**Counseling Resources**

**Careline (Telephone Assistance)**

www.carelinealaska.com
452-4357 in Fairbanks
1-877-266-4357 in Alaska
1-800-273-8255 National Crisis Line 24/7
Text: 839863 Tue-Sat, 3-11pm

**A Growing Concern Counseling (Cigna EAP)**

452-8165
Valerie Jensen, LCSW (Part-time)
*on partial medical leave (08/17/18)*

**Arctic Pathways, LLC**

799-7695
Christopher Brown, PsyD.
*Psychological testing for children, adolescents, and adults* Referrals only.
Aetna, Beacon, Cigna, Medicaid/Denali
KidCare, Premera BCBS

**Abundant Life Counseling**

919-200-3774
Kristi Wood, LCSW
*Depression, anxiety, Christian life, anger management, insomnia*
Tricare, BCBS, Aetna

**Carenet Pregnancy Center**

455-8255
Tue-Fri, 9-3pm (Maria’s closet: Tue/Thur, 10-2pm)
*Pregnancy concerns, pregnancy test, ultrasound, parenting classes, post-abortion, adoption, baby supplies*

**Clear Sky Counseling**

479-3411
Karin Gillis, LPC
BC, Premera, First Choice Health

**Clearwater Counseling**

457-6002
Dave Bates, LPC
www.clearwatercounselingak.org
*Depression, relationships, sexual disorders, anger management, anxiety, trauma*
BCBS, Tricare

**Counseling & Therapy Services**

590-8384
www.counselingandtherapyservices.com
Cathy Weeg, LPC (590-8384)
Jennifer Danhauser, LPC (978-4978)
*Emotional instability, interpersonal difficulties, depression, anxiety, grief and loss, trauma, life transitions, sexual identity and gender issues, DBT, exposure therapy*

**Dean Zuelsdorf, PsyD**

455-4455
(Semi-retired, limited availability)
*Depression, trauma, relationships*
Will discuss options for billing

**Dellie Dickinson, LPC**

460-2166
*Women’s issues, relationship counseling, depression, abuse*
Douglas Pomeroy, PhD 457-1744
M-F, 8-5pm
Tricare, All Blue Cross (in and out of state), Aetna, Union Insurance

Fairbanks Biofeedback & Counseling 452-4405
www.msfbc.com
Mike Schmoker, LCSW
*Depression, anxiety, relationships, self-regulation, biofeedback training, stress-related health disorders, chronic pain, stress management, PTSD, crisis intervention, coping skills, relaxation tapes*

Fairbanks Community Mental Health Services 371-1300
www.acmhs.com/fairbanks-community-mental-health-services
*Only referrals from Fairbanks Memorial and Fairbanks Correctional Center
Accepts Medicaid/private insurance

Fairbanks Psychiatric and Neurological Clinic 452-1739
www.brainclinic.com
Dr. Alisabeth Thurston-Hicks, Psychiatrist
Dr. Ronald Martino, Psychiatrist
Sally Caldwell, LPC
All forms of Blue Cross, Tricare, United Healthcare, Moda, and Union Insurance. Tricare, Medicaid & Medicare for neurology only.

Fairbanks Veteran’s Center 456-4238
www.va.gov
M-F, 8:15-6pm

Family Centered Services of Alaska 474-0890
www.familycenteredservices.com
*residential treatment, foster care, respite care, group homes, co-occurring disorders. 5-18 years old*

Glen Watson 479-0411
www.glenwatsonlcsw.com
Monday-Thursday
*Depression, transitions, relationships, anxiety, chronic medical conditions, stress, adjustment issues*
Accepts most insurance, no Medicaid or Medicare.

Grace in Motion 452-4673
M-F, 9-6pm
www.graceinmotioncounseling.com
Paige Metzgar, LPC
Damaris Bronson, MA (intern)
*anger management, depression, anxiety, grief & loss, family violence*
Accepts private insurance/Tricare/sliding scale

Headwaters Counseling 456-2256
Liz Pawelko, LPC
*chronic pain, anxiety, eating disorders*
Pay at time of service with cash or personal check which may be reimbursed by insurance
Holistic Medical Clinic
451-7100
www.holisticmedicalclinic.us/
M-F, 9-5pm
Dr. Beth Laughlin
Dr. Suzette Mailloux
Naturopathic doctors, not medical doctors
Olivia Foote, LPC - *anxiety, depression, ADD, trauma*
*Hypnosis, Hypnotherapy, acupuncture, therapeutic massage, detox, psychotherapy, stress management*
Aetna, Blue Cross, Union

Hope Counseling Center (Faith-Based)
451-8208
www.hopecounselingcenter.org
John DeRuyter, PsyD
Valerie Gifford, PhD
Jessica McKay, LCSW
Mariel Ott, LCSW
Kylie Gore-Hall, MS (student therapist)
*addictions, depression, anxiety, PTSD, self-esteem, relationship issues, parenting*
Accepts private insurance, Blue Cross, Tricare, client assistance program

Hospice of the Tanana Valley
474-0311
Sally Fenno

IAC: Center for Nonviolent Living
452-2293
1-800-478-7273
www.iacnvl.org
Open 24 hours
*Domestic violence, sexual assault, advocacy, support, housing, legal advocacy*

Interior Community Health Center
455-4567
www.interiorhealthalaska.com
Hayley Allison, PsyD (prescribing psychologist)
Roberta Gastineau, LCSW (12 sessions/year)
*mild depression, drug/alcohol abuse, chronic disease mgmt.*
Adults only and must be currently established for primary care
Accepts sliding scale/Medicaid/private insurance

