**
2346 N. Central Ave.
Phoenix, AZ 85004
(602) 234-1935
www.cfcare.org
Areas of service: Children, Adults, Trauma

- Community Connections LLC**
Simpson, Vanessa
 4025 W. Bell Rd. Ste 6
 Phoenix, AZ 85053
 (623) 242-8460
info@communityconnectionsaz.org
www.communityconnectionsaz.org
 Areas of service: eating disorders in Adolescents & Adults.
- Community Partners Integrated Healthcare**
 1515 E. Osborn Rd.
 Phoenix, AZ 85014
 (602) 604-0000
www.communitypartnersinc.org
 Areas of service: Adult
Se habla español
- Coral Valley Psychological Services, PLLC**
Taveras, Lauren PSY.D
 5010 E. Warner Rd Suite 108
 Phoenix, Arizona 85044
 (480) 382-4416
dr.taveras@coralvalley.org
<https://www.coralvalley.org>
 Areas of Service: Adolescents, Adults, Couples, PTSD, depression, anxiety, insomnia, anger management, relationship challenges; Psychological testing including immigration-related evaluations (extreme hardship, VAWA petitions, U-Visas, etc), and psychoeducational assessments (giftedness & learning differences)
Se habla español
Catholic
- Dymphna Counseling**
Donna Turner
 4425 E. Agave Rd. Suite 140
 Phoenix, AZ 85044
 (602) 908-4988
dymphnacounseling@gmail.com
 Areas of service: Adults, Trauma, Addictions, Sexual Addictions, Marriage
Catholic
- Embers Counseling**
Kylie Quiroz MS, LAC
 4600 E. Shea Blvd. Suite 206
 Phoenix, AZ 85028
 (602) 341-5099
kylie@emberscounselingaz.com
www.emberscounselingaz.com
 Areas of Service: Individual, Couple, and Family Counseling. Children 7+, Adults. Emotionally Focused Therapy and Internal Family Systems.
Telehealth options available
Catholic
- Fit Mind Wellness**
Dr. Marlena Gonzales-Gabaldon
 34975 N. North Valley Parkway Suite 152
 Phoenix, AZ 85086
 (480) 525-7091
<http://www.fitmindwellness.com>
 Areas of Service: Depression & Anxiety, Trauma, Divorce, Blended Family & Step-Parenting, Relationships, Child Therapy, Mindful Birthing Preparation, Postpartum Depression/Anxiety & Pregnancy Loss, Mental Health Evaluations for First Responders, Mental Health Evaluations for Immigration

- Healing Moments LLC**
Stephanie Becker
 1825 E. Northern Ave Unit 215A
 Phoenix, AZ 85020
 (720) 541-9411
stephanie@healingmomentsllc.com
Healingmomentsllc.com
Telehealth options available
 Areas of Services: Trauma-based and mental health counseling services to support healing for children, adolescents, and adults
- Intercessory Counseling & Wellness**
Michael J. Rayes, LPC, LISAC
 3842 E. Thunderbird Road Suite 200
 Phoenix, AZ 85032
 (602) 599-2000
info@intercessory.org
www.intercessory.org
 Areas of service: Adults, couples, adolescents, children, all mood and personality disorders including depression and anxiety, addictions, trauma, bereavement counseling, Substance abuse.
Telehealth options available
Catholic
- John Stapert (PhD)**
 6232 N 7th St Suite 206B
 Phoenix AZ 85014
 (602) 279-8920
jstapert@ix.netcom.com
 Areas of service: Adults (16+), Depression, Anxiety
- Lisa Fischer PhD**
 7111 N. 7th St
 Phoenix, AZ
 (602) 448-9755 (TEXT ONLY)
lisafischer@cox.net
www.drlisafischer.com
 Areas of service: Older adolescents, Adults, anxiety, depression, and relationship problems, including sexual dysfunctions.
Catholic
- Little Flower Ministries**
PLLC Westby (LPC), Nikki
 2312 E Campbell Ave,
 Phoenix, AZ 85016
 (602) 954-9089 ext. 1114
zestywestby@yahoo.com
 Areas of service: Adult, Couples, Anxiety, Depression, Relationship Issues, Domestic Violence, Post Abortion Healing
Catholic
- Navarro Counseling and Consulting**
Dr. Maria Navarro
 3800 N Central Ave, 1010
 Phoenix, AZ 85012
 (602) 552-4488
info@navarrocounseling.com
<https://navarrocounseling.com>
 Areas of Service: Children, Adults, Trauma (sexual, physical, verbal) Attachment, Grief Recovery, EMDR, IFS, Story play, Se habla español
Catholic

