During the COVID-19 pandemic, not all services may be available or may be available via telehealth only

Community 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)
Children, teens, adults, and couples.

**Arctic Pathways, LLC**
799-7695
www.arcticpathways.com
Christopher Brown, PsyD.
Psychological testing for children, Adolescents, and adults. Referrals only.
Aetna (and organizations that use Aetna, such as Christian Brothers and Meritain), Medicaid/Denali KidCare/Denali Care, Premera BCBS (website for current insurance info).

**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, 10-3pm (Maria’s closet: Tue/Thur, 10-2pm)
All services are free or earn while you learn:
Pregnancy concerns, pregnancy tests, ultrasound, parenting & pregnancy classes, post-abortion, adoption, baby supplies; limited emergency clothing

**Clear Sky Counseling**
479-3411
Karin Gillis, LPC
Kids, teens, and adults. EMDR, brain spotting.
*BC, Premera, First Choice Health*

**Clearwater Counseling**
457-6002
Dave Bates, LPC
Jamie Darcy-Dowler, NCC, LPC, MAC
www.clearwatercounselingak.org
Depression, relationships, sexual disorders, anger management/anger management assessments, anxiety, trauma, alcohol assessment
BCBS, Tricare; no Medicaid/medicare; typically private pay

**Counseling & Therapy Services**
590-8384
www.counselingandtherapyservices.com
Cathy Weeg, LPC (590-8384)
Jennifer Danhauser, LPC (978-4978)
DBT services (individual and group), EMDR, emotional instability, interpersonal difficulties, depression, anxiety, grief and loss, trauma, life transitions, sexual identity and gender issues, exposure therapy
Preferred providers for BCBS, take all other insurance except medicare/Medicaid/Denali Kid Care
**Dellie Dickinson, LPC**  
460-2166  
*Women’s issues, relationship counseling, depression, abuse*

**Douglas Pomeroy, PhD**  
457-1744  
M-F, 9-5pm  
Tricare, All Blue Cross (in and out of state), Aetna, Union Insurance –no Medicaid  
*general practice, no psy testing*

**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  
*No referral required.  
*Prescribing physicians  
*no testing  
Accepts Medicaid/private insurance, has sliding scale, Tricare*

**Fairbanks Psychiatric and Neurological Clinic**  
452-1739  
www.brainclinic.com  
Dr. Alisabeth Thurston-Hicks, Psychiatrist  
Dr. Ronald Martino, Psychiatrist  
Sally Caldwell, LPC (accepts Tricare)  
*has prescribing physicians, psy testing, ADHD testing with referral  
All forms of Blue Cross, Tricare, United Healthcare, Moda, and Union Insurance. Medicaid & Medicare for neurology only.

**Fairbanks Veteran Affairs Clinic**  
907-361-6370  
M-F, 7:30-4pm

**Fairbanks Veteran’s Center**  
456-4238  
1-800-273-8255 (Crisis Line)  
www.va.gov  
M-F, 8-6pm  
*individual, group & family counseling for military issues, grief & loss, military sexual trauma counseling & referral, substance abuse assessment & referral.

**Family Centered Services of Alaska**  
474-0890  
M-F, 8-5pm  
www.familycenteredservices.com  
*residential treatment, foster care, respite care, group homes, co-occurring disorders. 5-18 years old*

**Grace in Motion**  
452-4673  
M-F, 9-6pm  
www.graceinmotioncounseling.com  
Paige Metzgar, LPC  
Damaris Bronson, MA (intern)  
*individual & family counseling, anger management, depression, anxiety, grief & loss, family violence, marital concerns, childhood abuse, body image*  
Accepts private insurance/Tricare/sliding scale. No medicare, medicaid  
Intake: $270  
Ongoing: $25-$200

**Headwaters Wellness & Counseling**  
456-2256  
www.headwatersfairbanks.com  
Liz Pawelko, LPC  
*chronic pain, anxiety, eating disorders, PTSD, personality disorders, LGBTQ issues, parenting, forensic mental health evaluation*
Pay at time of service with cash or personal check which may be reimbursed by insurance.

Mental Health Assessment: $500
Substance Abuse Assessment: $200
Ongoing Sessions: $125-200

**Holistic Medical Clinic**
451-7100
[www.holisticmedicalclinic.us](http://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](http://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](http://www.iacnvl.org)
Open 24 hours
*Domestic violence, sexual assault, advocacy, support, housing, legal advocacy*

**Interior Community Health Center**
455-4567
[www.interiorhealthalaska.com](http://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](http://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, LGBTQ, 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**  
Crystal McCormick, LCSW  
P 341-4869  
F 371-1828  
Tue-Thu 10am-5pm  
Fri 10am-2pm  
$180-$230 per session  
*Depression, anxiety, coping skills, spirituality*  
Accepts Aetna, Blue Cross, Medicare, Tricare, WPS, Meridian, ComPsych, Magellan Behavioral Health, sliding scale

**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, has prescribing physician  
Monday-Thursday, 9-6pm  
Private Insurance

**Parent Warm Line**  
452-4588  
726 26th Avenue Ste 2  
Parenting questions

**Rachel Kacsur, LCSW**  
322-3286  
EMDR certified  
Anxiety, depression, chronic illness, adult survivors of child abuse, infertility and adoption  
Private insurance (Check insurance before calling) no sliding scale, no Medicare or Medicaid

**Ralph Perdue Center**  
452-6251  
https://www.fairbanksnative.org/our-services/behavioral-health/ralph-perdue-center/  
*drug and alcohol treatment

**Resource Center for Parents & Children**  
456-2866  
726 26th Avenue  
https://www.rcpcfairbanks.org/  
support groups, parenting classes, WIC assistance

**Spruce Wind Healing Arts**  
378-0573  
Sally Fenno  
M-F  
$60/session  
Does not accept insurance  
*Grief, growth, trauma, changes
Sue Stanton, LPC
347-2160
480 University Avenue
Accepts BCBS, Aetna
$175/ 60 min session
$250/ 90 min intake
*former UAF athlete
No personality disorders

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
1st Care West: M-F, 8-8pm
1st Care Center: M-Sun, 8-8pm

Turning Point Counseling Services
374-7776
M-F, 9-6pm
www.turningpointcounselingservices.com
Joseph Nowell, LPC
Gunnar Ebbesson, LPC
Jonathan Miller, LPC
Amy Carlson, LCSW
Danielle Burke, M Ed.
Holly Sanborn, MA
Claire Gelvin-Smith M.Ed, M.A
Claire Woster, MA
Elizabeth Sewell, LPC
Ashley Kelley, MS
Accepts Tricare/Blue Cross/Private pay
*intensive outpatient program for substance abuse, individual therapy, brainspotting, family therapy, equine-assisted therapy

UAF Student Health & Counseling Center
474-7043
Students receive 6 free sessions/semester with Health Services fee
$25 for extra sessions
$25 No Show fee

UAF Psychology Department
474-7007
Gruening Room 705 D/E
www.uaf.edu/psych/psychology-department-clin/
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-F, 8-5pm
Private insurance
*prescribing physician
No Medicare/Medicaid
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.
Celebrate Recovery – Fridays: shared meal @ 6:15pm, group starts @ 7pm

Arctic Resource Center for Suicide Prevention
816 28th Ave
Fairbanks, Alaska 99701
1-907-987-6829

Please call for appointments
Support group last Wed of every month, 6-8pm for survivors of suicide loss: 816 28th Avenue, Fairbanks

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

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

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

(Note: last updated 01/2020)