Jennifer Hood, LPC
750-8831
*autism, PTSD, eating disorders, ADD/ADHD, FAS, anxiety, depression, learning disabilities, mood disorders*

Kevin Lankford, MA
456-1620
Psychological assessments

LEAP
452-2473
www.leapfbks.com
Lisa Hay, LCSW
4 other counselors available as well
*domestic violence, abuse, trauma, grief, depression, anxiety, anger management, Group counseling*

Lisa Root, PsyD, LPC
312-2716
*trauma, PTSD, grief & loss, role identification, gender, sexuality, LGTBQ, behavior modification, individuals, couples*
Accepts private insurance. No Medicaid/Medicare

Lynn Harrison, LMFT
479-8450
M-F, 4pm-8pm
Tricare, private insurance (Depends on diagnosis and must be on provider list), some EAP

Making a Difference Support Services
341-4869
Crystal McCormick, LCSW
*Depression, anxiety, coping skills, spirituality*
Accepts Aetna, Blue Cross, Medicare, Tricare, WPS, Meridian, ComPsych, Magellan Behavioral Health, sliding scale

Moreen Fried, LCSW
455-7003
Court ordered therapy, sex offender treatment

Michael Magowan, LMFT
452-6522
Individuals, couples, groups
BCBS

Military & Family Life Consultant Program
382-8909
382-0594
351-4781
382-1407
382-0597
382-2799

New Life Counseling
322-6940
www.newlifecounselingak.com
Terry Kelly, LPC
*EMDR certified, PTSD, trauma

Northwind Behavioral Health, LLC
456-1434
Cathy Johnson, NP
Elizabeth Kraska, LPC
Michael Hollingsworth, LPC
Mark Shields, LCSW
Medication management, adults/teens, couples, family, anxiety, depression, PTSD, SAD, ADHD
Monday-Thursday, 9-6pm
Private Insurance

Parent Warm Line
452-4588
Parenting questions

Rachel Kacsur, LCSW
455-0250
Private insurance (Check insurance before calling)

Ralph Perdue Center
452-6251
*drug and alcohol treatment

Resource Center for Parents & Children
456-2866

Spruce Wind Healing Arts
378-0573
Sally Fenno
M-F
*Grief and growth

Stephen Parker, PhD
479-6008
*anxiety, trauma, PTSD, depression, grief, chronic pain* prefers adults and 65+
Accepts Aetna, Blue Cross Blue Shield, Medicare, Meridian, Premera, sliding scale
Sue Stanton, LPC  
347-2160  
*former UAF athlete

Susie Diane Gilbreath, LMFT  
388-6128  
Monday-Saturday

Tanana Chiefs Conference Behavioral Health  
452-8251 ext. 3800  
www.tananachiefs.org

Tanana Valley Clinic  
459-3500  
M-F, 8-5pm  
www.foundationhealth.org/tvc  
Rebekah Burket, PhD  
Daniel Curns, PhD  
1st Care West: M-F, 8-8pm  
1st Care Center: M-Sun, 8-8pm

Pleiades Counseling  
Tima Priess, LMFT  
Paul Beals, LPC  
452-8438  
Veterans only  
EMDR, trauma, PTSD, relationships  
Tricare, VA

Turning Point Counseling Services  
374-7776  
M-F, 9-6pm  
www.turningpointcounselingservices.com  
Joseph Nowell, LPC  
Gunnar Ebbesson, LPC  
Kristel Boswood, LPC  
Jonathan Miller, LPC  
Leif Vick, LPC  
Amy Carlson, LCSW  
Danielle Burke, M Ed.  
Holly Sanborn, MA  
Patricia Cooper, MS

Claire Woster, MS  
Accepts Tricare/Blue Cross/Private pay

UAF Counseling Center  
474-7043  
Students receive 5 free sessions/semester with Health Services fee  
$25 for extra sessions  
$24 No Show fee

UAF Psychology Department  
474-7007  
Gruening Room 705 D/E  
www.uaf.edu/psych/psychology-department-cli/  
Initial screening free  
$10/session after screening

UAF Dept of Military & Veterans Services  
Eielson Building, Rm 104  
*Tutoring, professional development, help with paperwork, military educational benefits, etc*

Uncommon Therapy  
459-8200  
Text: 388-8963  
Larry Moen, LPC  
M-F, 9-6pm  
Accepts private insurance, no Medicaid/Medicare

Wendell Street Psychiatric Services  
455-4135  
Dr. Mikki Barker, Psychiatrist  
M, T, W, F, 8-5pm  
Private insurance

Support Groups

Fairbanks Public Health Clinic
Bereaved Parents Support Group
Jane Smith
455-6562
1st Tuesday of each month @ 7pm
1025 W. Barnett
First Presbyterian Church of Fairbanks
452-2406
547 Seventh Ave.
Weekly grief group

Zion Lutheran Church
347-3564
2982 Davis Rd.
Liz Gerdes
Celebrate Recovery – Thursdays: shared meal @ 6:15pm, group starts @ 7pm

Friends Community Church
452-2249
1485 30th Ave.
Celebrate Recovery – Thursday’s @ 6:30pm
www.friendschurch.org/celebrate-recovery/

Compassionate Friends
479-6690
1222 Cowles St.
Stephanie Stowman
Meets 2nd Monday every month @ 6:30pm
*grief support for infant/child loss

Alcoholics Anonymous
24-hour helpline: 1-844-751-4393
www.fairbanksaa.org