- Rebecca Kasper PhD**
 7227 N. 16th St Suite 209
 Phoenix, AZ 85201
 (602) 630-2639
rebeccaannkasper@gmail.com
www.drrebeccakasperpllc.com
 Areas of service: Children (5+), Adult, Individual,
 (Occasionally family therapy), Creative arts Therapies,
 Trauma, and Health Psychology
Catholic
- Sacred Hearts Psychiatry & Addiction Medicine**
 Kelly Anne Maurer MSN FNP PMHNP -BC
 Psychiatric Mental Health & Family Nurse Practitioner
 (Prescriber-Medication Management/Holistic treatments)
 (480) 392-1729
Kellipmhnp@sacredheartspychiatry.com
www.sacredheartspychiatry.com
 Areas of Service: 12-64yr age- Adolescent, Adult- Psychiatric
 Evaluations, Substance Use Evaluations- Talk Therapy-
 Medication Management, Depression- Anxiety- OCD- MAT
 (Suboxone-Naltrexone-Vivitrol for substance use disorder),
 ADHD & ASD
Telehealth options available
- Scott Bennion, D.Min**
Integrative Pastoral Counseling
 (623) 777-9394
scott@faithloveandsexuality.com
www.faithloveandsexuality.com
 Areas of service: Faith-centered pastoral counseling, life
 coaching, and spiritual direction for individuals and couples.
 Integrating faith and mental health. Personal and spiritual
 growth, relationships and sexuality, life and love.
Telehealth options available
Catholic
- Spectrum Healthcare**
 4524 N. Maryvale Pkwy #260
 Phoenix, AZ 85031
 (877) 634-7333
 Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
 Areas of Service: Children, Adults, Family, Individuals,
 Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español
- Spectrum Healthcare**
 11024 North 28th Drive Suite # 110A
 Phoenix, AZ 85029
 (877) 634-7333
 Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
 Areas of Service: Children, Adults, Family, Individuals,
 Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español
- Totus Tuus Therapy Clinic**
Michelle Lorenzana
 2942 N. 24th St. Suite #108
 Phoenix, AZ 85016
 (602) 464-3289
mlorenzana@totustuustherapyclinic.com
www.totustuustherapyclinic.com
 Areas of service: Adults, Marriage and Family,
 Communication concerns, Relational Conflict, Premarital
 Preparation, Anxiety, Depression and Grief/Loss
Telehealth options available
Catholic

- **Trailheads Counseling**
Lisa Elliot, LPC, NCC, CCTP-II
2525 E. Arizona Biltmore Circle Suite B220
Phoenix, AZ 85016
(623) 282-2751
trailheadssouthwest@gmail.com
Areas of service: Trauma, Anxiety, Mood Disorders,
Parenting, ADHD, Autism (adults), EMDR, IFS, DBT
Catholic
- **Trinity-One Counseling Services, LLC**
Debra Legge
4545 n. 36th Street. Suite 105
Phoenix, AZ 85018
(602) 403-7393
Debra@trinityonecounseling.com
- **Witness to Love Family Counseling**
Emily Babcock LMFT, LPC
3606 N. 24th Street
Phoenix, AZ 85016
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of Service: Postpartum Support, Perinatal Mood
Disorders, Catholic
- **Witness to Love Family Counseling**
Marianne Dunaway
3606 N. 24th Street
Phoenix, AZ 85016
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of service: Marriage and Family, Autism, Addiction,
Women's Issues
Catholic

