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

App:
https://carelinealaska.com/get-the-app

Alaska’s LGBTQ Helpline: Identity
www.identityinc.org
258-4777 or 888-901-9876 between 6-11 p.m., seven days a week

National LGBTQ Helpline for Youth:
The Trevor Project
https://www.thetrevorproject.org/
1-866-488-7386 27/7/365
Text: Trevor to 1-202-304-1200 Fri 1pm-5pm
Chat: online 7 days a week, 12pm-6pm PT
(https://www.thetrevorproject.org/get-help-now/#tc

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

FYNDout Free Pregnancy Center
455-8255
Tue-Fri, 10-3pm (Maria’s Boutique: 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

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
Counseling & Therapy Services
590-8384
[www.counselingandtherapyservices.com](http://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](http://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*

Alaska Behavioral Health (Fairbanks & Anchorage sites)
371-1300
[https://alaskabehavioralhealth.org/](https://alaskabehavioralhealth.org/)
Walk-in appoints M-F 8am-5pm
*No referral required.
*Prescribing physicians
*no testing
Accepts Medicaid/private insurance, has sliding scale, Tricare
(Formerly [Fairbanks Community Mental Health Services](http://www.alaskabehavioralhealth.org/))

Fairbanks Psychiatric and Neurological Clinic
452-1739
[www.brainclinic.com](http://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](http://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](http://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](http://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/
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

Continuing Hope Counseling
451-8208
www.continuinghope.org
John DeRuyter, PsyD
Valerie Gifford, PhD
Jessica McKay, PhD
Rachel Higgins, LCSW
Nikki Baird, 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.iacnv.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.co
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
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
https://northwindbehavioral.com/
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, change
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  
459-3500  
**TVC 1st Care (1101 Noble Street)**  
458-2682  
8am-8pm (7 days a week)  
Telemedicine services: 8am-8pm  

**TVC 1st Care West (510 Riverstone Way #3)**  
458-2655  
M-F 8am-5pm

**Turning Point Counseling Services**  
374-7776  
M-Th, 9am-6pm  
F, 8am-5pm  
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  
Elizabeth Sewell, LPC  
Ashley Kelley, MS  
Justin Knowles, MSW  
Krista Zody, M.Ed.  
Patricia Cooper, LPC  
Mary Elkins, MA  
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 Community Mental Health Clinic**  
474-1999  
https://www.uaf.edu/mentalhealth/  
Gruening Room 215 (one floor below entry)  
Fall 2021: T, 9am-3pm, W, 2pm-8pm, Th, 9am-3pm  
Initial screening free  
$10 per 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, 7am-4pm,  
Sat, 9am-12pm  
Private insurance  
*prescribing physician  
No Medicare/Medicaid
**Support Groups**

**Zion Lutheran Church**
347-3564
2982 Davis Rd.
http://www.zionfairbanks.org/home
Various support groups, visit their website to view the calendar and descriptions

**Arctic Resource Center for Suicide Prevention**
816 28th Ave
Fairbanks, Alaska 99701
1-907-987-6829
Please call for appointments
www.arcsp.org

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

**Alcoholics Anonymous**
24-hour helpline: 1-844-751-4393
Visit website for current meetings
www.fairbanksaa.org

**Narcotics Anonymous**
Golden Heart Area of Narcotics Anonymous
PO Box 82824 | Fairbanks, AK 99708
Helpline: 1-866-258-6329
https://akna.org/areas/fairbanks/index.html

**Al-Anon**
907-456-6458
Visit website for current meetings
Al-anon-ak.org

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**National Alliance on Mental Illness (NAMI) Alaska Chapter**
Namialaska.org
View their Online Support Groups tab for schedule
NAMI Family Support Group
NAMI Connection Recovery Support Group

**Foundation Health Groups**
Foundationhealth.org
Various support groups offered
Visit Website under “Our Community” tab for information