CITY OF PRESCOTT

- **Christian Family Care Center**
3611 Crossings Drive, Suite A
Prescott, AZ 86305
(928) 443-1150
www.cfcare.org
Areas of service: Children, Adults, Family, Trauma
- **Maria Rose Counseling**
Kate Hald LPC
300 E. Willis St. Suite 300-D
Prescott, AZ 86301
(928) 710-0198
Kate@MariaRoseCounseling.com
<http://www.mariarosecounseling.com>
Areas of Service: Adults, EMDR Therapy, abuse (emotional,
physical and sexual)
- **Spectrum Healthcare**
3633 Crossings Dr
Prescott, AZ 86305
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
Areas of Service: Children, Adults, Family, Individuals,
Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español

CITY OF PRESCOTT VALLEY

- **Spectrum Healthcare**
3274 Bob Drive
Prescott Valley, AZ 86314
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
Areas of Service: Children, Adults, Family, Individuals,
Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español

CITY OF SCOTTSDALE

- **Catholic Charities**
Our Lady of Perpetual Help Parish
(602) 749-4405
counseling@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples,
children (5+) and adolescents, Abuse: Emotional, physical,
sexual, and verbal, Anger management, Anxiety/ Depression,
Divorce/Marriage, Grief and loss, Parenting, Stress
management, Substance Abuse
Se habla español

- **Catholic Charities**
St. Patrick's Parish
(602) 749-4405
counseling@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples,
children (5+) and adolescents, Abuse: Emotional, physical,
sexual, and verbal, Anger management, Anxiety/ Depression,
Divorce/Marriage, Grief and loss, Parenting, Stress
management, Substance Abuse
Se habla español
- **Diana Vigil (MA, LPC, RPT)**
7500 E McDonald Drive, Ste 400A,
Scottsdale AZ 85250
(480) 946-0801
www.childtherapyaz.com
Areas of service: Adult, Children, Child Maltreatment, Sexual
Abuse, Sexual Behavioral problems, Divorcing Families,
Parental Alienation
Catholic
- **Dr. Gabrielle Lawrence**
10245 E. Via Linda Blvd Suite 105
Scottsdale, AZ 85258
(480) 607-5030
gabrL1@cox.net
www.health4relationships.com
Areas of service: Adult, Children, DBT, Grief
Catholic
- **Fit Mind Wellness**
Dr. Marlena Gonzales-Gabaldon
8985 E. Bell Rd
Scottsdale, AZ 85260
(480) 525-7091
<http://www.fitmindwellness.com>

- Joan Polansky, Ph.D.**
 3295 N. Drinkwater Blvd Suite 1
 Scottsdale, AZ 85253
 (602) 621-0468
www.arcadiapsychology.com
 Areas of service: College students, Medical issues, difficult pregnancies, or premature and difficult birthing experiences
- Karen Williams, LPC**
 6424 East Greenway Parkway, Suite 104
 Scottsdale, Az 85254
 (602) 791-7189
CatholicTherapists.com
 Areas of service: Family, Relationships, Substance Abuse, Grief and Loss, EMDR
- Sacred Hearts Psychiatry & Addiction Medicine**
 Kelly Anne Maurer MSN FNP PMHNP -BC
 Psychiatric Mental Health & Family Nurse Practitioner
 (Prescriber-Medication Management/Holistic treatments)
 (480) 392-1729
Kellipmhnp@sacredheartspychiatry.com
www.sacredheartspychiatry.com
 Areas of Service: 12-64yr age- Adolescent, Adult- Psychiatric Evaluations, Substance Use Evaluations- Talk Therapy- Medication Management, Depression- Anxiety- OCD- MAT (Suboxone-Naltrexone-Vivitrol for substance use disorder), ADHD & ASD
Telehealth options available
- Scott Bennion, D.Min**
Integrative Pastoral Counseling
 (623) 777-9394
scott@faithloveandsexuality.com
www.faithloveandsexuality.com
 Areas of service: Faith-centered pastoral counseling, life coaching, and spiritual direction for individuals and couples. Integrating faith and mental health. Personal and spiritual growth, relationships and sexuality, life and love.
Telehealth options available
Catholic
- Pamela Chambers (M.Ed, LPC, NCC)**
 17777 N. Scottsdale Road
 Scottsdale, AZ 85255
 (480) 703-0606
pamela@pamelachambers.com
www.pamelachambers.com
 Areas of service: Adult, Children, Family, Marriage, Pre-Marital counseling, Couples counseling, EMDR for Trauma
- Rebecca Tofield**
 (480) 888-5380
rebeccas@therapywithheart.com
 Areas of Service: Women's issues, caregiving, parenting, grief and weight loss, survivors of suicide, trauma, life transitions, EMDR
- Shannon Stienhilber**
 (480) 888-5380
Shannon@therapywithheart.com
 Areas of Service: Couples, Sports, Medical Family
- Spring Returns Counseling**
Jill McMahon
 8170 N. 86th Place Suite 206
 Scottsdale, AZ 85258
 (602) 888-6857

jill@jillmcmahoncounseling.com
www.jillmcmahoncounseling.com

Areas of service: Grief, Suicide, Individual Therapy

CITY OF SURPRISE

- **Avenir Behavioral Center**
16561 N. Parkview Place
Surprise, AZ 85374
(623) 522-4525
Intake@AvenirBehavioralCenter.com
www.AvenirBehavioralCenter.com
Areas of Service: 18+, depression, anxiety, borderline personality disorder, PTSD, ADHD, bipolar disorder, psychosis, schizophrenia, alcohol and drug addiction.

CITY OF TEMPE

- **Catholic Charities
Holy Spirit Parish**
(602) 749-4405
counseling@cc-az.org
CatholicCharitiesAZ.org
Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents, Abuse: Emotional, physical, sexual, and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español

- **Journeys
Christina McShane PsyD**
6515 S. Rural Rd Suite 101
Tempe, AZ 85283
(480) 656-0500 Ext. 18
christina@journeyscounselingaz.com
www.journeyscounselingaz.com
Areas of service: Adolescent, Adult, Child,
Catholic
- **Solari Crisis Response Network**
1275 W. Washington St. Ste.108
Tempe, AZ 85281
(602) 427-4600
www.crisisnetwork.org
- **Witness to Love Family Counseling
Aryn Sylvester**
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of service: Spiritual Abuse, Trauma and PTSD, Grief, Anxiety and Depression, Accelerated Resolution Therapy
Catholic
- **Witness to Love Family Counseling
Isabella Bryant, Trauma & Resiliency Coach**
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of service: Childhood Sexual Abuse, Unwanted Sexual Behaviors, Anxiety and Depression
Catholic

- **Witness to Love Family Counseling**
Liberty Richardson, LAC
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of Service: Couples and Family, Postpartum Anxiety and Depression, Miscarriage and Child Loss, Play Therapy/Children
- **Witness to Love Family Counseling**
Marissa Peace, LAC
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of Service: Adolescents and Young Adults, Trauma, Codependency, Accelerated Resolution Therapy, Women's Issues, Female Porn Addiction
- **Witness to Love Family Counseling**
Michael Scaramella
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of Service: EMDR, CBT, DBT, Solution - Focused Therapy, Support in navigating crucial decisions regarding college, degrees and career paths. Offers support with grief, loss, family relationships.

- **Witness to Love Family Counseling**
Samuel P. Bryant
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of service: Marriage, Couples and Family Therapy, Affairs and Trauma, Men's Issues, Workplace Relationships, Parenting, Spirituality and Faith Crisis', Teen Issues, Senior Issues, Life Transitions.
Catholic
- **Witness to Love Family Counseling**
Sharon Phelan, Career & Vocational Discernment Coach
1400 E. Southern Ave Suite 220
Tempe, AZ 85282
(602) 980-1557
info@witnessstolovefcs.com
www.witnessstolovefcs.com
Areas of Service: Career Coaching, Life Transitions, Vocational Discernment

CITY OF TUSCON

- **Christian Family Care Center**
3275 W. Ina Road, Suite 155
Tucson, AZ 85741
(520) 296-8255
<https://cfcare.org/>
Areas of service: Children, Adults, Trauma

- **Spectrum Healthcare**
1200 N. Country Club Rd
Tucson, AZ 85716
(877) 634-7333
Hearing impaired (800) 367-8939
info@spectrumhealthcare-group.org
<http://spectrumhealthcare-group.com>
Areas of Service: Children, Adults, Family, Individuals,
Substance Abuse, Trauma, Depression, PTSD
Telehealth options available
Se habla español

CITY OF WICKENBURG

- **Breaking Free Christian Counseling**
Kari Froelicher
315 W. Apache Street
Wickenburg, AZ 85390
(928) 232-9280
Kari@godlycounseling.com
www.godlycounseling.com
Areas of service: Adults, Teens, Marriage, Family, PTSD,
sexual abuse (and other types of abuse), Trauma, Anxiety
and Depression, Codependency, SSA, Schizophrenia and
Psychotic disorders, Eating disorders, HSP
Telehealth options available
Catholic

RESOURCES, PROGRAMS AND HOTLINE NUMBERS:

- **Adult Protective Services**
1-877-767-2385
- **AHCCCS (State Health Care)**
(602) 417-4000
- **Arizona Coalition Against Domestic Violence**
Phone (602) 279-2900
Toll-free 1 (800) 782-6400
AZ Relay Service 711
www.acesdv.org
- **Arizona Department of Health Services**
150 North 18th Ave.
Phoenix, AZ 85007
Adult Abuse Hotline: (877) SOS-ADULT (767-2385)
Child Abuse Hotline: (888) SOS-CHILD (767-2445)
Children's Information Hotline: (800) 232-1676
Phone: (602) 542-1000
Fax: (602) 543-0883
www.azdhs.gov
- **Arizona Humane Society Project Safe House**
1521 W. Dobbins Road
Phoenix, AZ 85041
Phone: (602) 997-7585 Ext 2156
Phone: (602) 997-7586
alternativeplacement@azhumane.org
- **AZ Department of Child Safety**
1-888-767-2445
- **Banner Health System 24 Hours**
(602) 254-4357 (HELP)
(800) 254- HELP

- Boys Town National Hotline**
 Accredited by the American Association of Suicidology (AAS), Boys Town National Hotline is a 24/7 crisis, resource and referral number for KIDS and PARENTS.
 Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day.
 The speech- and hearing-impaired can contact us at our email address: hotline@boystown.org
 800-448-3000
www.boystown.org/hotline/Pages/default.aspx
- Brother, You're on My Mind**
 The website offers a free Tool Kit, crisis resources sheet, and other educational materials to promote mental health among African American men.
<https://oppf.org/>
- Calvary Healing Center**
 Begin your journey to physical and spiritual healing from addiction
 720 E. Montebello Ave
 Phoenix, AZ 85014
 (602) 459-9686
 or
 10451 W. Palmeras Dr
 Suncity, AZ 85373
 (602) 459-9686
 or
 1730 E. McNair Drive
 Tempe, AZ Montebello Ave
 (602) 459-9686
- Catholic Charities**
 (602) 749-4405
counseling@cc-az.org
CatholicCharitiesAZ.org
 Areas of Service: Counseling for Individuals, families, couples, children (5+) and adolescents, Abuse: Emotional, physical, sexual, and verbal, Anger management, Anxiety/ Depression, Divorce/Marriage, Grief and loss, Parenting, Stress management, Substance Abuse
Se habla español
- Central Arizona Crisis Line (Local)**
 (602) 222-9444
 1-800-631-1314
 1-800-327-9254 (TTY)
- Child Help USA**
 2120 N. Central Ave Suite 130
 Phoenix, AZ 85004
 1-800-422-4453
 (602) 271-4500
ch-therapyreferralsaz@childhelp.org
www.childhelp.org
 Areas of service: Child, Trauma, Abuse
Se habla español
- Community Bridges Medical Detox**
 (602) 273-9999
- Community Resources, Info and Referrals**
 (602) 263-8856
211arizona.org

- **Copper Springs Mental Health and Addiction Treatment for Adults**

Copperspringsinfo@spsh.com

<https://coppersprings.com>

10550 W. McDowell Rd

Avondale, AZ 85392

(602) 638-3528

or

3755 S. Rome St.

Gilbert, AZ 85297

(602) 428-8668

- **Crisis text Line**

Text HOME to 741741

- **Cyber Tip line (Internet exploitation)**

1-800-843-5678

- **Emmaus Ministry for Grieving parents**

The mission of The Emmaus Ministry for Grieving Parents is to, in the Catholic Franciscan tradition of “All are Welcome,” serve the spiritual needs of grieving parents whose children, of any age, have died by any cause. It is also to help interested parents, as well as Clergy, Religious, Diocesan Staff, and/or Spiritual Directors bring this ministry to their own parishes or regions.

Marianne Gouveia

(602) 594-8932

(800) 919-9332

<https://www.emfgp.org/>

Marianne@ericshouse.org

- **Empact Suicide Prevention Center**

Crisis Hotline: (480) 784-1500

Maricopa County: 1 (866) 205-5229

www.empact.org

- **EMPACT Survivors of Suicide - SOS Support groups**

- Michelle Hildt

480-888-5380

Email: michelle@therapywithheart.com

<https://empactsos.org/>

- Rebecca Tofield

480-888-5380

Email: rebecca@therapywithheart.com

<https://empactsos.org/>

- Shannon Stienhilber

480-888-5380

Email: shannon@therapywithheart.com

<https://empactsos.org/>

- **Eric’s House**

Healing after Suicide, Substance or Sudden loss.

A community for help, hope and healing after sudden loss

Marianne Gouveia

1-855-894-5658

info@ericshouse.org

Marianne@ericshouse.org

www.ericshouse.org

- **Grief to Grace**

Restore dignity is licensed by Grief to Grace and the Living Scripture Institute to provide Grief to Grace healing retreats in English and Spanish for anyone who has suffered abuse, neglect, or traumatic events.

(480) 215-6762

Phoenix@griefftoGrace.org

www.restoredignity.org/grief-to-grace-retreat/

- **HelpMe**
A mobile app powered by STOPit Solutions, aims to improve mental health and suicide prevention efforts in your school community and can provide you with more effective support and resources for the mental health and wellness of your K-12 students. It includes a crisis text line staffed by volunteers, trained by professional crisis intervention professionals.
<https://www.stopitsolutions.com><http://www.suicidepreventionlifeline.org/>
- **IM ALIVE**
College students in crisis can chat online with volunteers certified in crisis intervention, and colleges can host on-campus events to raise awareness of mental health and suicide prevention.
<https://www.imalive.org/how-we-help/college-campus/>
- **Mary Ruth Hackett**
Parenting Blog: Interweaving child development and the Catholic faith
(480) 221-0786
mhackettaz@gmail.com
Peer-review-parenting.blogspot.com
- **Mental Health America**
Refers callers to local mental health services or support programs.
800-969-NMHA (6642)
<https://www.mhanational.org/>
- **Michelle Hildt**
480-888-5380
Email: michelle@therapywithheart.com
- **My Catholic Doctor**
My Catholic Doctor is a nationwide medical practice that brings a team of faithful medical professionals to patients through video-based health consultation
www.mycatholicdoctor.com
- **NAMI HelpLine (National Alliance on Mental Illness)**
Get information and support from NAMI's Helpline (10am-10pm ET)
1-800-950-NAMI (6264),
Text "HelpLine" to **62640**
Email: helpline@nami.org
Online chat: nami.org/help
<https://nami.org/home>
- **National Domestic Violence Hotline**
1 (800) 799-7233
TTD: 1 (800) 787-3224
- **National Hotline of Missing and Exploited Children**
1-800-THE LOST
- **National Parent Hotline:**
1-855-427-2736
Provides emotional support for parents and caregivers from a trained advocate
- **National Runaway Hotline**
1-800-RUN-AWAY
- **National Suicide Prevention Lifeline**
DIAL 988
(800) 273-TALK is still a functioning number
- **Northern Arizona Crisis Line**
1-877-756-4090

- **Recovery Innovations of Arizona – Urgent Care**
(602) 636-4607
- **Sacred Hearts Psychiatry & Addiction Medicine**
Kelly Anne Maurer MSN FNP PMHNP -BC
Psychiatric Mental Health & Family Nurse Practitioner
(Prescriber-Medication Management/Holistic treatments)
(480) 392-1729
Kellipmhnnp@sacredheartspsiychiatry.com
www.sacredheartspsiychiatry.com
Areas of Service: 12-64yr age- Adolescent, Adult- Psychiatric
Evaluations, Substance Use Evaluations- Talk Therapy-
Medication Management, Depression- Anxiety- OCD- MAT
(Suboxone-Naltrexone-Vivitrol for substance use disorder),
ADHD & ASD
Telehealth options available
- **SAMHSA Behavioral Health Treatment Services Locator:**
Search for treatment facilities in the United States or U.S.
Territories for substance use/addiction and/or mental health
problems.
SAMSHA (Substance Abuse and Mental Health Services
Administration) is also a resource that helps districts design
and implement wellness and suicide prevention programs.
<https://www.samhsa.gov/>
- **Scottsdale Banner Behavioral Health & Mental Health**
7575 E. Earl Dr. Scottsdale, AZ 85251
(833) 252-5535
- **Senior Helpline**
(602) 264-4357
(888) 264-2258
- **Shelters-Domestic Violence & Homeless**
(602) 263-8900
(800) 799-7739
- **State of Arizona Crime Victims Support**
Division of Public Safety
2222 W. Encanto Blvd.
Phoenix, AZ 85009
(602) 223-2000
www.azdps.gov
- **STOPit**
Create a 24hr anonymous reporting tipline within your school,
workplace or organization by integrating STOP it.
With STOP it you can:
 - Report concerns
 - Receive support and resources
 - Instantly alert, inform and request help from staff or 911
 - Scan, monitor and filter devices, networks and internet
activity for violent, unsafe or harmful behaviors and alert
school officials.
 - Offer and receive training and guidance for threat
assessments.<https://www.stopitsolutions.com/>
- **Suicide Crisis Hotline**
DIAL 988
24-hour National Suicide Crisis Hotline
Call 1-800-SUICIDE
<https://988lifeline.org/>
- **Suicide Prevention Campaign Toolkit**
The American Association of Pediatrics offers factsheets,
infographics, videos, and other materials for parents, schools,
clinicians, and the community.
<https://www.aap.org/en/news-room/campaigns-and-toolkits/suicide-prevention/>
- **Support Group – Witness to Love**
2nd Saturday of each month 9:00AM
3606 N. 24th St
Phoenix, AZ 85016

- **Teen Lifeline (Peer Counseling 3pm-9pm daily)**
Call 24/7/365 or Text 12-9pm
(602) 248-TEEN
(1-800) 248-TEEN
- **The Meadows
Intensive Outpatient Program**
19120 N. Pima Dr. Ste 125
Scottsdale, AZ 85255
(866) 681-3457
[Home | The Meadows Outpatient Center](#)
- **Triple R Warm Line (5pm-10pm)**
(602) 347-1100
- **Victims of Sexual Assault or Domestic Violence**
(480) 736-4949
1-866-205-5229
1-800-656-HOPE (4673)

